



ASCHP January 8, 2023 CIRCULAR

Did you hear her say this?

Martha complains to her counsellor: *"I feel suffocated in my marriage."*

We interpret it on face value as meaning that Martha is unhappy in her relationship with her husband. However, on deeper level, if we do not simply listen, but also hear, Martha is unburdening her existential feeling and calling out: *"I need space"!*

The things that clients do read between the lines are weave counselling. The something that we normally counselling, and yet it is a universal need, a grand only Martha that is but in a sense we all

The wellness counsellor is a space provider – space provides enough room to breathe freely.

not tell you, but you may often the crucial threads to notion of space is would not consider in very profound and a narrative. Fact is, it is not suffocating in her marriage, suffocate in adverse

circumstances: John may feel strangled in his job, Sue may feel she is financially drowning, Peter's experience is that the lack of business opportunity is like walls closing down on him and the Green family plans to immigrate abroad for the crime in South Africa is constricting their freedom. All diverse examples of *space cramping* and we could all cite many more.

The freedom of open space

Freedom to be yourself, to live your life uncompromised, the potential of unlimited opportunities and the liberty to love and be loved all require the dimensions of ample space. We all begin life in cramped surroundings: young married couples probably start off in small apartments, endured it with frustration in the hope of one day being able to afford a larger dwelling; as fetus you endured the very small confinement of the uterus for nine months, to be eventually delivered into a large world, and so on. Take someone's freedom away and you steal away part of their life; the prisoner gets sentenced to jail and spend all his time of incarceration thinking of how to escape. Covid has taught us all the terrible lesson of being locked in. Worst, many people today are forcefully and figuratively jailed in their narrow circumstances and desperately long to be freed. The prison walls may be meagre finances, incompetency, lack of aspiration, depression, abusive conditions, sickness, or any constricting force or pestilence. These imprisoned people seek counselling, not only to be consoled or encouraged, but to be freed!

What can we as counsellors help them discover?

In this context counselling is liberation, the act of throwing off the shackles of the spirit that bind and restrict, a vision of helping people discover that the human soul should be free to enjoy unbridled existence.

The space that we need does not have only three dimensions but a thousand. It is: -

- A space to breathe

- A space to love and be loved
- A space to dream
- A space with boundless meaning
- A space filled with forgiveness and acceptance
- A space to survive and overcome problems
- A space to grow and become
- A space to be free
- A space to have meaningful encounters
- A space to be themselves
- A space to be real and authentic
- A space for discovery
- A space to embrace serenity and beauty
- A space to be well and healthy
- A space to be fully human
- A space to be happy
- A space to find peace
- A space that extend into the future
- A space of few limitations
- A space as vast as the universe
- A space that is heaven on earth



Wishing you and your clients for the New Year space that has no corners.

Drs. Liezl & Marius Herholdt

ASCHP

NEWS ITEMS



Please be reminded that in the ASCHP offices cannot receive signals on our telephone system if there is a power outage. Your phone call is important to us, but our phones won't ring during a power break. Thus, if you cannot get hold of our office staff, please be so kind as to phone again in an hour or two's time or send an email. We will be happy to serve you.



The 2023 CPD's are available to be ordered from Elsie Teffo at cpd.liedani@synergetica.co.za A list of topics can be requested.

Six topics are available, but Ethics and Wellness (23.1 & 23.2) are compulsory to all ASCHP members.



Another free webinar is in planning for later this year. We would like to get suggestions for topics from our members.