

Liz Potgieter

B Psych Honours Degree, Counsellor, and Business Coach.

Summary

Liz Potgieter is an experienced Psychotherapist, Business & Life Coach and Group Facilitator specialising in counselling, facilitation, abuse, trauma, and addiction.

Private Practice - Counselling: With 10 years of counselling experience both abroad (Canada) and Nationally (Cape Town and Johannesburg) Liz has developed a holistic skillset that can be applied to diverse environments through counselling, coaching and facilitation application. In her private capacity, Liz started her counselling practice in Cape Town specialising in counselling with a focus on: emotional issues, child and adolescence psychotherapeutic counselling, CBT (Cognitive Behavioural Therapy), DBT (Dialectical Behavioural therapy) depression, couples counselling, addiction and coaching.

Counselling: In Canada, Manitoba, Brandon Liz worked for an NGO (The Counselling Centre). Her counselling extended to individual, family and couples counselling. Additionally, she facilitated workshops for a healthcare provider Shappelli (FGI).

Addiction Counselling: Concurrent to her private practice, Liz was counselling at the CTDC (Cape Town Drug Counselling Centre). Her role included facilitating adult and adolescent groups as well as individual counselling. The program is a six week out-patient based program. After this, Liz Managed the secondary facility at Stepping Stones Addiction Clinic, Akeso. Liz still locums for Akeso Clinic from time to time.

Trauma Counselling: Due to the many facets of South African Suburban and Urban living there is an overwhelming number of traumatic conditions arising from cultural issues within the communities. As a result, Liz has developed extensive experience through enabling survivors of abuse and addiction that have suffered from violence and torture. She has proactively empowered survivors to deal with these traumatic conditions and consulted with refugees suffering from Xenophobia whilst dealing with their re-traumatized fears during their relocation to refugee camps for safety. She has actively participated with containment exercises to help individuals cope with their new environment and challenges to find employment. Liz was instrumental in preparing Group Workshops and discussions for ladies involved in traumatic experiences caused by domestic violence and abuse. She designed workshops to empower mothers to correct destructive parenting.

Corporate facilitation: Liz has many years of Corporate Workshop course facilitation skills including twelve years of Business Management experience.

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Address: Shop 15 | Piazza da Luz | Regent Road | Sea point

Web Site: www.the-workshop-warehouse.com Web Site: www.coaching-counselling.co.za

Additional areas of expertise include:

- Play therapy
- Adolescence counselling
- Running victim support training
- Soft Skills Workshops for businesses and individuals
- Business Coaching and Life Coaching

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Education

MPhil Management Coaching (Completing final year)	2016
CTRI: Mental illness and addiction and co-occurring disorders and Substance Abuse and youth 2011	2011
B Phsysc Honours Degree Midrand Graduate Institute, Midrand, South Africa	2008
ASIST Certificate Winnipeg (suicide intervention)	2010
AHMSP (Afrikaans Hoer Meisies Skool Pretoria) Matric	1989

Affiliations

HPCSA (Health Professional Counsel South Africa)	Current
BHF COMENSA	Current

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Professional Certifications

NGO Management: MGI Graduate Institute CBT Certificate: University of Toronto Therapeutic techniques for PTSD: Dr John Preston, Winnipeg	2012
CTRI Winnipeg Substance Abuse and Youth - Creating Opportunities for Change David Burns workshop in therapeutic methods: Winnipeg, Canada	2010
ASIST Certificate: Canada, Winnipeg (Suicide intervention training) Mental Illness & Addictions Co-occurring Disorders: CTRI, Crisis and trauma resource institute, Winnipeg	2010
FAMSA: Divorce counselling workshop	2010
Certificate in Basic life Support: Canada, Brandon Specialized in Trauma Play Therapy for children: Four-day workshop	2009 2007
UNICEF Training: Management of refugee issues in the refugee camps.	2007

Experience

Private Practice in Blouberg, Sea Point, Cape Town, and working with CTDCC (Cape Town Drug Counselling Centre) for Addiction	2013-2016
Counsellor, The Counselling Centre, Brandon, Manitoba, Canada	2010-2013
Counsellor, Trauma Centre, Cape Town	2008-2009
Counsellor, CTDCC, Cape Town	2015-2016
Stepping Stones, Akeso. Cape Town	2016-2019

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Community Service

Counsellor, Phelopepa Health Train	2007
Counsellor, Teddy Bear Clinic	2005-2007
Counsellor, BBBSSA (Big Brothers Big Sisters South Africa)	2007
Counsellor, Leeukop Prison South Africa Group therapy & individual therapy dealing with anger management and rehabilitation.	2007

Contactable references:

The Trauma Centre Cape Town: Tel: 061 7122659

Contact: Vimla Pillay

The Counselling Centre Brandon, Manitoba, Canada

[Email:wiccec@mts.net](mailto:wiccec@mts.net)

Contact: Heather Karrouze

CTDCC: Ashley Potts

0828876440

Stepping Stones, Akeso Clinic: Michelle Bezuidenhout

0820664233 or 0870980453

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