

# HOLISTIC HORIZONS BY ASCHP

Dr Liezl  
Herholdt

(CEO) ASCHP

LETTER FROM OUR  
CEO

HISTORY OF THE  
ASCHP

MEMBER  
CONTRIBUTIONS

ASCHP 2024 CPD

January 2024  
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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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# HOLISTIC HORIZON BY ASCHP

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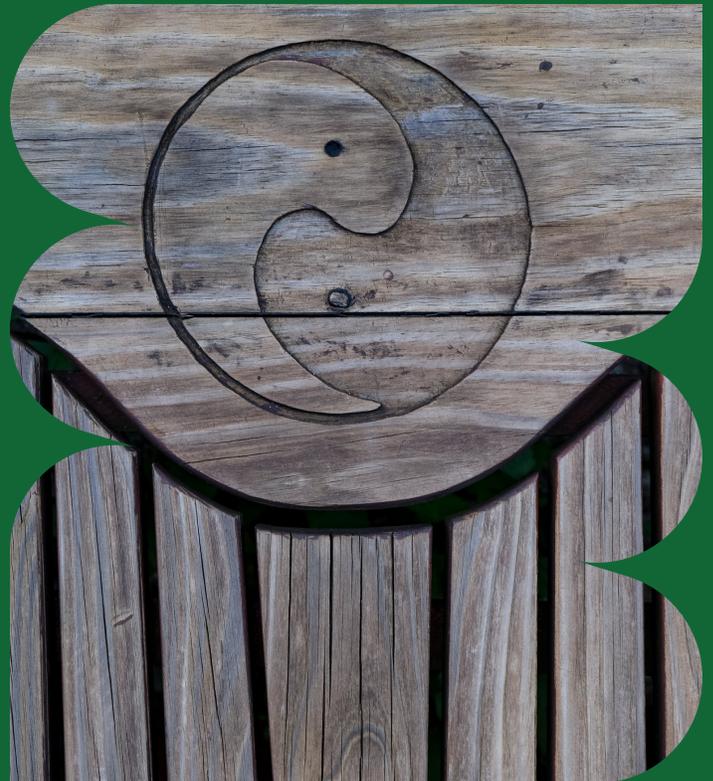


ASCHP



# IN THIS ISSUE

In this issue of our magazine, we delve into a variety of engaging and informative topics. Our CEO's letter sets the tone, offering insights and updates on our current initiatives. We take a journey through the fascinating history of the Association For Supportive Counsellors and Holistic Practitioners (ASCHP) and explore our member growth. This edition also highlights the vibrant contributions of our members, showcasing their unique perspectives and expertise. Additionally, we present an overview of the ACHP 2024 Continuing Professional Development (CPD) programs, detailing upcoming opportunities for professional growth and learning in the field of historic preservation. Join us in this enlightening journey through the past, present, and future of the ASCHP.





# LETTER FROM OUR CEO

Welcome to 2024, esteemed members of the ASCHP! It is with great enthusiasm and a sense of shared purpose that we embark on another year of growth, innovation, and community within the holistic wellness sphere. Our wellness magazine, a reflection of our collective wisdom and dedication, stands ready to guide and inspire us through the diverse and ever-evolving landscape of health and well-being.

As your CEO, I am immensely proud of the strides we have made together and excited for the journey that lies ahead. This magazine is more than just a publication; it's a vibrant platform for sharing knowledge, exploring new ideas, and fostering a deep sense of connection among us. Each article and every piece of advice is a testament to our commitment to excellence and our unwavering dedication to the betterment of holistic health practices.

This year, we aim to delve deeper into the nuances of our field, bringing you cutting-edge research, insightful perspectives, and practical tools to enhance your professional practice and personal growth. Our focus is not just on the physical aspects of health but also on the mental, emotional, and spiritual dimensions that are integral to holistic well-being.

Let us use this magazine as a beacon, guiding us through the challenges and triumphs of the year. Together, we will explore innovative approaches, celebrate our successes, and learn from our experiences. I encourage each of you to engage actively with the content, contribute your unique insights, and help foster a dynamic and supportive community.

Here's to a 2024 filled with groundbreaking achievements, meaningful connections, and significant strides in our personal and professional development. Let's make this year a remarkable chapter in our ongoing story of health, well-being, and collaborative success. Welcome aboard for another exciting year with the ASCHP!

CEO



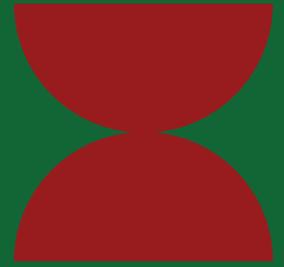
**"Take care of  
your body. It's  
the only place  
you have to live."  
- Jim Rohn**



# HISTORY OF THE ASCHP

“History never looks like history when you are living through it.” John Gardner remarks. Since 2012 the directors and staff of the Association for Supportive Counsellors and Holistic Practitioners have been living through its making day by day, the mandate being the pioneering of an occupation that would afford the opportunity to counsellors to work professionally. Such an undertaking demands the compilation of applicable policies, ethical and disciplinary codes, domain of professionalism and suitable scope of practice.

vividly remember the day when management was invited to meet with the council of the HPCSA with the challenge to justify a professional body for community-based counsellors. We faced 14 psychologists who were indeterminate that non-psychologists would be able to counsel effectively. At that time, we were still known as the Council of Counsellors in South Africa (CCSA) and it was only with the tabling of the NQF Bill (Act 67 of 2008) that provision was at last made for the establishment of a professional body for counsellors, that the reality upgrade status to that of professional designations listed on the NQF. It meant work opportunities for our members and the right to advertise services and charge consultation fees. The CCSA was initially an initiative of the Sociology Department of NWU, Vaal Triangle Campus, where I lectured part-time in narrative therapy and later medical sociology. Since the 1980's our manifold attempts to be recognised by the Social Services Profession, were unsuccessful, this Bill was our ideal opportunity and we were keen to make it work. We felt that counselling in the domain of well-being, as incorporated in the charter of the WHO, provided an excellent clinical context for counselling as a lucrative occupation. After thorough and difficult negotiations, the green light was given and in 2014 the ASCHP was granted professional status along with several other professional bodies for diverse occupations.



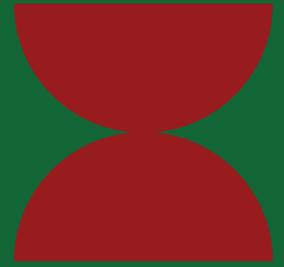
**"The history of a company is, in many ways, the history of an unending conversation between the past and the future." - Anonymous**



# HISTORY OF THE ASCHP

Individuals who played a pivotal role up to this point were Prof. Pierre van Niekerk, Dr. Joyce Schoeman, Dr. Liezl Herholdt and myself. Delighted we were the day when the professional body certificate was issued under SAQA with registration number 984.

Now ten years later, with more than a thousand five hundred active members registered on the NLRD, the ASCHP is ready to shift into second gear. We already have a good CPD system in place, joined an international body for counsellors and appointed a number of preferred training providers on both academic and skill levels. Constructive plans are in place to continue building the wellness industry, flood social media and implement helpful research programmes. Our vision is to build on the foundation of the past a wellness-based caregiving network to the benefit of every household in South Africa. In this process, we will advance the idea that “Rather than particular techniques, the far greater predictors of positive outcomes are therapeutic relationships, or counsellor qualities in therapeutic relationships that capitalize on clients’ internal strengths.” This is our signature in people’s lives.



**"Health is a state  
of body. Wellness  
is a state of  
being." - J.  
Stanford**

# Contributions from our members



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**

**012 111 9002**

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# THE 2024 Wellness Landscape and the importance of the Wellness counsellor

By Keshnie Mathi  
Managing Director-The Wellness Specialist

**In today's fast changing wellness world, staying current with the latest trends is critical. This blog will look at the dynamic trends in wellness practices and how wellness counsellors can help people achieve holistic health.**

## **Trend 1 - Mindfulness and Mental Well-Being**

"Mindfulness is about being fully awake in our lives. It is about perceiving the exquisite vividness of each moment." – Jon Kabat-Zinn

Mindfulness has evolved as a cornerstone in the pursuit of wellness, with significant advantages for mental health.

Mindfulness meditation, for example, teaches people how to build present-moment awareness, which reduces stress and promotes emotional equilibrium.

Wellness counsellors can incorporate these strategies throughout their sessions, equipping clients with tools to overcome life's problems while cultivating a resilient mindset. It is vital to highlight that a

client's need for mindfulness does not imply that the counsellor must be an expert.

This is an excellent opportunity to broaden your referral base to include holistic practitioners and to add relevant films to your toolset that will help your customer.

Mindfulness is also not a once off exercise and therefore the client should be supported through the process and be provided with tool so that they are empowered to utilise the skills outside

of the counselling space, and also have an opportunity to provide feedback if the intervention does not work, so that they can suggest another.

## **Trend 2: Holistic Health and Integrative Approaches**

Wellness is no longer limited to specific aspects, but rather encompasses a comprehensive approach that takes into account the linked nature of health. The trend towards holistic well-being is clear, including nutrition, fitness, and alternative therapies. →

Wellness counsellors play an important role in developing integrative programmes because they recognise that true health goes beyond individual components and foster a thorough awareness of their clients' requirements. Well-being screenings, herbal supplements, and health shops are becoming more popular as the general population recognises their responsibility in their own well-being and prevention.

### **Trend 3: Personalized Wellness Plans**

The one-size-fits-all strategy is giving way to customised wellness strategies based on individual needs. As we learn in the wellness therapy field, assistance is not a one-size-fits-all strategy. It is about identifying a unique path for each individual based on their choices. The goal remains care above cure. Wellness counsellors use their experience while collaborating with clients to develop methods that are tailored to their specific goals, lifestyles, and even genetic predispositions. This shift towards customisation reflects a recognition that true wellbeing is as individual as the people seeking it.

### **Trend 4: Technology in Wellness**

The introduction of technology has transformed the wellness environment, providing an abundance of tools and platforms. While technology provides fantastic opportunity for mindfulness on the go, it also introduces new barriers. From fitness apps to mental health monitoring, technology plays an important role in enhancing wellness habits. Wellness counsellors can use these advances to improve their services, employing data-driven insights to track progress and provide continuous assistance in an increasingly digital society. The clients of "now" and "future" demand actual affirmation, and this is an excellent approach to encourage, motivate, and assist. Technology also gives wellness counsellors with a wonderful opportunity to interact across borders and across professions, thereby creating a rich tapestry of support for their customers, with a bouquet of services supplied by various professionals and their diverse scopes of practice.

### **Section 5: Evolving Role of Wellness Counsellors**

"My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humour, and some style."  
– Maya Angelou

The function of wellness counsellors has expanded beyond typical counselling bounds. Today, wellness counsellors serve as consultants, educators, and champions for total health. Beyond addressing urgent difficulties, counsellors provide clients with knowledge that allows them to navigate their wellness path independently. This growing function reflects a more comprehensive understanding of wellbeing and the multidimensional assistance required for long-term improvement.

In conclusion, the ever-changing world of wellness necessitates a sophisticated approach. Emerson accurately observed, "The first wealth is health." The critical role of wellness counsellors in navigating these changes, as noted, emphasises the relevance of their knowledge in promoting long-term, holistic health for everyone.



# 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.



### 3

## 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.

### 4

## 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.



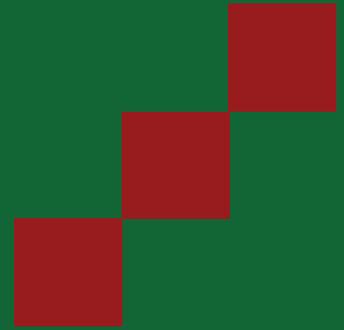
We'd like to take a moment to emphasize the vital importance of engaging in Continuous Professional Development (CPD) programmes. CPDs are more than just a professional requirement; they are a cornerstone in the continuous growth and excellence in our field of counselling and wellness.

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, Counseling 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.

# ETHICAL MATTERS AND PROFESSIONAL CONDUCT



**The Importance of Administration, High-Quality Clinical Notes, Follow Through on Client Needs, Multi-Disciplinary Referrals, Operating in Scope of Practice, Scope of Knowledge, and Footprint of Experience as a Registered ASCHP Counsellor in South Africa, Services Rendered and Re-Imbursement, Invoicing Outlines, Focus on Mediation rather than Litigation and Optional Extra Layer of Protection to Ensure Peace of Mind.**

As a registered ASCHP counsellor in South Africa, several key elements contribute to the success and effectiveness of one's practice. These elements include efficient administration,

the maintenance of high-quality clinical notes, follow-through on client needs, multi-disciplinary referrals, operating within one's scope of practice, expanding the scope of knowledge, and leveraging one's footprint of experience.

First and foremost, administration plays a vital role in the smooth operation of counselling practice. Effective management of appointments, client files, and documentation ensures that each client receives the attention they deserve. By maintaining organised records, counsellors can easily access vital information such as previous sessions, identified issues, and counselling support plans.

Administration provides a foundation for effective communication and coordination within the practice.

High-quality clinical notes are essential for ongoing counselling sessions. These comprehensive notes serve as a reference point for both the counsellor and the client. They capture important information, such as the client's goals, progress,

and any modifications to their counselling support plan. Detailed notes not only aid in continuity of care but also offer valuable insights for

future sessions, enabling the counsellor to build strong counselling alliances based on a deep understanding of the client's needs and history.



Dr Joyce Schoeman  
Ph.D Wellness Counselling &  
Lifestyle Management  
ASCHP Advisory Board Member

Follow-through on client needs is a crucial aspect of providing quality care. It is important for counsellors to actively listen to their clients and ensure their concerns and requests are addressed promptly. By actively engaging with clients and providing appropriate resources, counsellors can foster a trusting counselling relationship that promotes progress and growth. Offering consistent support and ongoing communication demonstrates a commitment to the client's well-being.

Sometimes, clients require assistance beyond the scope of counselling alone. This is where multi-disciplinary referrals come into play. Collaborating with other professionals, such as psychologists, psychiatrists, or social workers, allows counsellors to tap into a broader range of expertise and resources. These referrals ensure that clients receive holistic care tailored to their individual needs, enhancing overall outcomes and increasing the likelihood of long-term success.

Operating within one's scope of practice is vital to maintaining professional integrity. As a registered ASCHP counsellor, it is essential to adhere to the ethical guidelines and legal regulations set forth by the organization and South African law. Conducting regular self-assessments, engaging in professional supervision, and seeking ongoing professional development opportunities help ensure counsellors stay up to date with industry standards and remain within their competencies.

Expanding one's scope of knowledge is a lifelong journey that enhances the quality of care provided. Continuing education courses, workshops, and conferences contribute to professional growth and enhance one's ability to support clients effectively. Remaining current with the latest research, counselling techniques, and cultural sensitivity enriches the counsellor's practice and allows for a more comprehensive approach to client care.

Finally, an ASCHP counsellor's footprint of experience creates a unique foundation from which to support clients. Personal and professional experiences shape a counsellor's empathy, understanding, and ability to connect with clients. Combining this footprint of experience with evidence-based interventions enables counsellors to provide tailored support and enhance the therapeutic relationship.

In conclusion, the importance of efficient administration, high-quality clinical notes, follow-through on client needs, multi-disciplinary referrals, operating within one's scope of practice, expanding scope of knowledge, and leveraging one's footprint of experience as a registered ASCHP counsellor in South Africa cannot be overstated. These elements contribute to the overall success and effectiveness of a counselling practice. By focusing on these areas, counsellors can provide comprehensive, quality care to their clients,

promoting positive change and well-being. As a registered ASCHP counsellor in South Africa, it is important to understand the legal position and framework within which one operates. Several key legislative acts and ethical codes govern the practice of counselling in South Africa. These include the Constitution of South Africa, human rights legislation, the SAQA Act, the Service Rendering Act, POPIA, and the Ethical Code of Practice of the ASCHP.

### **Understanding your legal space as an ASCHP Registered Counsellor**

The Constitution of South Africa, specifically the Bill of Rights, provides the foundation for human rights and equality in the country. It guarantees, among other rights, the right to human dignity, privacy, and freedom of expression. These fundamental principles are relevant to the practice of counselling, as they emphasize the importance of respect, confidentiality, and the client's autonomy.



The SAQA (South African Qualifications Authority) Act establishes the framework for the registration and accreditation of professional bodies and qualifications in South Africa. It ensures that counselling practitioners meet the required academic standards, adhere to a code of conduct, and engage in continuous professional development (CPD). The ASCHP's registration process, which includes recognition of academic qualifications, CPD updates, and field experience, aligns with the SAQA Act's emphasis on professionalism and ongoing development.

The Service Rendering Act in South Africa regulates the provision of services to the public. Counselling services fall within the scope of this legislation, which means that counsellors must adhere to specific rules and regulations when offering their services. These regulations may include requirements related to advertising, disclosure of qualifications, fees, and ethical guidelines.

The Protection of Personal Information Act (POPIA) is another vital legislation that counsellors must be aware of and comply with. POPIA regulates the processing and safeguarding of personal information. As counsellors handle sensitive client information, it is crucial to obtain informed consent, maintain confidentiality, and implement proper data protection measures to ensure compliance with POPIA.

The Ethical Code of Practice of the ASCHP outlines the professional and ethical responsibilities of registered counsellors. This code encompasses guidelines for maintaining confidentiality, respecting client autonomy, ensuring competence, providing quality care, and engaging in ongoing professional development. Adhering to ethical standards is not only a legal requirement but also essential for building trust and providing effective counselling services.

It is important to note that while the ASCHP provides a license number with different designations according to SAQA-recognized academic qualifications, CPD records, and field experience, this registration does not grant legal authority and only para-statutory recognition. The ASCHP registration is voluntary and signifies adherence to the organization's ethical and professional standards. Counsellors must ensure they understand and comply with the legal and regulatory requirements specific to the country and jurisdiction in which they practice.

ASCHP counsellors must remain informed about any updates or changes that may occur in the relevant legislation. Staying up-to-date with legal requirements and consistently reviewing and aligning one's practice with these regulations contributes to the professionalism, integrity, and legal compliance of registered counsellors in South Africa.

Services rendered and reimbursement

It is important to clarify that a license number issued by ASCHP (Association for Supportive Counsellors and Holistic Practitioners) does not automatically grant a counsellor the ability to claim medical aid. While each medical aid provider may have different policies and coverage options, ASCHP registration alone does not guarantee reimbursement from insurance companies.

Medical aid coverage for counselling services depends on the specific benefits chosen by the client and the policies of their healthcare provider. Some medical aids may offer coverage for mental health services as part of their benefits package, while others may not include such coverage or have specific limitations and criteria for reimbursement



When providing counselling services, it is advised to ensure that the invoicing includes all necessary information that may be required for potential refunds and the South African Revenue Service (SARS). This includes details such as the counsellor's professional information, ASCHP registration number, service descriptions, session dates, and fees charged. and different payment options. Having a comprehensive and accurate invoice helps facilitate any potential reimbursement processes and ensures compliance with tax obligations. It is essential to discuss the specific coverage and reimbursement options with the client.

Additionally, it is worth noting that some medical aids may require the counsellor to be registered with a specific recognized

professional body or regulatory authority to be eligible for reimbursement. ASCHP counsellors should be aware of these requirements and assess whether additional registration or affiliations may be necessary to eliminate any misunderstanding in this regard.

Ultimately, it is the responsibility of the client to understand their medical aid benefits and to inquire about coverage for counselling services. Although ASCHP registration indicates compliance with professional standards and ethics, it should not be assumed that all medical aids will automatically provide reimbursement for counselling services. Clients should review their chosen medical aid policies and discuss reimbursement options with their providers to ascertain the extent of coverage available to them.

### **An extra layer of protection**

Having a legal professional who understands the legal position of the ASCHP (Association for Supportive Counsellors and Holistic Practitioners) is of great importance for both counsellors and their clients. This understanding facilitates adherence to legal and ethical standards, ensuring that the counselling practice operates within the bounds of the law. The ASCHP does not provide this service as such.

One aspect that a legal professional can guide on is the importance of the wellness paradigm shift. Traditionally, legal disputes have often resorted to litigation, where parties involved in a conflict pursue their claims through the court system. However, the wellness approach emphasizes a more holistic and collaborative approach to conflict resolution.

Encouraging alternative dispute resolution methods, such as mediation, can be significantly beneficial for both counsellors and clients. Mediation allows parties involved in a dispute to work together with a neutral third party to find mutually agreed-upon solutions. This process promotes open communication, understanding, and the potential for repairing relationships, rather than focusing solely on winning a legal battle. Mediation can lead to more sustainable and satisfactory outcomes, as it seeks to address underlying issues and foster well-being.

Personal indemnity insurance is another critical consideration for ASCHP counsellors. This type of insurance protects in the event of professional negligence claims or related legal issues. It covers the counsellor's legal costs, potential damages, or settlements that may arise from a lawsuit. Personal indemnity insurance plays a vital role in safeguarding the counsellor's professional reputation, financial well-being, and overall peace of mind.

By having personal indemnity insurance, counsellors can fulfil their ethical and legal responsibilities while providing counselling services. It is important to note that while personal indemnity insurance provides financial coverage for potential legal claims, it is always essential to practice within the boundaries of competence, adhere to the ethical code of the ASCHP, and strive for ongoing professional development to minimize the risk of legal disputes.



Engaging the services of a legal professional who understands the legal intricacies of the ASCHP can ensure that counsellors are fully informed about legal obligations, protections, and potential liability risks. Their expertise can assist in navigating complex legal issues, providing legal advice, and helping to build a solid foundation for the counselling practice.

Overall, in a field that involves human well-being and support, it is crucial to embrace a paradigm shift that encourages solutions-oriented approaches rather than resorting to litigation. The involvement of a legal professional, combined with a focus on mediation, can help resolve conflicts amicably, preserve

relationships, and promote the holistic well-being of both counsellors and clients. Personal indemnity insurance provides an additional layer of protection, ensuring counsellors can practice with peace of mind, knowing they have legal support and protection in the event of potential claims or legal challenges.

Leave a footprint of integrity and care!



**"Professionalism is not about adherence to the policies of a company or the procedures of an institution; it is a high level of maturity in one's behavior and in the presentation of oneself at all times, under all circumstances." - Chitralekha Paul**



# Tips for good counselling practice



From Dr. Liezl's desk:

**The counsellor is a professional helper but works on an intimate level with clients and is required to have certain qualities to ensure effectiveness. The following is a short list of qualities.**

•**Empathy** – the empathic counsellor is able to understand and share the feelings of others.

•**Discretion** – This involves confidentiality to ensure trust and build professional rapport with the client.

•**Patience** – is not easily learned. Patient people become better counsellors which means tolerating, not becoming frustrated or in a hurry, and taking time to listen.

•**Compassion** – is the ability to feel for people, being interested in taking care of them and being concerned.

•**Encouragement** – An effective counsellor can lead and inspire people to instil hope.

•**Self-Awareness** - This is the ability to be aware of own feelings and where and why they originate so as to be able not to react defensively

•**Open Mindedness** – The counsellor should take care not to be judgmental but to be accommodative and open to listen to clients without prejudice.

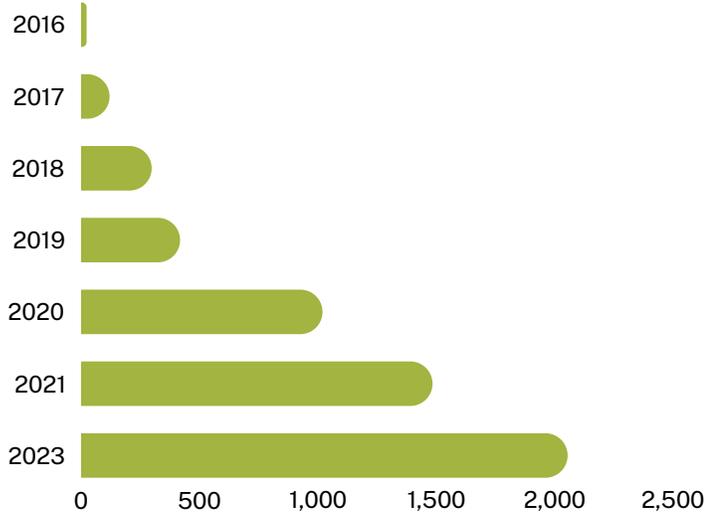
•**Flexibility** – This describes the ability to adapt responses and techniques to client needs and attitudes.

•**Good Listener** – Listening skills are probably the most important aspect of counselling. Counselling has been defined as the art of listening, and this covers both verbal as well as non-verbal communication. To truly listen is to hear, and read between the lines.

Questioning and rephrasing can improve listening skills.

•**Ability to care for self** - The good counsellor leads by example, knows their limits, weaknesses and strengths and can work around them and with them.

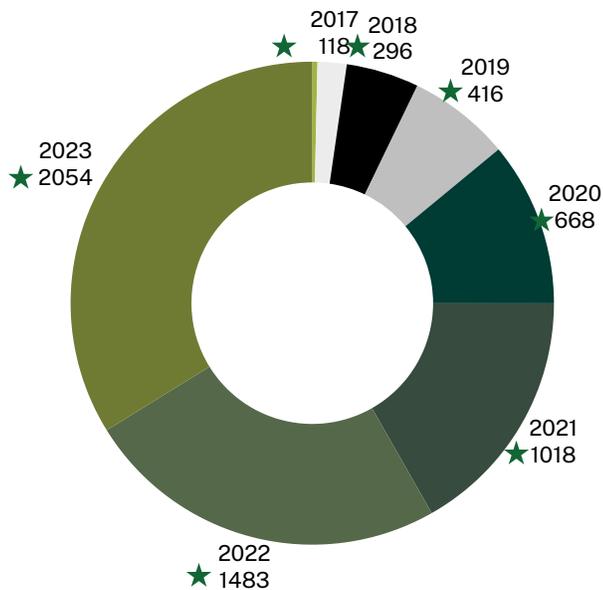
# ASCHP Member Growth over the past years.



The ASCHP has been unwavering in its mission to enhance the growth and development of counsellors in South Africa. In recent years, our efforts have yielded substantial progress, marking a new era in the counselling profession. This growth is not only a reflection of our commitment but also highlights the potential and importance of counselling as a career. Looking ahead, ASCHP remains focused on further elevating the profession, ensuring it continues to evolve and make a significant impact in the South African society.

# ASCHP Member Growth over the past years.

member total indicated next to ★



# News items and announcements

ASCHP extends heartfelt congratulations to the class of 2023! We proudly recognise the remarkable achievements of our graduates who have completed their studies through one of our preferred service providers, Gideon Robert University (GRU). This year, we celebrate 6 individuals who have earned their Bachelor's degrees, 1 distinguished graduate with a certificate, 3 exceptional PhD recipients, and 2 dedicated individuals who have attained their Master's degrees. Your dedication and hard work in the fields of supportive counselling and holistic practices are commendable, and we are thrilled to acknowledge your accomplishments. Well done to each of you on reaching these significant educational milestones!



We are thrilled to welcome back Marike Gower to our team at ASCHP! Marike, who previously made significant contributions to our organization, has rejoined us, bringing her wealth of experience and dedication to delivering exceptional service. Her return marks a rekindling of the passion and expertise that she has always been known for.

We're excited about the positive impact Marike will undoubtedly have as we continue our journey of providing top-notch services. Welcome back, Marike! Your ASCHP family is delighted to have you with us again.

**ASCHP  
STAFF**

"Obtaining a qualification is not just about earning a certificate; it's a testament to one's dedication, knowledge, and the pursuit of excellence. It lays the foundation for future opportunities, empowering us to navigate the complexities of the professional world with confidence and competence."



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# HOLISTIC HORIZONS

