



AUGUST CIRCULAR 2023

Dear Member,

A shop where you can buy happiness?

If we could sell happiness as a commodity, it would have been a very lucrative business venture. The world desperately needs it. The rationale behind consumerism is that possession of products provides happiness viz. a new car is a sheer driving pleasure, wearing new apparel is exciting, switching on a surround sound system is exhilarating and sitting down to a mouth-watering meal is appealing. Since we were toddlers and could open our Christmas presents with expectations, we have delighted in the act of giving and receiving.

The world is rediscovering the human worth of happiness; positive psychology is in essence the theory of happiness. It concerns itself with the benefit of a positive happy mood for enhanced human functioning, interaction, and mental and physical well-being. Accordingly, counsellors are trained to help clients cultivate joy and happiness. Professionals who can succeed at this, are the most successful helpers.



Happiness is in stock

In speaking to these counsellors, it becomes evident that happiness is lived and not thought out. It cannot really be bought but can be cultivated. Albert Camus was right when he admonished: “You will never be happy if you continue to search for what happiness consists of. You will never live if you are looking for the meaning of life.”



It seems that if we simply go with the flow, and enter into the zone, we can resonate with happiness for we are hardwired to pursue it and strike the harmony for “Happiness is when what you think, what you say, and what you do are in harmony.” (Mahatma Gandhi).

Rationalisation seems to suppress happiness as Ernest Hemmingway observed: “Happiness in intelligent people is the rarest thing I know.” People often strip themselves of happiness by overly complaining, constantly worrying and fault-finding. I know life is sometimes a hill, a bumpy road and a dark place. The only antidote is happiness and you and we, as counsellors do have a shop that sells happiness. But, this happiness is not something ready-made. It comes from your own actions. (Dalai Lama). This is the kind of counselling that conquers doom and gloom; it is the quality of service that sells and makes a difference. Remember, counsellor, We do have products ‘to sell’ and it is something precious that you cannot buy in a shop. Make use of it and bring about that difference.

Appreciate you all,

Dr. Liezl (CEO)

NEWS FEEDS



🔔 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




🔔 URGENT REMINDER

This serves as a reminder that the due date to complete all outstanding CPDs for this year is upon us. All CPDs are expected to be up to date by **08 December 2023**.

Kindly ignore this message if you are CPD compliant.

Thank you for your cooperation.
The ASCHP team



ASCHP

SAVE THE DATE

Save the date for our free informative webinar (3 CPD Points) on Wednesday, the 11th of October 2023*

October 2023						
Sat	Sun	Mon	Tue	Wed	Thu	Fri
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

For more information please contact the office at
012 111 9002
www.aschp.net

*More information to follow in an additional circular.