



Nexus

Nuus * News

eAdvice

eAdvice is an abbreviation for “electronic advice” and refers to a variety of services, including advice, counseling, guidance, coaching and mentoring. The advice and information exchange is ideal when the client and advisor are in separate locations and utilize electronic equipment to communicate about challenges, problems and possible solutions.



Other terminology is Electronic Advice; Electronic Counseling; eCounseling; eTherapy; eMinistry.

eAdvice is available to people who might not otherwise seek professional advice, because of concerns about safety, mobility, privacy,

lack of local services and a number of other issues.

This form of advice may provide faster change, because clients tend to get to the point more quickly and spend less time on in-session socializing.

Time effective: no travel time involved; no need to arrange for a babysitter; no need to take time off work to go to an appointment.

You can request and receive advice and guidance at the time most convenient and comfortable in your life.

The delayed communication approach encourages the client and

facilitator to reflect on the issues presented in the correspondence.

You can take as much time as you need to organize and write your thoughts and questions. The act of writing down your thoughts and feelings can also be cathartic.

The private email format lends a new dimension to maintain confidentiality.

For existing clients it is an effective method for follow-up and maintenance sessions of existing clients, because the facilitator is familiar with the client and the relevant issues.

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A healthy therapeutic relationship

At Inter Trauma Nexus our aims are to:

- Instill hope in our clients.
- Respect and strengthen the healing relationship.
- Impart special knowledge to our clients.
- Engage clients in a collaborative process of



mutual learning.

- Help the client to find greater insight and increase motivation to constructive change.

All consultations, support groups and counseling contribute to wellness and are not intended to replace medical diagnosis and treatment.

We believe in a multi-professional approach where a client can be assisted to deal with all life's issues. Physically, emotionally, mentally, spiritually and also financially.

It is important to address issues holistically and wholeheartedly to make a permanent difference.

1998 – 2010

Jan/Febr 2010

Categories of eAdvice:

Trauma

- Trauma relief
- Victim support

Life enrichment coaching

Relationship guidance

- Spouse
- Child/ren
- Work
- Family
- Friends

Leadership coaching & management mentoring

- Employee
- Employer
- Business owner
- Manager
- Church leader

Christian & Pastoral advice

- Spiritual wellness
- Recovery from spiritual abuse

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Volunteer Opportunities

Do you want to make a difference and help people?

Do you need to add a deeper dimension of caring in your life?

Are you called to encourage others?

Length of initial workshop: 2 days + follow-up sessions

Level of education: At least grade 10 or equivalent

Work scenario: Dealing with trauma and crisis, as well as emotional support

and upliftment in the community. At the end of the workshop the participants should be able to:

- Explain how a traumatic event impacts on an individual
- Describe how a trauma relief facilitator should approach a client
- Demonstrate skills in trauma debriefing
- Identify risk factors and describe a referring intervention
- Manage self care

Although we are grateful for your interest in the project it is important to understand that a selection process will have to be completed before getting involved as a volunteer supporter.

Volunteers are required to sign a service level agreement, code of ethics and attend monthly ongoing training meetings.

Contact us today and become part of this dynamic team!

"Kind words can be short and easy to speak, but their echoes are truly endless."

- Mother Teresa

WAAROM KLOP MENSE AAN VIR HULP?

Inter Trauma Nexus se hoof fokus is op vroeë krisisintervensie, slagofferondersteuning en traumaverligting-fasilitering. Berading word verskaf deur professionele kundiges.

Mense klop aan vir verskillende unieke redes, soos:

Krisisse & traumatiese gebeurtenisse soos misdaad

Nagevolge van misdaad en post-traumatiese reaksie

"Probleme" soos verhoudingspanning

Twyfel en bekommernisse

Frustrasies

"Niks is verkeerd nie, maar dit kan regtig beter gaan"

Die probleemoplossingsbeginsel wat ons as vertrekpunt gebruik is soos volg:

Ons maak onderskeid tussen 'n feit en 'n probleem.

Dit wil sê, 'n probleem kan opgelos word en 'n feit is deel van die lewe en

is buite jou beheer om enigiets te kan doen.

Op hierdie stadium bepaal ons saam met die kliënt waar begin 'n mens om die spesifieke probleem te hanteer.

In situasies waar probleme baie gekompliseerd en ineengestremel is, is dit raadsaam om dit een vir een te hanteer.

Skakel gerus vir 'n persoonlike afspraak.

'n Fooi is betaalbaar.

Our blog

The developments on the Social Network via the electronic media opened many new doors.

With the aid of cell phone technology everybody is more mobile and accessible at the same time. The best things about a cell phone are the fact that you can take it with you, receive

messages when you are not available and you can switch is off.

Various internet applications enables our management team to communicate with supporters, friends and even clients. Our main focus for this form of communication is encouragement, motivating our team and

supporting and counseling clients.

You are most welcome to visit our website www.itn.org.za for an overview of all activities and the **blog address**.

Inter Trauma Nexus has a page and a group on www.Facebook.com



Personnel Solutions 2010

Inter Trauma Nexus considers all clients as unique customers, with unique needs. For this reason we tailor make our course content according to those needs, although the core training content remains the same.

Our Personnel Solutions facilitators offer workshops, seminars, conferences and short courses in four subject areas:

Crisis and Trauma Intervention. This includes: How to deal with trauma; Principals of trauma debriefing, Traumatic stress response, Victim's needs and rights, Vicarious stress, Delayed reac-

tions to trauma, etc. The main aim of these topics is to help management to prevent secondary victimization and deal with employees, in a way that they can move from being victims to being more than conquerors.

Personal aptitude. This includes: Personal financial planning/ skills/ budgeting; Problem management; Decision making, Relationship development; Dealing with change; Stress - and Anger management.

Interpersonal proficiency. Topics in-

clude: Practical counseling; Helping models in practical counseling, Marriage enrichment, Trauma- and Crisis Handling; Self-care and Intervention.

Organizational competency. These themes focus on Communication skills; Conflict management; Debriefing and counseling; Employee support programmes; Moral Regeneration; Establishing and managing a volunteer driven project and establishing and managing a crisis/trauma centre/facility.



eAdvice (Part 2)

When is eAdvice useful?

- When you are an individual who is comfortable using writing to express yourself.
- When you are comfortable with using online communication.
- When your time, your location or other restrictions in your life do not allow for traditional in-person-counseling.

Disadvantages of eAdvice

- This is not a one-stop cure-all or solution to everybody's problems.
- The main disadvantage is the lack of nonverbal communi-

cation.

- Due to internet technology, international time differences and your facilitator's schedule, it is not an emergency service.

When is eAdvice inappropriate for you?

- This service is not intended for individuals who are contemplating suicide or homicide or are suffering from a severe mental/emotional disorder.
- If you have any psychotic symptoms, such as hallucinations, delusions or thought disorganization.
- If you have a history of mental illness.

- If your concern would be best handled with intense and long-term institutionalization or hospitalization.

- If you are addicted to any substance, such as alcohol and drugs.

eAdvice is an affordable service to help you put trauma behind you and to enhance emotional, spiritual, mental and physical wellbeing for a positive lifestyle.

Clients agree to make a good-faith effort at personal growth and engage in this counselling process as an important priority at this time in your life.

This service is available in [English](http://www.eadvice.co.za) www.eadvice.co.za and [Afrikaans](http://www.eadvies.co.za) www.eadvies.co.za.



"The real art of conversation is not only to say the right thing in the right place, but to leave unsaid the wrong thing at the tempting moment."

~ Lady Dorothy Nevill



"People are lonely because they build walls instead of bridges."

~ Joseph Fort Newton



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***We help to put trauma
 behind you***

VISION

To help people find hope and become victorious by helping them to make informed decisions.

VALUES

- The purpose of glorifying God.
- Excellent victim support, guidance and counseling.
- Adding value to people and capacity building to communities
- Building strong relationships with associates, clients and the community.
- Proper stewardship of Inter Trauma Nexus.
- The personal growth of each team member.
- Doing the right things and doing things right.

COMPANY PROFILE

The main objective of Inter Trauma Nexus is to create and maintain a multi-professional support network for the community, by the community, by recruiting psychologists, social workers, legal advisors, church leaders, business advisors and volunteers from the community to serve as an effective and self-reliant support and empowerment network.

Recall God's Mercies

"This I recall to my mind, therefore have I hope. It is of the Lord's mercies that we are not consumed, because his compassion's fail not. They are new every morning: great is thy faithfulness."
 (Lamentations 3:21-23)

God is faithful. He's full of compassion. His mercies are new every morning. As a believer, you know all that. But simply knowing it is not enough.

For it to do you any good, you have to recall it. You have to remember it again and again in order to rekindle your hope and stir your faith.

So, make it a point to remind yourself of God's faithfulness every morning. Remind yourself of the benefits

that are yours in Jesus.

What are those benefits?

Psalm 103 spells them out:

1. He forgives all your sins.
2. He heals all your diseases.
3. He redeems your life from destruction.
4. He crowns you with loving kindness and tender mercies.
5. He satisfies your mouth with good things so that your youth is renewed like the eagle's.
6. He executes righteousness and judgment for you against oppression. He sets you free.

7. He makes known His ways to you. 8. He gives you His grace and mercy in times of need.

Make it a point every morning this year to say those things out loud to the Lord. Stand before Him in prayer and recall His mercies to you. Keep it up and by the end of this year you'll be stronger in faith and more confident of God's love than you've ever been before.

Don't just settle for knowing God's blessings. Remember them every day and watch them come alive in you.

(From Kenneth Copeland Ministries.)
<http://www.kcm.org>

