

## Lifeline Botswana

Lifeline Botswana was established in 1999 as a community based NGO under the guidance of Lifeline International, which has offered counselling services since 1963. Lifeline Botswana is now part of the regional representation of Lifeline Southern Africa with its headquarters in Johannesburg. The need for a counselling service in Botswana was highlighted by the HIV/AIDS pandemic, which is currently affecting every member of the community. At present Lifeline is the largest HIV/AIDS counselling service in the world with the head office in Johannesburg receiving 200,000 calls per month.

### Mission Statement

*Lifeline Botswana aims to support the community through offering a free, anonymous and confidential counselling service and to empower the community through behaviour modification by training in Life Skills.*

Lifeline Botswana also aims to:

- Standardise counselling services within NGOs
- Support and empower other NGOs
- Ensure quality care giving within the community
- Create and maintain a satisfied workforce

Lifeline counsellors undergo training in Personal Growth, Life Skills and Counselling Skills. On completion of these courses, selected trainees then participate in a probationary period where they are mentored by experienced counsellors.

Lifeline counselling is person-centred and focuses on individuals exploring their life issues and problems in a non-judgmental and safe environment. It also focuses on self-empowerment and decision-making. Lifeline counsels people who have a variety of life issues and experiences in many areas including:

- |                    |              |
|--------------------|--------------|
| • HIV/AIDS         | • Rape       |
| • Suicide          | • Abuse      |
| • Bereavement      | • Violence   |
| • Relationships    | • Depression |
| • Marital problems | • Trauma     |

Lifeline also offers crisis intervention through its 'Drop-In' Centre, which offers support when a client needs it most, and has good links with other human services in cases of referral.

## Lifeline Programmes

Lifeline currently runs the following programmes:

### HIV/AIDS

- Training in HIV/AIDS
- Pre and post-test counselling
- Ongoing counselling for PLWHA
- Ongoing counselling for people affected by HIV/AIDS – families, friends
- Counselling at the Holy Cross Hospice

### Substance Abuse

- Training in substance abuse
- Training in substance abuse counselling
- Counselling for those abusing substances
- Support for those affected (families, friends, partners)
- Alanon group meetings at the Lifeline Centre

### Victim Empowerment

- Training in gender violence
- Counsellor training in gender violence
- Ongoing counselling for victims and survivors
- Counselling at the Women's Shelter Project
- Rape Support Group

### Hospital Counselling

- Counselling at the Gaborone Private Hospital
- Counselling and support for those caring for patients and those affected by loss and bereavement

### School Counselling

- Counselling at Schools in Gaborone
- Training students in Personal Growth, Life Skills and Counselling Skills
- Substance Abuse Awareness for students

## Training Courses offered at Lifeline

- **Personal Growth and Life Skills Course**
- **Counselling Course** (trainees who complete both courses successfully may participate in the probationary period for certification as a fully trained Lifeline Counsellor)
- **Trauma De-Briefing and Trauma Counselling**
- **HIV/AIDS Peer Education**
- **HIV/AIDS Awareness and Information**
- **Gender Violence And Rape Counselling**

Lifeline is a non-profit making, registered NGO and as such relies on donations and fund raising. We would also be grateful for any assistance with the running of our Centre.

## Personal Growth And Life Skills

This is a one-month course that consists of two 3hr sessions per week.

It is an experiential learning course which covers concepts of:

- Attitudes
- Values
- Beliefs
- Prejudice
- Loss
- Conflict
- Anger
- Self-Concept
- Self-Awareness
- Self-Esteem

It is intended to assist the participant to experience personal transformation in themselves and in their relationships. It is also a prerequisite for the counsellor training which all Lifeline counsellors undergo.

Cost of this course is (per person)

P500.00	Students
P1000.00	Individuals
P1500.00	NGOs
P2000.00	Companies

There is also a Bursary Fund available. Please talk to the Director for information on how to apply.

## Counselling Skills

This is a one-month course that consists of two three-hour sessions per week.

It is a taught course, which includes both theory and practice. The counselling skills course covers:

- What is counselling?
- The counselling process
- Counselling techniques
- Lifeline Counselling
- Attributes of a Lifeline Counsellor
- Role Play
- Practical counselling sessions (face to face and telephone)

It is intended to equip the trainee with the fundamentals of counselling and train them in the Lifeline approach.

After the successful completion of this course trainees undergo a probationary period where they complete 20 hours of counselling

A buddy system is in place and weekly de-briefing available for new counsellors.

There is also ongoing training in more specialized areas of counselling.

Admittance to this course:

- Successful completion of the Personal Growth and Life Skills
- Recommendation by Lifeline Trainer

There is **NO CHARGE** for this course.

# Lifeline Botswana



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**If it's important to you,  
it's important to us.**