



# CPD TRAINING

**CIRCULAR – November 2023**

See last page for important (free) Webinar 2023 info

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

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.

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 of 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, CCSA and NHA 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 please need you to do is to:

- 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 CPD's aligned to your developmental programme
- Punctually complete your prescribed CPD's 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.

We have pleasure in introducing (in alphabetical order) the following CPD contributors.

## We have new a CPD Provider!

### HOPE HOUSE COUNSELLING: Mandy Denoon-Stevens. (Registered Counsellor)



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 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.

### 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.

### **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 study with Synergetica Academy. Completed 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.

## 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 Joy 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.

## Carine Steenkamp



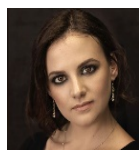
Carine Steenkamp is a Trauma Counsellor and a Dyslexia Specialist who has been extensively involved in research, training of Educators & Therapists, and offering business & Franchising solutions since 1999. She was the former CEO of GoFocus Learning Centres.

## Dr. Arien Van der Merwe



Dr Arien van der Merwe is a medical doctor and specialist holistic health 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.

**Please see attached list of available topics:**

### **A. E-mailed CPD's**

These can be ordered from Elsie at [cpd.riedani@synergetica.co.za](mailto:cpd.riedani@synergetica.co.za)

CPD Nr	Category	CPD TOPIC	CPD Points	Fee	Compulsory CPD's	Additional CPD
CPD 23.1	Ethics	The ethics of ethical codes	3	R510.00	x	
CPD 23.2	Wellness CPD	Health dimensions in mental wellness	3	R510.00	x	
CPD 23.3	Research CPD	The neuroscience behind brain networks	3	R510.00		
CPD 23.4	Self-development	Theology and spiritual meaning in counselling	3	R510.00		

CPD 23.5	Transpersonal psychology	Psychedelic therapies	3	R510.00		
CPD 23.6	Practical counselling competence	Entrepreneurial success	3	R510.00		

## B. Online CPD's

These can be accessed on the Videolearn Platform

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

Instructor courses – Synergetica (Liedani CC) - Videolearn				
	CPD'S	POINTS	AMOUNT	INSTRUCTOR
VL001	VL001: Counselling families with learning disabilities	3 CPD Points	R402	Carine Steenkamp
VL002	VL002: Couching for health optimisation - The methylation process	3 CPD Points	R402	Prof Marius Herholdt
VL003	VL003: Counselling for joy	3 CPD Points	R402	Prof Marius Herholdt
VL004	VL004: Counselling in practice with refernce to client rights	6 CPD Points	R782	Dr Joyce Schoeman
VL005	VL005: Counselling skills - Perinatal loss	6 CPD Points	R862	Keshnie Mathi
VL006	VL006: Energy medicine	3 CPD Points	R402	Prof Marius Herholdt
VL007	VL007: Ethics and Belief Systems	3 CPD Points	R402	Prof Marius Herholdt
VL008	VL008: Ethics and Professionalism (The ethical setting of holistic protocols)	3 CPD Points	R345	Dr Joyce Schoeman
VL009	VL009: Health care models	3 CPD Points	R402	Prof Marius Herholdt
VL010	VL010: Health optimization (The methylation)	3 CPD Points	R402	Prof Marius Herholdt
VL011	VL011: Heart Health	9 CPD Points	R1 035	Dr Arien van der Merwe
VL012	VL012: Helping a client deal with worry	3 CPD Points	R402	Prof Marius Herholdt
VL013	VL013: Holistic Neuroplasticity & Creativity Course	9 CPD Points	R1 139	Ariani (Dr Arien & Anri)
VL014	VL014: Holistic Stress solution	9 CPD Points	R1 139	Ariani (Dr Arien & Anri)
VL015	VL015: Holistic weight loss (a mindful living approach)	9 CPD Points	R1 035	Anri van Rooyen
VL016	VL016: Holistic weight loss- Part 1	3 CPD Points	R345	Anri van Rooyen

VL017	VL017: Holistic weight loss- Part 2	3 CPD Points	R345	Anri van Rooyen
VL018	VL018: Holistic weight loss- Part 3	3 CPD Points	R345	Anri van Rooyen
VL019	VL019: Inflammation: both friend and foe	9 CPD points	R1 035	Dr Arien van der Merwe
VL020	VL020: Introduction to Counselling during Palliative Care	6 CPD Points	R575	Keshnie Mathi
VL021	VL021: Introduction to Energy Psychology	3 CPD Points	R402	Prof Marius Herholdt
VL022	VL022: Introduction to Ethnomedicine for Wellness counsellors	3 CPD Points	R402	Prof Marius Herholdt
VL023	VL023: Life style coaching for physical wellness	3 CPD Points	R402	Prof Marius Herholdt
VL024	VL024: Making sense of Wellness Healthcare	3 CPD Points	R402	Prof Marius Herholdt
VL025	VL025: Me and my practice	3 CPD Points	R402	Dr Joyce Schoeman
VL026	VL026: Mental Health in a Changing, uncertain World	9 CPD Points	R1 035	Dr Arien van der Merwe
VL027	VL027: NLP an Introduction (Neuro Linguistic Programme)	3 CPD Points	R402	Dr Joyce Schoeman
VL028	VL028: Neuroplasticity	9 CPD Points	R1 035	Dr Arien van der Merwe
VL029	VL029: Sexual wholeness	3 CPD Points	R345	Dr Joyce Schoeman
VL030	VL030: Strategies for Wellness Counselling & Coaching – No course material	3 CPD Points	R288	Prof Marius Herholdt
VL031	VL031: Strategies for Wellness Counselling & Coaching – With course material	3 CPD Points	R402	Prof Marius Herholdt
VL032	VL032: Stress management with special reference to adaptogens	3 CPD Points	R402	Dr Joyce Schoeman
VL033	VL033: The key to opening a practice	3 CPD Points	R402	Carine Steenkamp
VL034	VL034: Therapeutic energies	3 CPD Points	R402	Prof Marius Herholdt
VL035	VL035: The triad of faith, hope and love as counselling leitmotif	3 CPD Points	R402	Prof Marius Herholdt
VL036	VL036: Trauma debriefing facilitator training Internationally accredited	6 CPD Points	R1 725	Keshnie Mathi
VL037	VL037: Understanding the POPI Act	3 CPD Points	R402	Dr Joyce Schoeman
VL038	VL038: Victim of Empowerment – The Counsellor as Mediator	3 CPD Points	R402	Dr Joyce Schoeman
VL039	VL039: 2022 Webinar Wellbeing a holistic circle of core	3 CPD Points	R230	Synergetica
VL040	VL040: Grief & loss for counselling	3 CPD Points	R420	Hope House Counselling Centre

If you need any assistance, please contact Elsie at [cpd.liedani@synergetica.co.za](mailto:cpd.liedani@synergetica.co.za)

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

Receive the access code from Miggie Kok at [miggie@synergetica.co.za](mailto:miggie@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.

## **2022 Wellness webinar:**

This webinar is still available for you to purchase:

[View Course - Webinar: Wellbeing as holistic circle of care - VideoLearn SA](#)

## **2023 Wellness webinar:**

Date: 11 October 10:00

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





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 Nyschen:** 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

**TO REGISTER, USE LINK DOWN BELOW**

[www.videolearn.co.za](http://www.videolearn.co.za)

**Please use the following link to register**

<https://www.videolearn.co.za/home/ViewCourse/844860a0-422d-4ba7-a295-2eb10c0aad83>

Kind Regards

Dr. Liezl Herholdt