



Association for Supportive Counsellors  
& Holistic Practitioners NPC  
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SAQA recognized professional body (ID 984)  
with NQF registered designations

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## ASCHP OCTOBER 2022 CIRCULAR : Building the wellness industry

There are two kinds of jobs – maintenance and construction. They differ radically, but both are needed and complement each other. The past few months we all have experienced firsthand the plight of a lack of maintenance at Eskom power plants. But beyond maintenance, for future electricity supply, we also earnestly require innovative construction of renewable energy resources – windmill generators, solar panels and nuclear plants.

This principle is also equally applicable to counselling. Most counselling is maintenance for we return clients to their state of contentment and normal life, we help them find solutions to problems and cope with challenges, which is good and necessary. Yet, at the end of all the counselling sessions, they have simply merely been restored to their original state of human existence. Seldom do we as counsellors succeed in taking them beyond their average and normal existence they were used to.

Maintenance alone is therefore not sufficient; we also need to add a dimension of growth and development to be able to venture beyond average existence. This can only be accomplished if we are prepared and competent to implement principles of wellbeing. During the past few years this professional body has promoted wellness counselling as a powerful tool to expand horizons and help people aspire to self-actualize by becoming more of what they currently are. This involves much more than maintenance, for we do not simply want to solve problems, we endeavour to integrate life's challenges into the spiral of growth and development; we want to learn from our setbacks and use them as tools to reach greater heights. We strive to help people find meaning and purpose beyond misery; discover a new healthy lifestyle beyond the ailment and tap into personal renewable energy beyond at the fringes of our fatigue and suffering. The key word is 'beyond'. Helping people lift their gaze beyond that which may beset them to discover that they can be more, that life can be infinitely more and that this is the optimistic ideal of wellbeing, a state of abundant life.

In doing this, in daring to go beyond maintenance, we as counsellors succeed in building the wellness industry. It is an agenda to bring hope home, to taste goodness. We give people new meaning and bring the awareness that life can be great, that they may enter a state of happiness that does not depend on external circumstances. In this post covid world, wellness may therefore be the best antidote and to build this industry is a noble enterprise in which we all ought to participate actively.

Wishing you and yours well,

Dr. Liezl Herholdt  
CEO

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### News items:

## Please remember to register for our free webinar on 13 October 2022.

Find here the link: <https://www.videolearn.co.za/home/ViewCourse/c949f934-6ba8-4c59-95ab-a944d95fe68c> to start registering yourself to join our CPD webinar. We are looking forward to this wonderful, exiting event!



[DrRemo](#) is an online wellness platform that facilitates the introduction and interaction between clients and practitioners. Taking what technology has to offer and turning it into a value-added platform for clients and wellness practitioners.

As a professional in the wellness industry, you are a specialist in your field. Our goal is to enable and empower you to focus on what you do best, while allowing us to help grow your business and streamline operational activities. The more business functions you can automate and digitize, the better.

The platform offers a real time online booking system that will allow you to easily manage appointments on behalf of your patients, at the same time also giving existing and new patients the flexibility to make their own appointments online. The booking functionality is accompanied by a communication framework that, amongst other things, will send booking confirmation and reminder mailers.

[DrRemo](#) also facilitates the payment process, avoiding any outstanding bills together with a cancellation policy that protects the practitioner from no-shows. Using the [DrRemo](#) platform comes at no cost to the practitioner, instead a facilitation fee is charged to the patient at the point of making a booking.

Finally, the product includes video, call and chat functionality that will support virtual consultations. You can now see patients in a remote setting. All you need is a mobile phone and an internet connection.

We strongly believe in easy **wellness** access for everyone, **wherever you are**. That is ultimately the reason we are here today. If you are ready to take your practice to the next level, [DrRemo](#) is here to assist.

*\*Please note that in close collaboration with our legal team, we have taken the necessary steps to ensure protection of personal data in accordance with the POPI act, for both practitioners and patients. Contact us at [support@2d3l.com](mailto:support@2d3l.com).*

