

ASCHP PROFESSIONAL BODY AUGUST 22 CIRCULAR

Dear esteemed member,



An urgent assessment of life

I don't know about you, but I find that the scarcest commodity in today's life is not money, friendship or opportunities, but time! It dismally seems as if there are no longer 60 minutes available in every hour. We are all so inundated with a huge responsibilities and heavy workloads that we feel to be increasingly suffocating. It is overtime work loads that dad brings home, it is excessive school homework, cooking of meals, running to the shop and myriads of unforeseen chores that devour our precious time. Alas, if we are lucky, we get to retire to bed at 11 or often even 12 at night, but not before we could manage adjusting the alarm to wake us early next morning to be ready again for the rat race.

I'm convinced that most problems that people encounter and challenges that they struggle with, could be avoided and even solved could they have been afforded ample time to devote to it. We counsel well, but unless we can raise the awareness of the time factor, people will not devote time to the process of gaining perspective and getting well.

Time counselling

We need to realise that many of our clients, and beloved family members or even ourselves, perhaps often misdiagnose ailments and problems which are actually time related. For instance:

- People experience time fatigue which may manifest as anxiety, depression and various other mental and physical ailments.
- It is not so much the stresses and strains of life that drains us, but more likely the missed opportunities to find time for meditation and relaxation in order to regain our strength.
- It is seemingly not the work load that threatens to collapse us, but mostly the lack of planning and time management, not taking time to recuperate and failure to employ self-limiting engagement.

The list can go on and on and each time we may be able to uncover beneath the precipitating factors the real issue – scarcity of productive time. This means that we need to urgently pay attention in our counselling regime to the effective management of time.

Making time to think about time

I know it is not easy to find a way out of social rut for we are all so deeply embedded in the time warp of modern society, but at least we should earnestly start thinking about it and carefully pay heed to it. **Remember:** The foolish scribe failed to complete his script on the deadline for he did not have time to sharpen his pencil; the forester could not deliver the timber for he did not make time to sharpen his axe.

There are indeed many ways to manage time and tips are available on the internet to implement time consumption. It is not my intention to try and teach you time management, but only to


emphasise the importance of it in and its value for our counselling. I want to close by reminding us that we need to remember:-

- ✓ People need time to find meaning, to heal and restore strength;
- ✓ Do not rush counselling, time investment is part of healing and helping.
- ✓ There is a time for everything, don't confuse time different time slots;
- ✓ There is 60 minutes to every hour and 24 hours in a day, it is a precious existential space that we cannot afford to waste;
- ✓ It is easy to waste time with trivialities or to spend unproductive time, be time-wise and time-economical;
- ✓ Counselling is in essence the process of becoming over time, just like a peach ripens on the vine;
- ✓ Teach clients that they need time to heal and to become well again, there is no justification not to enjoy quality time. (What about hobbies and family time?)
- ✓ Teach our children that time is required to internalise, become clever and understand thoroughly; if, for instance, we do not spend time mastering mathematics, we might think we are not clever enough. Remember what Einstein admitted?

**It's not that I'm so smart, it's just that I
stay with problems longer.
Albert Einstein**

What time did we make for ourselves this day?

Kind regards



Liezl Herholdt (ASCHP CEO)

News items

Female awareness month

I'm sure that we are all aware that August is Women's Month. The government proposed that we celebrate this year's Women Month under the theme: "Women's Socio-Economic Rights and Empowerment: Building Women's Improved Resilience". We recommend that you use this a campaign theme in making your counselling services known to the public.

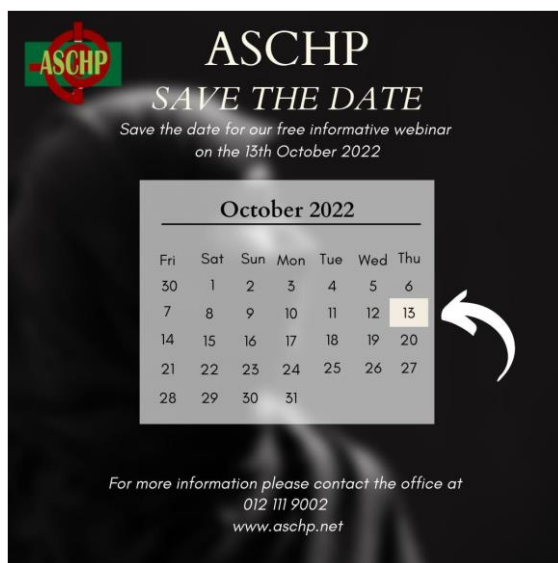
POPI ACT

The recent misuse of our data base is very upsetting for us and our members and we are paying attention to it. We want to affirm that we were not hacked, neither did we give out your personal information for advertising. It seems that some opportunists tracked your e-mail addressed using the ASCHP website.

We informed them that it is against the POPI Act regulations and highly irregular and unacceptable. We also want to notify our members that the data base may not be used for advertising any services or products and that people who misuse it are at risk of serious legal action according to the POPI Act.

Kindly be advised that even though all members now have a complete emailing list of all members, you may not use it to communicate with your fellow members by sending out bulk emails. This would be highly irregular.

Wellness seminar: Please reserve the date for webinar on Thursday 13th October 2022



Sessions

Time slots	Themes	Speaker
Presentation 1. 10h00 – 10h45	Wellness orientated counselling	Prof Marius Herholdt
Presentation 2. 11h00 – 11h45	Orthomolecular science for healthcare: Cellular nutrition	Charl Marais
Lunch break. 13h00 – 13h30		
Presentation 3. 12h00 – 12h45	Cultural considerations and overcoming barriers in grief, loss and bereavement care withing communities.	Keshnie Mathi
Presentation 4. 14h30 – 14h30	Management skills for counsellors	Pieter du Toit

The seminar will be free of charge for bona fide members to attend via internet and will be streamed live from the Randburg studio of TechnoDezi. The presenters are all subject matter experts with exciting topics to be audio- visually presented. 3 Additional general CPD’s can be obtained free of charge for 2022/2023 cycles.

Further details to follow in the next circular when the link will be provided. We are looking forward to this wonderful, exiting event!

Additional links on website to consider:

1. What is a wellness coach? – (3 CPD Points could be gained if assessment and payment was done) - (Prof. Marius Herholdt) <https://www.videolearn.co.za/home/ViewCourse/f1237217-5eb2-4213-9d8d-a94969cf6469> - o98hVQCO
1. What is wellbeing? – (3 CPD Points could be gained if assessment and payment was done) (Prof. Marius Herholdt) – (English version)
<https://www.videolearn.co.za/home/ViewCourse/9c286be2-b23f-434b-9e0f-4155c2fc67b2> - OZwNePZL
1. Wat is Welwees berading? – (3 CPD Points could be gained if assessment and payment was done) - (Prof. Marius Herholdt) – (Afrikaans version)
 3. <https://www.videolearn.co.za/home/ViewCourse/e6f1b314-d109-4ff6-b6c2-0c13ac22f052> - krXze4Vr