



OCTOBER '23 CIRCULAR

'I' and 'you' in counselling

We as counsellors are not only therapists obligated to help solve problems, but foremost we are peers, i.e. of equal standing in humanness with other human beings. I can only have compassion with you if I too know personal challenges; perplexity, pain, confusion, suffering and rejection. Fellow humanity (Afr. 'Medemenslikheid') is really that which qualifies us profoundly as potential counsellors. Fellow humanity is an outflow of humanness, defined as the quality of compassion or consideration for others (people or animals).

Martin Buber, the Hebrew philosopher of dialogue, made us aware of the fact that 'I' cannot stand alone, but is always either paired with 'you' or 'it'. The former (I/You) is a personal and subjective reality, the latter (I/It) is impersonal and objective and to treat people this way is not congruent with good counselling. As an object, or 'it', a client risks becoming subject to mechanical therapy, exploitation, and manipulation. But when we succeed in maintaining an 'I-you' attitude in our counselling, we are vested to show respect, dish out love, support people with compassion and practice caregiving with sincere empathy.

Authentic personhood lends dignity to people, restores self-confidence and encourages personal growth and positive feelings. In the circle of personhood, we make intimate contact and share our hearts. Conversely, there are many things that deprive people of humanness, of which alienation, rejection, ridicule, abuse, brutality and humiliation count as most common in contemporary society. Counsellor, your client may simply yearn for recognition, and long for love and respect. It is only when we as counsellors provide the medicine of these virtues, that healing is encouraged to take place, hope is revived and people become self-empowered to find solutions. Let us remember this next time when we say 'I' and 'you'. This is *ubuntu* - 'I am what I am because of who we all are'.

NEWS FEEDS:



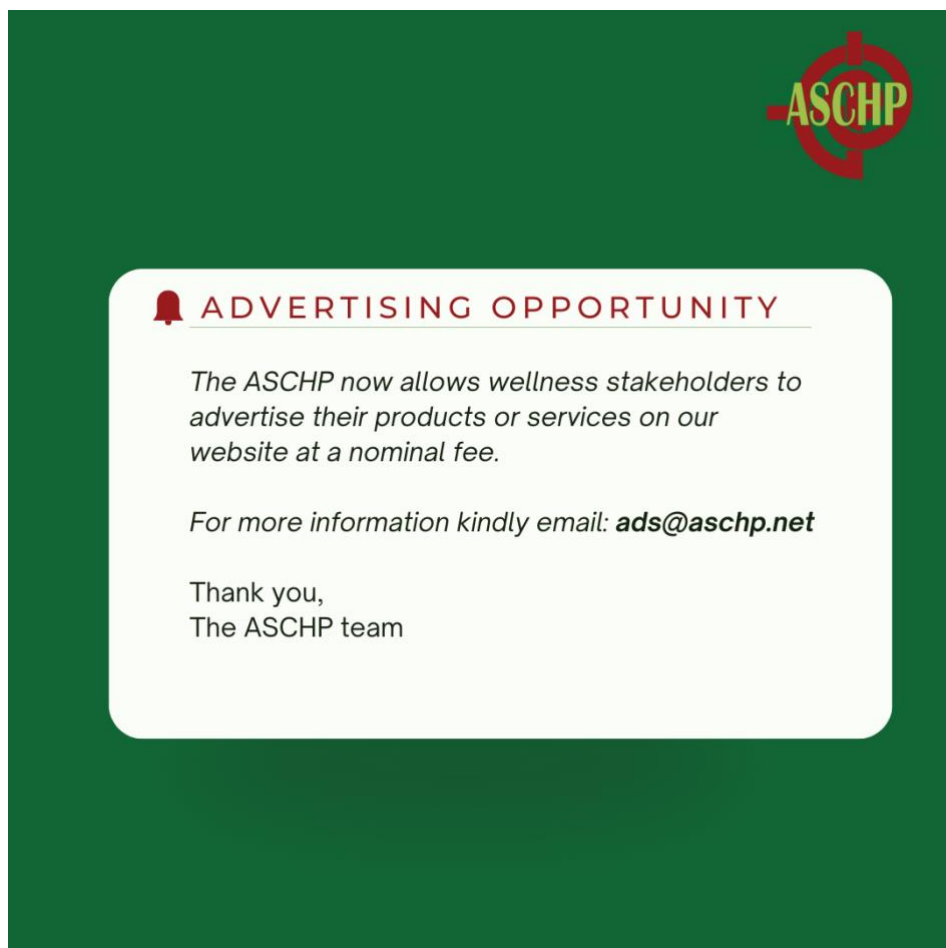
ASCHP:
**Online
webinar**

• THE ONLINE WEBINAR HELD ON
THE 11TH OF OCTOBER 2023 IS
NOW AVAILABLE TO PURCHASE
AT A MINIMAL FEE!

**E-mail us
for more
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The graphic features a woman sitting on a stack of books, working on a laptop. Surrounding her are various icons: a clock, a laptop, a smartphone, a coffee cup, and a pen holder. The ASCHP logo is prominently displayed in the top right corner.



ASCHP

🔔 ADVERTISING OPPORTUNITY

The ASCHP now allows wellness stakeholders to advertise their products or services on our website at a nominal fee.

For more information kindly email: ads@aschp.net

Thank you,
The ASCHP team

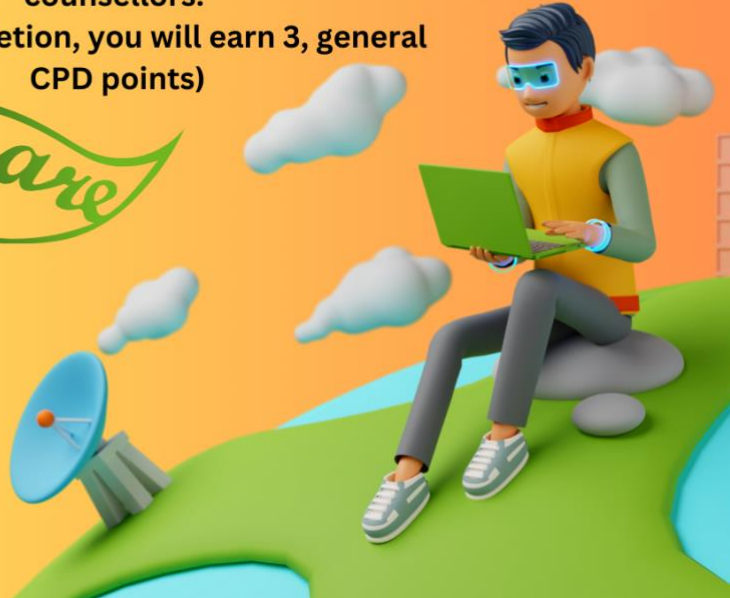
The background is a solid dark green color. The ASCHP logo is in the top right corner. The main text is contained within a white rounded rectangle.

FREE **ASCHP** CPD OPPORTUNITY



The ASCHP is glad to announce that **NaCare Herbals** has sponsored a special CPD presentation: Herbal Health Shop for counsellors.

(After completion, you will earn 3, general CPD points)



This content will be helpful for anyone interested in making use of herbs in their counselling practice. Medicinal plants provide excellent support for mental challenges like stress, anxiety, insomnia, memory lapses and mild depression.

Benefits include

- The opportunity to work holistically
- To expand your wellness offering
- To create an extra stream of revenue

To broaden your counselling skills, please send an e-mail to cpd.liedani@synergetica.co.za to request the link.

NACARE contact details:

For any information regarding our range of products kindly contact us at

info@nacareherbals.org / 079 865 7557 or visit our website at

<https://nacareherbals.org>