

HOLISTIC HORIZONS

BY ASCHP

Embracing Change: The Digitalisation of Counselling

LETTER FROM OUR
CEO

THE DIGITALISATION
OF COUNSELLING

MEMBER
CONTRIBUTIONS

ASCHP 2024 CPD

March 2024
03



The views expressed in articles authored for our magazine are those of the individual contributors and do not necessarily reflect the official stance of the ASCHP. We encourage diverse perspectives and open dialogue within the community.

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WORD FROM THE FOUNDING PRESIDENT

Dr. Marius D. Herholdt



ASCHP

IN THIS ISSUE

Welcome to our latest edition, where we spotlight the ASCHP's CPD schedule and our CPD providers. A letter from our CEO introduces our theme: the digitalisation of counselling and embracing technological change. This issue focuses on navigating online counselling with professionalism and ethical integrity, underscoring our commitment to excellence in this digital era. It's a concise guide designed to inspire and equip our members for the evolving landscape of our profession.





LETTER FROM OUR CEO

Dear ASCHP Members,

I trust this message finds you in good spirits and fully engaged in your practice. As your commitment to wellness enriches lives, it's crucial to remember the role of Continuous Professional Development (CPD) in enhancing our skills and staying abreast of the latest in our field. It is with this in mind that I wish to underline the significance of CPD for every member of the Association for Supportive Counsellors & Holistic Practitioners (ASCHP).

Our profession demands continuous learning to ensure the highest standards of care. To this end, ASCHP members who are not current with their CPD will be classified under a "non-listed" designation. This action is not meant to penalise but to encourage a culture of ongoing professional growth.

We offer a variety of CPD activities and resources to fit your busy schedules and cater to diverse learning preferences. From online seminars to online courses, there are ample opportunities to accumulate CPD points.



I encourage you to check your CPD compliance status and review our CPD policy for a comprehensive understanding of how you can engage in these activities.

Our commitment to CPD is a testament to our dedication to excellence and the well-being of those we serve. Let us continue to advance our knowledge and skills, fostering a community of counsellors who are not only competent but exceptional.

For more information on your CPD requirements and how to meet them, please visit our website or contact our CPD support team. Together, we can achieve professional growth and make a lasting impact in the field of wellness counselling.

Warmest regards,

CEO



**"To keep the
body in good
health is a duty...
otherwise we
shall not be able
to keep our mind
strong and clear."
– Buddha**



THE DIGITALISATION OF COUNSELLING

“What was good enough for grandpa, is good enough for me”. This sounds patriotic and very romantic until we realise with shock that this would also mean I have to drive a 1948 International truck. The International Harvester KB-Series was the bakkie used by Grandpa on the farm, and we often had to give it quite a push start to start and then only go to town at a maximum of 50 miles an hour. Of course, we all agree that many good historical principles and cultural customs should be retained and observed, but times have changed and the only constant is change.

Transformation is challenging because human nature seems to have an attitudinal inclination to resist change. Yet, change can be negative or spell renewal and by accepting this challenge we may grow and become more affluent, for George Bernard Shaw reminds us that “Those who cannot change their minds cannot change anything.”

Since Covid, the ASCHP had to adapt to a post-covid way of seeing and doing things; this forced us to transform →



"Digitalisation in counselling is not just a trend; it's a paradigm shift, transforming how we connect, empathise, and heal within the digital age."



THE DIGITALISATION OF COUNSELLING

from face-to-face CPD training to e-learning and Zoom meetings. We were fortunate to find digital partners who share in our vision and mission to promote wellness-oriented counselling digitally on the ground level. Hence, VNI and VideoLearn companies now offer ASCHP courses and Continuous Professional Development in an easy-to-access electronic format to all our members, even internationally.

If it is true that “intelligence is the ability to adapt to change” (Stephen Hawking), then counsellors, as competent professionals can:

- Go from snail mail to e-mail
- Go from paper-bound writing to digital information
- Go from book and ink to internet
- Go from old school to artificial intelligence
- ... and enjoy the ride.



"The integration of AI and machine learning into counselling services promises a future where mental health support is more accessible, personalised, and efficient than ever before."

Contributions from our members



Write to us

Attention members of the Association for Supportive Counsellors and Holistic Practitioners (ASCHP)! We are thrilled to offer you the opportunity to contribute to our magazine. This is your platform to share insights, experiences, and wisdom in the realms of counselling, holistic practices, and wellness. Whether it's an article on innovative counselling techniques, personal stories of growth and healing, or research in holistic wellness, we value your unique perspectives. Each month, we will randomly select contributions from our members to be featured, celebrating the diverse and profound impact of our community. Please send your submissions to the email address provided at the end of this article. Share your expertise, inspire others, and be an integral part of our collective journey towards holistic health and well-being!

TALK TO US

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The Importance of Personal Growth in Counsellors and the Value of Professional Bodies

By Limari Herholdt
ASCHP Registered Wellness Counsellor

In the field of wellness counselling, the personal growth of a counsellor is not merely a recommendation; it is a necessity. The dynamic and often challenging nature of counselling demands continuous self-development, self-reflection, and learning. This article explores the multifaceted benefits of personal growth in wellness counsellors and elucidates the significance of their involvement in a professional body such as the Association for Supportive Counsellors & Holistic Practitioners (ASCHP).

This engagement not only fosters professional development but also cultivates a community of practice that enhances individual and collective proficiency.

The Imperative of Personal Growth

Personal growth in counsellors encompasses a broad spectrum of developmental areas including, but not limited to, emotional intelligence, self-awareness, academic knowledge, and practical counselling skills. A cornerstone of effective counselling is the practitioner's ability to engage in introspection and self-reflection, thereby ensuring that their personal biases, issues, or emotional

responses do not interfere with the therapeutic process. Furthermore, the evolution of psychological theories and therapeutic techniques necessitates ongoing education and skill enhancement to provide clients with the most effective interventions.

Emotional resilience and empathy, integral components of a counsellor's personal growth, are pivotal in maintaining professional longevity and effectiveness. The emotional toll of counselling work, characterised by vicarious trauma and compassion fatigue,

underscores the necessity for counsellors to cultivate coping mechanisms and self-care practices. Thus, personal growth is not an isolated endeavour but a professional imperative that ensures the counsellor's well-being and, by extension, the quality of care provided to clients.

The Value of Professional Bodies

Membership in a professional body such as the ASCHP offers invaluable resources for personal and professional development. These organisations serve as a nexus for knowledge exchange, continuing education, and professional networking.

The benefits of such affiliation extend beyond the individual to the collective, enhancing the profession's standards and the quality of care offered to the public.

Professional Development and Standards

Professional bodies play a crucial role in defining ethical standards and best practices within the counselling profession. They offer structured pathways for professional development through workshops, seminars, and conferences, which are essential for keeping counsellors abreast of new research, techniques, and ethical considerations. This continuous professional education is vital for personal growth and maintaining the efficacy and integrity of counselling practice.

Community of Practice

Beyond the acquisition of knowledge, the ASCHP provides a community of practice where practitioners can share experiences, challenges, and insights. This collegial network fosters a sense of belonging and support, crucial for counsellors who often work in isolation.

The personal growth of a wellness counsellor is an ongoing journey, pivotal to the therapeutic efficacy and personal well-being of the practitioner. Engagement with a professional body like the ASCHP amplifies this growth, providing structured opportunities for learning, ethical guidance, and a supportive community of peers. Such affiliation ensures that counsellors remain at the forefront of their profession, equipped with the knowledge, skills, and resilience to meet the evolving needs of their clients. As we advocate for the growth and wellness of those we serve, let us also commit to our own development and the collective advancement of our profession.



2024 ASCHP CPDs

Order your CPD'S now

Contact:

Elsie- 012 111 9002

cpd.liedani@synergetica.co.za

"Continual Professional Development (CPD) is the fuel that drives a career forward; it's the vital ingredient for staying relevant, knowledgeable, and at the forefront of one's field. In an ever-evolving world, CPDs ensure that our skills and understanding don't just keep pace, but lead the way."

1

ETHICS 24.1

This CPD focuses on the ethical standards and practices essential for counselors and wellness practitioners. It covers topics like confidentiality, professional boundaries, ethical decision-making, and the importance of maintaining trust and integrity in client relationships.



2

WELLNESS 24.2

This CPD explores various aspects of wellness, including physical, mental, and emotional health. It emphasizes holistic approaches to well-being, integrating lifestyle, nutrition, exercise, and stress management techniques to support overall health.





3

COUNSELLING STYLES 24.3

This CPD offers an overview of different counselling styles and approaches, such as cognitive-behavioural therapy, person-centred therapy, and solution-focused therapy. It aims to enhance practitioners' understanding of how these styles can be effectively applied in various counselling scenarios



4

WELLNESS MODALITIES 24.4

This CPD delves into various wellness modalities such as mindfulness, meditation, yoga, and aromatherapy. It provides insights into how these practices can be integrated into therapeutic settings to enhance client well-being.



5

RESEARCH 24.5

This CPD is focused on the importance of research in counselling and wellness fields. It covers how to interpret and utilize research findings, the basics of conducting research, and the role of evidence-based practice in enhancing treatment outcomes.



6

SELF DEVELOPMENT 24.6

This CPD emphasizes the importance of personal growth and development for practitioners. It covers self-awareness, self-care practices, and the development of personal and professional skills to improve counselling effectiveness and prevent burnout.

7

COUNSELLING SKILLS 24.7

This CPD aims to enhance core counselling skills such as active listening, empathy, effective communication, and client engagement. It is designed to refine practitioners' abilities to establish rapport, support client growth, and navigate various counselling challenges.



We'd like to take a moment to emphasise the vital importance of engaging in Continuous Professional Development (CPD) programmes. CPDs are more than just a professional requirement; they are a cornerstone in the continuous growth and excellence in our field of counselling and wellness.

By participating in CPDs, you not only adhere to the high standards set by the ASCHP but also significantly enhance your skills and knowledge. Programmes like Ethics, Wellness, Counselling Styles, Wellness Modalities, and Research equip you with the latest information and methodologies in our ever-evolving field. They ensure that you stay at the forefront of best practices, which is essential for providing the highest quality of care to those we serve.

Moreover, CPDs like Self-Development and Counselling Skills are designed to support your personal and professional growth. They help in refining your abilities, ensuring you can face the diverse challenges of our profession with confidence and competence.

Remember, investing in CPDs is investing in yourself and the clients. Let's continue to grow, learn, and lead in the journey of supporting health and wellness in our communities.



2024 ASCHP CPD Providers

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cpd.liedani@synergetica.co.za

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1

HOPE HOUSE COUNSELLING: MANDY DENOON-STEVENSON. (REGISTERED COUNSELLOR)

At Hope House Counselling Centre, our training workshop takes the percipient 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 problems. 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.



2

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 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.





3

DR. MARIUS HERHOLDT

Dr. Marius Herholdt, now semi-retired, serves as the 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 to 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.

4 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 in 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). Practiced full-time since 2015 as a Wellness Practitioner using Energy Medicine Equipment for screening and assisting with training on these devices. Jan made an in-depth study on the application of various methodologies of Energy Medicine.



5

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."

3 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.



5 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.





8

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.

9

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.



10

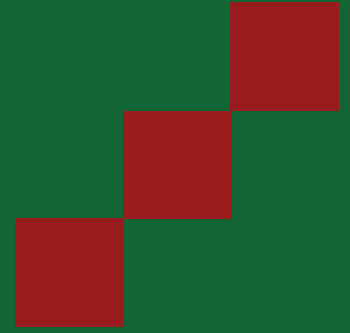
ANRI VAN ROOYEN

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 educating 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 programmes. 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.



ETHICAL MATTERS AND PROFESSIONAL CONDUCT



"Navigating Ethics and Professionalism in the Digital Counselling Era: A Guideline from the ASCHP"

In an era where the digitalisation of counselling transforms the therapeutic landscape, ethical matters and professional conduct in online counselling scenarios demand our heightened attention.

As the Association for Supportive Counsellors & Holistic Practitioners (ASCHP) navigates these waters, it is imperative that our members uphold the highest standards of ethical practice to ensure the integrity and effectiveness of virtual counselling sessions. The pivot to digital platforms, while expanding accessibility, introduces complex ethical considerations.

Confidentiality, one of the cornerstones of wellness practice, becomes nuanced in online environments. Counsellors must employ secure, encrypted platforms for communication and be vigilant about data protection to safeguard client information. Informed consent, too, takes on additional layers online. Clients should be fully aware of the potential risks and limitations of online counselling, including issues related to technology failure and the limits of confidentiality in digital spaces.

Professional boundaries remain paramount, albeit challenging to navigate in virtual settings. Clear guidelines about communication methods and response times help maintain the professional nature of the counsellor-client relationship. The ASCHP has developed comprehensive policies addressing these ethical complexities, ensuring that our members are equipped to provide safe, effective, and ethical online counselling services.

These guidelines are not static; they evolve in response to new challenges and technological advancements, reflecting our commitment to excellence in the digital age of counselling.

As we embrace the future of digital counselling, let us remain steadfast in our dedication to ethical practice and professional conduct. By doing so, we not only protect our clients but also uphold the integrity and trust that are the foundation of our profession.

J Vorster

News items and announcements

"Wellness is the complete integration of body, mind, and spirit." - Greg Anderson

Dear Members

The Association for Supportive Counsellors & Holistic Practitioners (ASCHP) is pleased to announce our partnership with VNI. Please be aware that all communications received from VNI are official correspondences on behalf of the ASCHP. VNI is not an independent institution but operates in close collaboration with us, ensuring that our shared messages and initiatives reach you seamlessly. This partnership reflects our commitment to enhancing our service and communication channels for the benefit of our members.

Warm regards,

THE ASCHP TEAM

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The Wellness Specialist



CPDs

We offer CPDs in topics related to neurodiversity, grief, end of life/palliative care, perinatal loss and bereavement as well as support for children



PsychUP

The Psychup Counsellor Development Programme bridges the link between theory and practical for those who want to register with the ASCHP



Coaching

We offer coaching & training to help build businesses & skill ADHD/Executive Functioning
Business Development
Trauma Debriefing
Career Coaching
Neurocoaching

About Us

The Wellness Specialist is an accredited training company focused on skills development for mental health, education and wellness practitioners. We offer CPDs for the ASCHP, HPCSA and CCSA. We believe in creating networks and communities of care through collaboration.



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ACCSA

Addiction Counsellor Certifications South Africa Pty (Ltd)

Site: www.accsa.co.za
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ACCSA - Addiction Education Provider of CEU/CPD and Certification

ACCSA is your one stop provider of all your addiction education needs for both addiction professionals and the general public sector. Our three Tiers are tailor made to suit any addiction education needs for the starting candidate to the experienced addiction professional. ACCSA is a NAADAC approved education provider for CE (Continuing Education) and CPD (Continuing Professional Development) credits.



Courses

The First Tier covers all addiction related topics to suit the needs of any student, whether only interested in specific topics, or for those wanting to further their education in progressing towards any international addiction certification. All our First Tier Modules are accredited both locally (CPD) and internationally (CEU) for continuing education credit.



Course Packages

The Second Tier are specialized packages of multiple courses suited to specific needs of the candidate, whether interested in addictions counselling, general addiction related information, or other particular field related to the addiction profession.



Certifications

The Third Tier are the IC&RC Internationally recognized and accredited addiction certifications that most addiction professionals strive towards when specializing in the addiction field. ACCSA facilitates the application process with IC&RC Boards in the United States, and facilitates the online examinations as a registered provider for ISO Quality Testing USA.

Who Do We Serve?

- People who want to work in the field of addiction
- People who already work as addictions professionals
- Addictions rehabilitation centres
- All other stakeholders including but not limited to government departments, businesses, public institutions, education institutions, professional boards, individuals and the general public

Our first task was to provide courses and certifications to addiction counsellors in South Africa. But ACCSA is evolving to provide education to a broader scope of students, now including other addiction related professions and the general public. Our course and certification structure will continue to grow and evolve every year, ensuring that we keep our standards at world class level.

What Do We Offer?

1. Education and Empowerment

Government departments, businesses, schools, businesses and institutions face the problem of addiction in various ways. We aim to offer high-quality information and education to all people affected by addiction who wish to respond to the problem in line with international best practise.

2. Accreditation and Upskilling

People already working in the field of addiction, regardless of designation, can benefit from our internationally accredited course modules that offer both CPD and CEU points, improving both skill level and credibility in the industry.

Website www.accsa.co.za

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Contact us for more information or bookings!



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NaCare Herbal Tinctures

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HOLISTIC HORIZONS

