

# CPD TRAINING

## CIRCULAR – August 2024

See last page for important (free) Webinar 2024 info

**Please note that completing your CPD's are compulsory.**

### IMPORTANT NOTE:

THE LAST DATE FOR CPD SUBMISSIONS FOR 2024 IS:

- **29 NOVEMBER 2024-**

CPD training is often undervalued for its worth, for it is really the hallmark of professionalism. It builds capacity in the field of expertise beyond initial academic training and furthermore, the CPD process helps the counsellor manage their own progress on an ongoing basis to enhance professional development and contribute to occupational specialization.

### THREE OPTIONS TO COMPLETE CPD's:

1. **Order it from Elsie Teffo at:** [cpd.liedani@synergetica.co.za](mailto:cpd.liedani@synergetica.co.za) to receive your CPD's via email.

**Access it from the VNI online platform: Find presentations of our CPD providers in recorded format**

2. <https://elearn.edunomix.education/#/aschp-cpd-2024>

**Access it from the online VideoLearn platform: For all compulsory and (All "inhouse" CPD's)**

3. <https://www.videolearn.co.za/Home/InstructorCourses/254f33d0-2834-4565-b82f-01e119cc970f>

If we understand CPD correctly it will help the member adopt a positive attitude and feel gratitude for being able to participate in such a process which has the following key features:

- It is a self-directed process that ought to be driven and activated by you, not the professional body.
- Set goals and objectives for the expertise you aspire to achieve.
- Requires you to engage in reflective learning and review of your knowledge or experience base and competencies.

From the side of the ASCHP we work to help you achieve these accomplishments by ensuring that:

We make quality and stimulating topics available to you:

- Cover the entire spectrum of counselling services
- Provide for counsellors on various levels of seniority

- Develop expertise to improve the marketing value of counselling services
- Recruit credentialed CPD providers that can offer quality training aligned to scope of practice
- Establish online platforms and pursue other avenues to make CPD development more accessible, affordable and convenient to complete.

What we need you to do:

- Inform us about the choice of topics you would like to see presented
- Design a development pathway programme for yourself to increase your expertise as part of your POE
- Focus on the CPDs aligned to your developmental programme
- Punctually complete your prescribed CPDs for professional body compliance.
- Display your CPD certificates in your consulting room and on your website to make your clients aware of your professional development.

Thank you to those who are already CPD compliant for 2024. We wish all members who still need to complete their 2024 CPDs the best of luck.

We have pleasure in introducing (in alphabetical order) the following CPD contributors/providers:

#### **Ayesha Abdullah**



My journey started when I was in high school. I attended a girls school of which 7 of my friends fell pregnant and got married in grade 11. I could not wrap my mind around this, it was a frustrating part of my life. The second event was a man I was dating that suffered from clinical depression. I went to find a book. I picked up a psychopathology textbook and I found my life's passions. Since then, counselling, helping people, having the privilege of witnessing growth is all I've ever wanted to do. Being a Specialist wellness counsellor has allowed me to do just that. I have very little and unofficial experience in lecturing. However, I want share this course and training opportunity to

individuals who have the same passions and ambitions, creating more people to help the world. I have great aspirations for mental health and its rise in society. I am a passionate advocate for this and wish to grow and develop a force that can meet the challenge the next generation will face in this ever-changing world. Personally, I am a daughter, sister and friend and pet parent. Family is a very important value in my life. Along with kindness and integrity, I aim to live this. I don't always get it right as I too suffer from a mental illness, I can be very hard on myself, mostly unnecessarily, and some days are harder than others, but this, I feel, is why I love my job; counselling from a place of 'I know how that feels, literally' is a beautiful and empathic experience.

#### **Dr Gerhard Bothma**



Gerhard Bothma is a ASCHP Wellness Specialist. He studied Law into the second year at the R.A.U., and two degrees in Theology at the University of Pretoria, from whom he also received a doctorate. From 1992 to 2014 he served as a minister in two congregations of the Dutch Reformed Church (NG Kerk). He has more than three decades experience studying and engaging with people from all walks of life. He has delivered many talks in academic, as well as formal and informal settings and to date have written four books, and numerous articles, as well as contributions and

chapters in other publications. He was involved with the Universities of the North and North-West, and does research, assessment, and guiding of students for the Gideon Robert University, University of Pretoria and UNISA. Gerhard loves people and has coached, counselled, guided, facilitated, and trained more than a thousand individuals, couples, groups, and organisations. As a lifelong student he has undergone training in understanding and utilising several personal development and life enhancing instruments (like the MBTI, the Enneagram, Keirsey Temperament Sorter, DISC Assessment, and more). He is an avid reader on wellness, mental health,

personal development, leadership, neurosciences, human behaviour, the future, and what makes living and the future better. He is also a certified Neethling Brain Instruments® Practitioner, Shadowmatch® Coach and Mentor, and registered Marriage Officer. Gerhard is married to Anneliese (nee Naudé), a registered Senior Social Worker. They have two married children, Luzanne (a medical doctor studying Psychiatry), and Johan (an IT specialist working for a Mental Health company).

### **Nicolette Crafford**



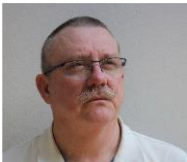
Nicolette Crafford, a registered ASCHP Specialist Wellness Counsellor lives in Cape Town, has been married for 23 years and has two adult children. Although she has a degree in Psychology and extensive training in Educational Kinesiology, she has also widened her therapeutic perspective through the years. She has been trained in School Readiness, Teaching Children with Autism, Play Therapy, Socio-Emotional Child assessment and Career guidance. Nicolette uses a unique, holistic, and multi-disciplinary approach and a variety of therapeutic techniques to provide solutions for learning difficulties, emotional problems and behavioural challenges. In addition, she empowers caregivers, educators and other professionals with knowledge and practical skills to support children, teenagers and adolescents to thrive, not just survive.

### **HOPE HOUSE COUNSELLING: Mandy Denoon-Stevens**



At Hope House Counselling Centre, our training workshop takes the participant on an enriching journey where theory meets practice. Our goal is to equip participants with an in-depth understanding and practical tools necessary to effectively address specific mental health problem. Mandy Denoon-Stevens, a registered counsellor, draws on her 30 years of counselling and supervision experience, to impart a wealth of knowledge, augmented by valuable insights derived from real-life cases.

### **Dr Pieter du Toit**



Pieter du Toit is the Principal Consultant with VNI Consultants. He is the founder of the EduNomix® exclusive eLearning Institute and the architect of the BluAgile® Methodology used for e-learning and cloud integration of Small and Medium Enterprises (SMEs). He owns and runs VNI Consultants, a small consultancy firm specialising in Organisational Development and Change Management since 1997. Pieter is also the CIO at the Applied Creativity Institute for Applied Creative Business Development, an independent Senior Consultant with DuPont Sustainable Solutions (DSS) and Faculty at The da Vinci Institute for the Management of Technology. He held various other posts in several organisations and industries that range from the Aviation Industry as an Air Traffic and Mission Controller, the Mining Industry as a Human Resources Manager, and the Construction, Oil and Gas, Pharmaceuticals and Transport Industries as a Business Consultant, including owning and managing a travel agency.

Pieter holds a Bachelor of Commerce degree (Industrial Psychology and Business Economics) and 3 postgraduate degrees, a BCom Honours in Organisational Development and Change Management, a Master's in Business Leadership (MBL) and a Doctor of Philosophy in Management of Technology and Innovation (Transformatology: The Art and Science of Enhancing Continuous Change). He is a Professional Certified Coach (PCC) with the International Coaching Federation (ICF) and has earned accredited life and business coach status with DuPont Safety Solutions (DSS). He is also a certified practitioner, facilitator and coach using the NBI® Thinking Preference Profiles and is a registered Specialist Wellness Counsellor with the Association of Supportive Counsellors and Holistic Practitioners (ASCHP).

As a continuous change management and competency improvement consultant, Pieter's areas of specialisation include project management, business analysis, diagnostic and research-based assignments, process engineering, systems development, training, coaching, creativity in management and behaviour

change implementation. Having consulted in almost all industries, his more recent consulting assignments have been performed at Astron Energy (RSA), Air Traffic Navigation Services (ATNS), Basil Read (St Helena Isl.), Ma'aden Gold (Int.), Hindustan Zink (Int.), Anglo American (Int. & RSA), Glencore (Int. & RSA), Goldfields (Int. & RSA), Wits Health Consortium (WHC), and Impala Platinum (RSA). Internationally, he has delivered projects in countries such as India, Vietnam, Kazakhstan, Saudi Arabia, Peru, Brazil, Australia, Zambia, Ghana, the Democratic Republic of the Congo, Namibia, Mozambique, and various European Countries.

### **Dr. Marius Herholdt**



Dr. Marius Herholdt, now semi-retired, serves as Founding President of the ASCHP, a professional body for counsellors/coaches in SA. Apart from various undergraduate qualifications in science, healthcare, counselling and theology, he also holds a post graduate degree in Medical Sociology from the North West University; an M.Th. from the University of South Africa; a D.Phil. in Philosophy from the Nelson Mandela Metropolitan University and a Ph.D. in Natural Medicine from Stafford University. He is also the recipient of various accolades; inter alia, the prestigious Gold Medal from the Indian Board of Alternative Medicine for his contribution in the field of counselling and alternative medicine. In terms of his expertise he was recently appointed again as a visiting professor in Natural Medicine at the Gideon Robert University, Kampala.

### **Dr Thérèse Hulme (DTh) and Linda van Duuren (MTh).**



A Narrative Therapy approach to counselling focuses on the way people create stories about their lives in order to make sense of their lives. The stories we tell of our lives influence the meaning we make of life events and ... the way we live out our lives. A Narrative Therapist helps people to change and adapt the stories of their lives, so that they can look forward to lives filled with greater possibility. Our webinars, workshops and mentoring groups are designed for people wishing to develop their counselling skillsets by integrating Narrative Therapy ideas into their personal and working lives. As qualified Narrative Therapists who have specialised in Narrative Pastoral Therapy, we have gathered a rich collective experience of working with children, young people, teachers, parents, families, youth/community workers and other caregivers over the past 20-plus years. Our hands-on work in schools, organisations, communities and private practice has allowed us to develop Narrative Therapy ideas with a uniquely South African flavour.

We look forward to sharing our skills with you.

### **Marici M Corneli Jacobsz**



Marici M Corneli Jacobsz is an architect of change in the field of Mediation. Writer of several articles in the 2018/19 editions of the *De Rebus*, the *SA Attorneys' Journal*, the book *"I Want To Tell You"* for children whose Parents are going through a divorce, and she is also a speaker, trainer, and mentor to students in the Mediation Industry. The first South African Mediator to establish groundbreaking collaborations as the inaugural South African Mediator to partner with nations including Amsterdam, London, and Europe, fostering the promotion of Mediation at an international level.

Currently, a Court annexed appointed Mediator (2019), accredited Mediator with the MSSA, Certified International Mediator registered on the International ADR Register, and the MD of Family Assist and MediationWorx.

### **Reginah Mashego – Indulgence Counselling Essence**



Reginah Mashego is passionate in counselling with a great drive in Infertility, marriage, individual and Christian counselling. Reginah has been serving and exercising her love for the wellbeing of individuals in her 13 years of being a pastor in Divine Glory Ministry. Reginah furthered her education obtaining BA Psychology at Unisa, adding to her 11 years' experience as an Enrolled nurse. Personal development and enlightening is at the core of her being, hence she has established a counselling training centre called INDULGENCE COUNSELLING ESSENCE so that many can join the sphere of mental health and bring inner peace for a better living with comfort.

### **Keshnie Mathi**



Keshnie Mathi started her career after graduating with a double major in Psychology from the University of Cape Town in 2004. During the past 17 years she has completed a post graduate diploma in Palliative Care, is a qualified birth, postpartum and death doula listed internationally via NEDA and is accredited as a Skills Development Facilitator, Assessor and Moderator with HWSETA, MICTSETA and the ETDP SETA.

Keshnie holds an ODETDP qualification and trains practitioners in the area of trauma, End of life, Palliative Care and traumatic birth experiences. She also trains internationally accredited Trauma Debriefers and End of Life Doulas. Keshnie has worked internationally for 8 years and locally for 7 years, and has travelled to 52 countries learning about their customs, rituals and rites around Trauma support, death, dying and Bereavement. She has a counselling practice as well as a training company called The Wellness Specialist. She believes that care should be accessible to all and is the founder of the End of Life Supportive Alliance and the Global Trauma Response Centre which offer free support and trauma debriefing to individuals globally and 24/7, and also allows practitioners to practice their skills in a supervised environment. Keshnie also speaks at conferences and events around transitional support of the living, and the dying. She draws inspiration from her 2 earth babies, her husband and her son who was born still. Her motto is from Ram Dass who said, "We're all just walking each other home."

### **Jan Potgieter**



Jan Hendrik Potgieter Born: 6 Aug 1948 Matriculated - 1967 Middelburg Technical High School. The first encounter with human physiology started as a First Aid Officer in high school and later did an advanced first aid course, serving at sports events. Completed his Electrical Engineering Diploma in 1971. Studied psychosomatic diseases during 1988. Studied Orthomolecular Medicine and some herbals during 2000-2001. All the time helping people with health issues on a part-time basis until 2014 and then started a degree studying to complete his B.A. Social Work (Wellness Healthcare & Counselling) degree at the end of 2020 through Gideon Robert University (Lusaka). Practice full-time since 2015 as a Wellness Practitioner using Energy Medicine Equipment for screening and assist with training on these devices. Jan made an in-depth study on the application of various methodologies of Energy Medicine.

## Dr. Marius Potgieter



Dr. H (Marius) Potgieter majored in Philosophy and later completed a doctorate in Systematic Theology at UNISA. He had been a pastor for 36 years in the NG Church. He then trained at Synergetica as a professional Natural Health Practitioner and later as a Specialist Wellness Counsellor. Dr Marius wrote books on spirituality, the church, herbs and lifestyle.

## Judy Rankin

Narrative, Collaborative and Dialogical Therapist



*I believe that we need to challenge the 'taken for granted' ideas we carry in our heads about psychotherapy, psychopathology and the role of the professional.*

My journey professionally over the last 40 years has been enriching. I have lectured and trained psychologists in universities nationally and internationally. Theoretically I have always looked for new paths in my journey and these paths have taken me through the focus on the individual to family system and ecological model; to training as a family and couple therapist; through the wisdom of Narrative Theory and practice; to dialogical therapy with its focus on language. My path has been a rich tapestry and at 74, I feel the excitement about

the rich colours, textures and threads which are still to be woven. I know that there is a strong frame which holds and guides all my work to connect, to create and collaborate. My journey professionally over the last 40 years has taken me through the focus on the individual to family system and ecological model; to training as a family and couple therapist; through the wisdom of Narrative Theory and practice; to dialogical therapy with its focus on language.

My emphasis is on a way of being in *conversation* and *relationship* with others. I do not see myself as an expert knower on how people ought to live their lives

My professional work includes lecturing in Universities Nationally; Master's Students and Interns in Psychology; lecturing Internationally; private practice work: individual therapy; couple therapy; family therapy: and 15 years of working in communities of the rural Transkei where local stories became privileged. While the context and activities for me as the professional will change, the basic philosophical position remains the same across all contexts.

## Dr. Joyce Schoeman



Dr. Joyce Schoeman, BA Psychology, Sociology, Anthropology, Criminology and Languages (UP), BA Hons. (Psychology) at the University of Pretoria, MA and PHD Wellness Counselling and Lifestyle Management (SUU) – She believes that every day is an opportunity to be a Change Agent to take back Joy and develop high levels of Gratitude!

In her day-to-day life she is ambassador for wellness and preventative lifestyle changes. She is an ASCHP Specialist Wellness Counsellor, specialising in Screening and Profiling of Health Challenges, with personalised recommendations to enhance quality of life on all dimensions of wellbeing. Her motto in life: "Prevention is better than cure!"

She believes natural approach to wellbeing, facilitating change during the supportive journeys undertaken with clients in her practice since 1987. Dr Joyce is loved by her community with all the different services and supportive counselling services delivered. She has received awards for Leadership Development and Community Care on several occasions.

As an ETDP SETA registered Trainer, Assessor, Moderator, Content Designer, RPL Practitioner and Skill Development Consultant, recognised Field Expert and Supervisor, she has completed more than 5000 hours of academic support to learners in her capacity as facilitator. She serves South Africa by delivering skills development opportunities in Social Counselling. She also supports fellow counsellors to enhance their journey to care for other people. She collaborates with Services SETA, HWSETA and QTCO and several other registered service providers.

She has been in private practice delivering Virtual and Counselling 1:1 since 1991. She is qualified as a psychometrist focusing on Ecometric Assessment, referring to specific systems-based screening for gaps in personal skills development. She is an Audiometrist and has Diploma in Medical Practice and Applied Kinesiology. She completed paralegal training at UCT.

Her work experience includes working in the defence force as a Supportive Counsellor, orphanage as a Live-in Caretaker. Practice Manager at a neurologist for 9 years. Own Brain-Integrated Enhancing Movement Clinic. Freelance journalist for radio stations and coffee table magazine, own marketing company, and therapeutic interventions at a special school.

### **Dr Charmain Faith Smuts**



Dr Charmain F. Smuts is known as Faith and born on 21<sup>st</sup> of January 1958, he matriculated in 1975 at High School Volkskool, Potchefstroom. Faith is a retired director of Financial Management and Administration, Department of Health with vast knowledge, skills and experience. Her interest, since she was a child, was in medicine, and the wellbeing of the human mind, body and spirit. She studied various directions due to her career in the Department of Health as this was what someone will say “to put bread on the table.”

Yet this was not fulfilled at all. There was a “gap” in her being, which should be filled. She enrolled for studies and obtained Bachelor of Counselling, Master of Arts in Sociology, Doctor of Philosophy in Sociology, Bachelor of Science in Wellness and Folk Medicine, Bachelor of Arts (Wellness Health and Counselling), and obtained other diplomas, certificates from other Institutions which are relevant to wellness and natural healing.

She started her counselling career in 2004, with registration as Counsellor in Counselling, Religion and traumatology with the Council for Counsellors in South Africa, 2004 – 2018 with ASCHP as Holistic Counsellor and upgraded in 2024 to Wellness Counsellor. She is also a member of NHA as an Ethno Health Care Practitioner like the saying “Health is a state of body, Wellness is a state of being” J. Stanford. This is the focus of Faith, as she believes people are different (Own personalities, Own Character, Individual). Her focus is then as per the said as during sessions works with the individual on the needs, referring to the techniques used, which and vary from one client to the next. Other than the Counselling and Natural Healing her other expertise is teaching/ facilitation. She has excellent insight and discernment abilities. Her facilitation/ teaching skills have been honoured in the Department of health and various subject matter since 1988 and is still ongoing.

In her Career as Director of Department of Health she obtained her Diploma in, Master in Public Administration, and various other diplomas, certificate (N.G.F. Valued), like risk Management (Close to wellness) Health & Safety (Safe environment towards wellness/ Labour relations (solutions to behaviours and Mediation (Counselling, Supply chain management - Aspects of Fraud, Corruption that may/can lead to fear, terror and discouragement then leads to long term sick leave, major depression and many other complications that we used in both professions (Counselling and Director).

Yet her ultimate goal is to work in the domain of wellness which is a state of being, mind, body, soul and spirit.

## Carine Steenkamp



Carine Steenkamp is a Trauma Counsellor and a Dyslexia Specialist who has been extensively involved in research, training of Educators & Therapists, and offering business & Franchising solutions since 1999. She was the former CEO of GoFocus Learning Centres.

## Dr. Arien Van der Merwe



Dr Arien van der Merwe is a medical doctor and Specialist Wellness counsellor, mind-body and integrative, natural medicine, stress management, workplace wellness and longevity practitioner and trainer. Arien is a bestselling author and well-known and experienced public speaker, facilitator and trainer. Her passion is Health Education and she uses all media to disseminate good-news, solution based health information. She participates in many Real Health episodes (DStv Home Channel), Kyknet, Minki Gesels Met, Radio Pulpit (Radio Kansel), RSG. Anri van Rooyen and Dr Arien are partners (and mother and daughter) in Ariani Health Solutions.

## Anri Van Rooyen



Anri van Rooyen is a Holistic counsellor and health/fitness scientist. Anri completed her MSc in Sport Physiology and she is also a personal fitness trainer. Her passion is Health Education to spread the good news of health and happiness, for all! Anri's special interest is holistic weight loss, as overweight/obesity runs in her family. She has dedicated her life's work to educate health practitioners and clients/patients on holistic weight loss, using a mind-body-soul approach including lifestyle changes and mindfulness practices to ensure long term results. Anri participates in many Real Health episodes (DStv Home Channel), Kyknet and Minki Gesels Met, and contributes to many online and hard copy publications and programs. Anri and Dr Arien van der Merwe are partners (a mother and daughter duo) in Ariani Health Solutions.

Anri's first CPD course is Holistic Weight Loss – A Mindful Living Approach. In 2021 she also completed her exercise, nutrition and lifestyle CPD courses.

### **Free Student information (Courses) – Synergetica (Liedani cc) – Videolearn SA**

Receive the access code from Elsie Teffo at [cpd.liedani@synergetica.co.za](mailto:cpd.liedani@synergetica.co.za)

1. What is a wellness coach? – (3 CPD Points could be gained if assessment and payment was done) - (Prof. Marius Herholdt)
2. What is wellbeing? – (3 CPD Points could be gained if assessment and payment was done) (Prof. Marius Herholdt) – (English version)
3. For non-CPD purposes you can watch it here: [https://youtu.be/r\\_8ToIdDXhw](https://youtu.be/r_8ToIdDXhw)



4. Wat is Welwees berading? – (3 CPD Points could be gained if assessment and payment was done) - (Prof. Marius Herholdt) – (Afrikaans version)
5. For non-CPD purposes you can watch it here: <https://youtu.be/mNqMFJ3wJJQ>
6. Kliënt Oriëntering – (no CPD Points) – (Presented by Dr. M. Potgieter) – Afrikaans only
7. [Counselling the wellness way - YouTube](#)

**Note:** The list of available CPD topics / lectures is constantly being upgraded and expanded. Newly available CPD's are frequently added to this platform. Be sure not to accidentally repeat some.

We do trust that you will enjoy the CPD's. Be sure to communicate to us other topics that you would like to see presented. We work to cover the spectrum of Wellness related modalities.

### ***2024 Wellness Webinar – Online***

Date: 10 October 2024 @ 10h00

This is a free CPD Webinar that will earn you 3 general CPD points.

#### ***Program and Speaker details:***

Prof Marius Herholdt: Welcome and Introduction  
Dr Leunis van Rooyen  
Dr Joyce Schoeman  
Meena Ministry  
Dr Liezl Herholdt: Closing words.