



Association for Supportive Counsellors
& Holistic Practitioners NPC
Reg no: 2012/221416/08
SAQA recognized professional body (ID 984)
with NQF registered designations

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Dear Members,

It is with great pleasure that the Association for Supportive Counsellors and Holistic Practitioners (ASCHP) formally announces and welcomes Mrs Keshnie Mathi as a Director of the organisation.

Biographical Profile of Mrs Keshnie Mathi

Mrs Mathi has more than a decade of professional experience in the fields of counselling, trauma support, and inclusive education. Her areas of specialisation include palliative and end-of-life care, trauma support, and coaching for neurodiverse individuals, particularly those navigating ADHD in professional and entrepreneurial contexts. Her Master's research explored the lived experiences of families raising children with ADHD in South Africa, reflecting her dedication to supporting both children and parents in practical and compassionate ways.

She is a certified Full Spectrum Doula, with her current focus in the doula field being end-of-life care. Alongside this, she serves as a coach focused on entrepreneurship with ADHD, helping individuals to harness their strengths and achieve sustainable growth in their personal and professional lives.

Mrs Mathi holds undergraduate and postgraduate qualifications in counselling and education and is presently engaged in doctoral research. She is also a registered Assessor, Moderator, and Skills Development Facilitator, bringing both academic and vocational expertise to her work.

Her professional journey further includes corporate learning and development, which has equipped her with valuable leadership and organisational insight. She has co-founded initiatives providing trauma debriefing and emotional support on a global scale, a testament to her commitment to making psychological care accessible and responsive.

Commitment to ASCHP's Mission

As a Director of ASCHP, Mrs Mathi brings not only her professional expertise but also her passion for advocacy, education, and ethical practice. She is dedicated to advancing the professional recognition of counsellors, strengthening continuous professional development, and broadening access to holistic mental health services in diverse communities. Her appointment is a significant step in reinforcing ASCHP's mission to uphold excellence and integrity within the counselling profession.



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We warmly welcome Mrs Mathi and look forward to the wisdom, leadership, and vision she will contribute to the Board and to all our members.

Regards,

Dr Liezl Herholdt
CEO (ASCHP)