



# Nexus

## Nuus \* News

### Our scope

It is our 12<sup>th</sup> year of official existence and our passion is still to help people to put trauma behind them. The economic, social and political reality of our times requires that we evaluate our efforts and re-strategize from time to time.



- We believe there are a number of things we did correctly from the beginning.
- Be true to our niche and calling to help people.
- Utilizing advice from the best available professional people and passionate volunteer supporters.
- Good relations with the media, without compromising our clients'

- confidentiality.
- Working within our financial limits. This is an ongoing challenge, because we don't get state funding and needs in the community increase daily.
- Networking.

Our 3 major projects are:

- **Trauma Relief Services**, including victim support, guidance and counselling.
- **"My Peace" Self-enrichment and Therapeutic Art Project**
- **eAdvice**, the electronic advice and counselling service. **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.

Training is one of the most important aspects of empowering people. The financial climate of the past three years limited the number of workshops we were able to present. As an alternative we are developing programmes that can be offered via distance and electronic options.

Networking is a valuable tool we utilize to enable us to encourage and enrich other valuable co-workers. With the help of our financial advisors we are able to get access to health solutions, funeral and indemnity insurance, ect.

Detail about our vision and mission is on page 4

### Traumatology

The International Institute of Traumatology and Crisis Intervention is a body, which, generally, has as its purpose the promotion of the science of traumatology and the allied field of crisis intervention. To this end it seeks to be as inclusive as possible in these two areas, whilst at the same time ensuring that appropriate and proper standards are set and maintained for both. The Institute was formally founded early in 2000 and its initiation and inception was fundamentally due to the

need for a representative professional body for traumatology and crisis intervention. It has eminent academic and professional members in its management body. As an underlying and important principle the Institute seeks to be as broadly representative as possible. In this way it believes it will be best able to serve the needs of its members and the public at large.

It is the aim of the International Institute of Traumatology and Crisis Intervention to: Provide for re-

search; development; certification; advice; consultation; direction; coordination; treatment; dissemination of information; international collaboration; maintaining and prescribing standards, ethics, professionalism, both individual and institutional and in all or any other aspects or respects, of and in, the profession of traumatology and in crisis intervention.

Rev Barbara Louw is one of the directors of IITCI. We are registered and accredited to present IITCI training (See page 3)

1998 – 2010

June July 2010

[www.eAdvice.co.za](http://www.eAdvice.co.za)

*"Valuable advice is a click away"*

#### 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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## "My Peace"

### Self-enrichment and Therapeutic Art Project

We live in a community that is swamped with challenges and we are flooded with news of pain and heartache.

In this project trauma is the common denominator and healing is the shared goal.

This is not a pity party, but a time for dynamic growth. Our facilitators are knowledgeable people in various fields and will be able to help you to find and keep direction in your healing and growth process.

We choose art because it is...

- Multi-perspective media
- Giving people voices to share their stories
- Visual stories brings better understanding
- Safe way to cope

with emotional struggles

- A way of finding your talents
- A way of finding new hobbies

We will define:

- What is trauma?
- The human cost
- The price tag of untreated trauma
- The multiplier effect
- New discoveries in the science of trauma behaviour
- Steps on the road to recovery
- What is personal growth?
- What is self-care?
- Self-enrichment in the light of life's challenges

This project will be running every Thursday from



10h00 to 12h00 in Pretoria. The cost is R 100- per session and you will keep your art item/s. Facilitators will give you copies of notes, guidelines and instructions.

All activities will be under supervision.

**Note :**  
**Programme and photos are published on our website and Facebook Group and Page.**

You can't live a perfect day without doing something for someone who will never be able to repay you.  
-John Wooden

## Occupational Health Solution

**Aquilla Financial Solutions** is one of our sponsors and brought OCSACare under our attention. This is a low cost product you can introduce as a benefit to your staff and volunteers, with tremendous benefits to your organisation.

It is an **occupational health solution** designed for the South African labour market to keep employees who were previously excluded from any form of private healthcare, healthy and productive.

OCSACare includes:

- A national network of GP's, Radiologists, Pathologists, Dentists and Optometrists
- Affordable healthcare.
- Quality medical care for staff, close to the work place
- Over 2000 doctors, 1800 optometrists and 1800 dentists in the network
- No more queuing at state hospitals and clinics

#### **The Gold Package:**

For only R178.00 per employee per month it provides your employees with the option to visit any CareCross Doctor, Dentist or Optometrist without co-

payments for these services. This option is available to groups of 10 or more.

#### **The Silver Package:**

For only R145.00 per employee per month it provides your employees with the option to visit any CareCross Doctor, without any co-payments for this service. This option is available for individuals and groups fewer than 10.

For more information, [@aquillaadvisors.co.za](http://ocsacare).



## Basic Certificate- Traumatology

These are initial or introductory short courses comprising of two components, theory and practice.

### Theory short courses

©Basic Integral Traumatology™ History of Integral Traumatology™; Emergency Trauma Response©; Stabilization

Psycho-humanology® A general background to Psycho-humanology and those aspects of it relevant to trauma

™Socio-humanology® An overview of Socio-humanology and its relevance to Integral Traumatology©

Ethics Ethical practise and considerations

All theoretical notes and/or guides are supplied on CDs or via e-mail as applicable.

### Practical short courses

Distance students receive/complete practicals via video or disc (CD/DVD) and e-mail as applicable

©Role-plays Simulation exercises in Emergence Integral Trauma Response (ETR) © and Stabilization

Interpersonal skills Applied effective communication skills and methods

Consulting techniques Applied methodology of patient/client-facilitator interaction

Consulting practicing

Simulation of application of interaction methodology

©Compulsory consulting (60 sessions) Monitored facilitation case study reviews in ETR© and Stabilization

**Entry requirements:** a high/secondary/senior school final certificate

On successful completion of a short course, a certificate of completion is issued.

More information is available from [info@itn.org.za](mailto:info@itn.org.za).

Information about the Intermediate Diploma – Traumatology and Advanced Diploma – Traumatology will follow after completing this certificate.

Talent is God given. Be humble. Fame is man-given. Be grateful. Conceit is self-given. Be careful.  
-John Wooden

## Risk Assessment

People often say they don't know what would count as abuse in their own relationships and they are too ashamed to ask. They are ashamed and scared to admit that the 'unmentionable' is happening.

Several risk factors have been associated with increased risk in violent relationships. We would like you to be aware of the danger in situations of abuse and for you to see how many of the risk factors apply to your situation.

- Slapping, pushing, no visible injuries and/or causing lasting pain.
- Punching, kicking, bruises, cuts, and/or causing continuing pain.
- "Beating up"; severe contusions, burns,

broken bones and miscarriage.

- Threatening to use weapon, threat to cause head injury, internal injury, permanent injury or miscarriage. Threats are just as serious as deeds.
- Use of weapon and wounds from weapon
- Verbal and emotional abuse

It seems that threats, verbal and emotional abuse is present in all abusive relationships.

**The good news is that there is hope and help for victims and abusers. Call today!**

# HELP!

## Ondersteunings-groep

*Die voordele van ons ondersteuningsgroepe is:*

*'n Mens bly gefokus*

*Probleme word opgelos*

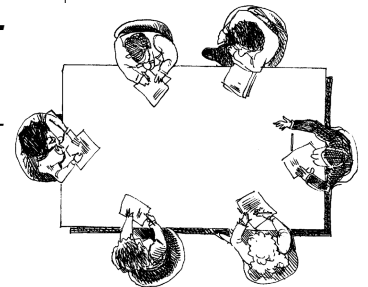
*Dit help jou om 'n verantwoordbare struktuur vir jouself te skep*

*Jy brei jou netwerk van betroubare kontakte en hulpbronne uit*

*Jy kan op 'n veilige wyse werk aan jou struikelblokke en blinde kolle*

*Jy kry advies van ander mense wat in dieselfde bootjies is, maar wat waardevolle ervaring het*

*Die waardevolste eienskap van die proses is die kombinasie van advies, ondersteuning, waardevolle kontakte en verantwoordbaarheid. Dit is 'n bekostigbare opsie vir klein praktyke en individue om probleme te takel en praktiese strategieë te bewerkstellig.*

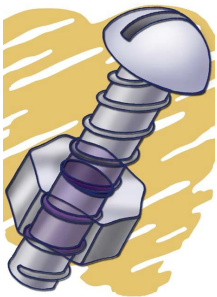




[www.itn.org.za](http://www.itn.org.za)  
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***We help to put trauma  
 behind you***

### 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.

## “Helping by listening and talking”

I believed that Christian Counseling is rooted in the Bible and a two-thousand year tradition of loving pastoral care to facilitate the kind of cure that Jesus promised. In my practice we work to help or clients find peace, wholeness, direction and stability in Christ.

In Christian Counseling the true power to change comes from the Holy Spirit's active involvement in the process of encouragement, consolation, challenge and transformation into the likeness of Christ.

Traumatology is a health and social science which is concerned with all the aspects of emotional trauma and crisis on the individual and society. It is thus a far reaching, complex, but also 'young' science. Despite this, it has an already existing solid foundation of knowledge to underpin it. Traumatology brings together the inputs and draws on a host of re-

lated sciences, such as: psychology, sociology, psychognosis, theology, nutrition and others. The study of traumatology enables the practitioner to provide supportive and curative interventions to sufferers of trauma.

Coaching is about creating change that helps enhances performance and learning. Coaches emphasize new competencies, learning and goal attainment. In fact, a coach is a personal navigator for the journey of life, focusing on what the clients want. Everything in coaching hinges on listening with the client's agenda in mind.

COMENSA defines coaching as “a professional, collaborative and outcomes-driven method of learning that seeks to develop an individual and raise self-awareness so that he or she might achieve specific goals

and perform at a more effective level”.

COMENSA defines mentoring as “a partnership in which a mentee is assisted in making significant advances in knowledge, perspective and vision in order to develop their full potential; the mentor's wisdom is utilised by the mentee to facilitate and enhance new learning and insight.” The mentor's focus is the development of the learner, and about passing on personalized, domain-specific knowledge. Mentors help to set the agenda, their primary aim to develop an individual or small group to learn more comprehensively from their day-to-day working experience.

It is very important to ensure that the person helping you is properly trained and registered to offer these services. Don't be afraid to ask, to see registration documents.