



ASCHP FEBRUARY 2023 CIRCULAR

No matter how much we know and how competent we may be, there is always room for vast improvement and drastic upgrading of our knowledge and skills. Many years ago Lord Kelvin declared: *“There is nothing new to be discovered in physics now. All that remains is more and more precise measurement.”* Today, we realise that it was far from true, on the contrary scientists have just scratched the surface and make new and exciting discoveries every day. The same applies to the field of wellness and counselling.



The NWFR recently conducted an open discussion on wellness related topics in which some of its members participated. The proceedings will be made publicly available on YouTube and the link is:

https://youtu.be/VamWM_XI2iQ should you be interested in following it.

The Natural Wellness Research Foundation is an ASCHP initiative but functions as an independent and autonomous body. Its mission is to advance and promote the wellness model for public holistic healthcare benefits. As such quality research output is important to execute its mission.

The NRWF welcomes like-minded academics, clinicians and practitioners that can subscribe to the following criteria as meta-theoretical points of departure:

- Holistic healthcare as salutogenic, non-invasive and non-pathogenic method of wellness enhancement.
- Acknowledging all dimensions of wellbeing as equally important in making up the integrative body of human existence, i.e., intellectual, emotional, physical, spiritual and social aspects.
- Following an epistemology that is open to the social construction of reality in recognising cultural medicine and anecdotal evidence.
- Following an ontology that is open to accommodate transpersonal reality in terms of subtle energies and spiritual modes of existence.

- Members may object they are not bona fide researchers, but many counsellors are constantly in a process of gaining new insights as they continue to counsel. It is true that *“The best research you can do is talk to people”* - Terry Pratchett. We can learn from anyone open to experience and workable solutions.

In building the wellness industry as a professional body, we need to erect the edifice on the solid foundation of scientific research and workable models. If you are willing to participate, feel welcome to contact Prof. Marius Herholdt via e-mail (info@synergetica.co.za) for more information.

Wishing you well and happy counselling.

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