

Dear Esteemed ASCHP member,

It is autumn again and the morning air is cold and crisp, but I suppose seasons are necessary to recycle nature. In our daily life’s we also experience seasons of ups and downs, distresses and elations, worries and pleasure, and so life runs its normal course in a cyclical way. Fortunately, no hardship endures forever and hence, we can always look forward to better days. Yet, our occasional negative experiences tend to halt life, breed stasis and create the impression that misery could last indefinitely. We concede that, over the spectrum of personal, political, and socio-economic fronts many people in South Africa are currently experiencing daunting challenges. More than ever, clients need to hear the positive message of wellness and apply it perceptively to overcome the ‘winter cold’.

As wellness practitioners we have a message to proclaim, an agenda to apply and a purpose to achieve. *Wellness is the total integration of body, mind and spirit, the realization that everything we do, feel, think and believe will impact our wellbeing* (Greg Anderson). This is the narrative that drives our counselling; it informs a service that can meet the needs of so many people with the potential to engage us whole heartedly. Therefore, be vigilant, commit to excellence and keep on practicing with professional acumen and you will assuredly achieve unprecedented success. Soon it will be spring again.

**News items**

* Feedback is always important. Recently a well-known public figure congratulated the ASCHP on Facebook with the words that wellness is a fresh breeze in South Africa; and an retired minister of health thanked us for the wellness input and the vistas that it has opened. These comments make us thankful.
* Recently we have been inundated by people who have develop and shared screening batteries, which is good, for research has shown that counsellors who take time to conduct thorough screening, tend to be vastly more effective in counselling. Many screening tools are available and we recommend taking note of what is on offer.
* Disciplinary hearings are escalating and this is worrisome. The past six months the ASCHP has had the unpleasant task to deal with quite a few letters from lawyers related to basically three issues involving counsellors:
* Lack of consent
* Failure to refer
* Misrepresentation

Please ensure that you continue to heed diligently to scope of practice and ethical professionalism.

* The ASCHP board is in the process of negotiations with counselling institutions that may offer supervisory practical opportunities to members in need of experience.
* We have also been taking to a university in Australia about cooperation in promoting wellness services and programmes.
* We have been approached to table a presentation of the wellness stake in integrative healthcare services with the purpose of contributing to healthcare on wider scale.
* The ASCHP is working on a policy for research participation of members and journal based publication opportunities on global scale.

We do trust that you may find this inspiring.

Wishing you and yours abundantly well.



Dr. Liezl Herholdt

CEO ASCHP and CCSA