

## **ASCHP SEPTEMBER 2023 CIRCULAR**

### **May ASCHP counsellors offer mental support to clients?**

During the past few months or so, some of our members have notified us that they have been criticised by psychologist who say that Wellness Counsellors are not allowed to render mental healthcare support to clients. We want to address this fallacy and provide you with the facts.

Many psychologists may be unaware that before the ASCHP was founded, the directors (at that time of the CCSA) were obliged to submit a scope of practice to the HPCSA board for psychologists chaired at that time by Prof. Tholene Sodi, for approval to apply in primary healthcare context.

Some psychologist may be perturbed to entertain that idea that lay counsellors are be allowed to counsel. This is a misconception. ASCHP members are *not* lay counsellors, but academically qualified designated professionals.

Psychological counsellors my object that unless you have an M level qualification in psychology and completed an internship, you are not competent to counsel mental challenges. They can rest assured that ASCHP counsellors do not make use of psychotherapies, but utilise counselling techniques such as narrative therapy, NLP and logotherapy. Psychology is only a necessary background academic discipline for wellness counsellors to be able to identify and refer possible mental dysfunctions to a qualified psychologist.

As salutogenic (non-pathogenic) approach, wellness is multidimensional and covers emotional, cognitive, physical, social and spiritual wellbeing of the client as integrated bio-psychosocial system. This allows for mental healthcare as part of a holistic

spectrum; this they do within SAQA approved scope of practice and ethical code (in terms of NQF Act 67 of 2008).

As cultural peer counselling movement, wellness counsellors sort under the same bracket as that of folk medicine, for which a statutory body was instituted in 2007 according to World Health Organisation rules that define ethnomedicine as follows:

“The sum total of the knowledge, skills and practices based on the theories, beliefs, and experiences indigenous to different cultures, whether explicable or not, used in the maintenance of health as well as in the prevention, diagnosis, improvement or treatment of physical and mental illness” (WHO Website, 2007).

The clause: *the prevention, diagnosis, improvement or treatment of physical and mental illness* makes it clear that mental health care is not excluded.

### **In conclusion**

With the massive shortage in counselling psychologist, the lack of medical aid access for many people and the high rate of mental and emotional problems people are encountering, ASCHP and CCSA counsellors fulfil a great need in and to society. As duly designated professionals they will continue to create a circle of care for the bereaved, socially alienated, mentally challenged and emotionally disturbed people desperate for help. We aspire to do this as complementary healthcare service in full collaboration with other respected healthcare providers.

Regards

Prof M. Herholdt

ASCHP President

## News Feeds



ONLINE EVENT - 11 OCTOBER 2023  
PROGRAM & SPEAKER DETAILS

**10:00 AM** **Dr Liezl Herholdt:** Welcoming

**Dr. Vic Herbst:** The chemical and pharmacological parameters of substance abuse victims and the recovery thereof (+- 45min)

**Charlene de Nysschen:** Integrating kinesiology into counselling practice (+- 45min)

**Dr Marina Basson:** Interdisciplinary collaboration in sexual healing modalities, medical sociology and intimacy coaching (+- 45min)

**Stanford Chabayanzara:** Cross-Cultural aspects of wellness counselling (+- 45min)

**Dr Liezl Herholdt:** Closing words

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### Online Event-11 October 2023

By attending this free webinar on the 11th October, you will earn 3(general) CPD points. These points are valid for 2023 and 2024

### 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](mailto:ads@aschp.net)

Thank you

The ASCHP team