

CONTINUOUS PROFESSIONAL DEVELOPMENT 2018



Ethics and values
Practice tools
Practice techniques
Counselling education
Research and theory
Holism in counselling

ASSOCIATION FOR SUPPORTIVE COUNSELLORS & HOLISTIC PRACTITIONERS

CPD REQUIREMENTS

MEMBERS OF ASCHP

Members of ASCHP require the following number of CPD points per year:

1. Supportive Counsellor - 6 points, including Ethics (CPD 18.8)
2. Holistic Counsellor - 12 points, including Ethics (CPD 18.8)
3. Requirements for the two new designations will be published shortly.

MEMBERS OF CCSA

Members of CCSA require the following number of CPD points per year:

1. Institutional Counsellor - 6 points, including Ethics (CPD 18.8)
2. Counsellor - 12 points, including Ethics (CPD 18.8)
3. Specialist Counsellor - 18 points, including Ethics (CPD 18.8)

MEMBERS OF NHA

Members of NHA require the following number of CPD points per year:

1. Student - 6 points, including Ethics (CPD 18.8)
2. Supportive level - 12 points, including Ethics (CPD 18.8)
3. Professional level - 18 points, including Ethics (CPD 18.8)

Professionals in the fields of counselling, social work, psychology, criminology, victimology, pedagogics, pastors, ministers and pastoral workers will benefit from this CPD program.

You are welcome to attend the sessions and apply for CPD recognition .



**ASSOCIATION FOR
SUPPORTIVE COUNSELLORS
& HOLISTIC PRACTITIONERS**

**SAQA registered
professional body with
NQF registered
designations**

OVERVIEW

Continuous Professional Development (CPD's) is required from all professionals such as psychologists, social workers, health care practitioners, pastors and teachers. The rationale behind it is to help professionals stay up to date with the latest research, professional development and applicable legislation. It is compulsory that members of the ASCHP and other counselling associations complete the minimum prescribed CPD training per annum according to their category and level of registration.

The CPD requirements of the ASCHP is regulated by the NQF legislation (Act 67 of 2008) and implemented and audited by the statutory body – SAQA. The ASCHP is subject to such audits and accordingly registered members who fail to comply, may risk suspension of membership. Due to the fact that the ASCHP is a SAQA registered PB (ID 984) other professionals than counsellors may also consider doing our CPD's. Ethics is compulsory, because it covers scope of practice, development and legislation pertaining directly to our counsellors.

The ASCHP endeavours to cover as wide a spectrum of CPD's as possible in order to meet a wide range of needs. For convenience the CPD training has been divided into the following categories, namely

- **Theory and research.** Counselling practice is based on sound theory as informed by research findings.
- **Practice management and admin.** Best practice principles incorporating thorough administration is a good foundation for success.
- **Ethics and values.** Counselling is never value free and the protection of the public requires clear ethical principles and code of conduct.
- **Education and development.** The counsellor as educator puts counselling in the forefront or education and development.
- **Tools and techniques.** This provides for more effective and fruitful counselling.

The objective is to offer training that will add value to the counsellor on personal level and contribute to the expansion and specialization of the counselling practice.

CATEGORY	TOPIC	CPD POINTS
Research and theory	CPD 18.1 Specialized Counselling	2
Practice tools	CPD 18.2 Effective Practice Management	2
Practice tools	CPD 18.3 Body Language	3
Practical techniques	CPD 18.4 Neuro Linguistic Practice	3
Practice management	CPD 18.5 Group Counselling	3
Counselling education	CPD 18.6 Memory Training	3
Holism in counselling	CPD 18.7 Longevity Counselling	3
Ethics and values	CPD 18.8 Counselling in the Wellness Paradigm	3
TOTAL		22



DESCRIPTION OF TOPICS - Part 1

CPD 18.1 Specialized Counselling. Your opportunity to specialize in counselling by exploring scope of practice (2 CPD's)

- We provide you with an overview of Wellness scope of practice with reference to wellness theory and spectrum of counselling opportunities. We also discuss an important areas of specialization, namely:
- Marriage counselling as area of specialization that includes relationship dynamics and sexual problems.

CPD 18.2 Effective Practice Management. How to manage your counselling practice effectively. (2 CPD's)

Good practice management is crucial to professional success. Unfortunately many counsellor fail because of bad practice management. In order to help our counsellors excel in good practice we offer:

- To provide you with templates of registration forms.
- We discuss personal indemnity insurance.

CPD 18.3 Body Language. How to read your client using body language (3 CPD's)

- Non-verbal communication is a powerful tool to learn more about your client. This CPD will introduce you to the basics of body language.
- Visual examples of body language will be demonstrated to help you master this helpful tool.

CPD 18.4. Neuro Linguistic Practice (NLP). Become a master counsellor learn how to use NLP techniques (3 CPD's)

NLP involves the study of the optimum acceleration of human performance and the development of authentic personality within an holistic frame of reference. You will learn

- The art and science of communication used by successful people
- Ways to record our experiences to achieve better outcomes
- Guidelines for organization our internal programming to reach desired goals
- A clever technique for the effective programming of your neurological system to cultivate more useful inner beliefs.

Summary: NLP is a commonsense system of everyday psychology for everyone – it can help you break free from negative thoughts by monitoring and adapting of your thinking.

CPD 18.5 Group Counselling. Expand your practice through group counselling opportunities (3 CPD's)

- Active marketing involves the creation of a counselling forum to draw people. Group counselling provides such a forum where people can share and assist one another to solve problems, grow and develop.
- Learn how to establish a homogeneous group for specific needs such as divorced couples, drug addicts or marital enrichment
- Learn how to employ group dynamics and counselling techniques to manage such a group

A successful group becomes a feeding source to grow your practice.

(Part 2 on next page)

CPD TRAINING SCHEDULE

(for the CPD tour workshops facilitated by Dr. Barbara Louw)

Day 1	Day 2	Day 3
CPD 18.3 Body language 08h00 –11h00	CPD 18.6 Memory training 08h00 –11h00	CPD 18.5 Group Counselling 08h00 –11h00
CPD 18.4 Neuro Linguistic Practice 11h30-14h30	CPD 18.7 Longevity Counselling 11h30-14h30	CPD 18.8 Counselling in the Wellness Paradigm 11h30-14h30
CPD 18.1 Specialized Counselling 15h00-17h00	CPD 18.2 Effective Practice Management 15h00-17h00	

Participants who attend the CPD Tour workshop sessions do not need to hand in assignments!



IMPORTANT

We provide this comprehensive prospectus to allow our members to plan, prepare and budget for the CPD requirements in terms of the NQF legislation (Act 67 of 2008) and implemented and audited by SAQA.

ASCHP, as SAQA registered Professional Body (ID 984), is subject to such audits and accordingly registered members who fail to comply, may risk suspension of membership.

DESCRIPTION OF TOPICS - Part 2

CPD 18.6 Memory Training. Become an educator counsellor – train learners in memory improvement (3 CPD's)

The effective counsellor is also an educator and by offering training in life skills, your practice can gain meaningful significance. Your learners as well as elderly people often struggle with memory impairment. This CPD will introduce you to easy to use and proven memory enhancement techniques.

- Learn how to use user friendly techniques to easily improve memory
- Benefit from improving your own memory for easier learning capability
- Learn which supplements can add to memory enhancing

The value of this useful CPD is that it will draw needy people to your practice in need of memory enhancement – and that includes almost everyone you are in contact with. It could also lead to the establishment of an Alzheimer's support group.

CPD 18.7 Longevity Counselling. Discover a universal human need - counselling for longevity (3 CPD's)

Chronic diseases are escalating at an alarming rate and statistics show that vast numbers of the public suffer from diabetes, heart disease, autoimmune diseases such as arthritis and inflammatory diseases such as asthma. We are not interested in telling you how to treat these diseases because it is the work of the doctor. This CPD will introduce you to the principles of longevity and ways to prevent these diseases and increase the quality of life.

- Learn more about easy life style changes that can increase life span
- Be in a position to counsel your clients in improving the physical quality of life

By offering these counselling classes you can easily reach many interested parties such as parents with sick children of people living in an old age home. It may greatly expand the influence of your counselling practice.

CPD 18.8 Counselling in the Wellness Paradigm (3 CPD's)

- *Wellness enhancement* is positive counselling that follows a *salutogenic* approach focusing on factors that support human health and wellbeing rather than factors contributing to disease and dysfunction.
- Research shows that a sense of coherence, based on comprehensibility, manageability and meaningfulness, significantly contributes to healing and normalization.

The value of this CPD is that it will provide a strategy for wellness counselling with clear objectives.

CPD cost for 2018

The CPD cost amount to R 150 per point. This means that a package of 2 CPD's will amount to R 300- and a package of 3 CPD's will amount to R 450-.

When you opt to attend the CPD tour workshops, additional fees will be required. You can make arrangements to pay the tour fees over a pre-arranged period. Contact Dr. Barbara Louw for more information about tour fees and payment arrangements at 0837001441 or email tours@aschp-cpd.co.za

CPD WORKSHOP DATES IN GAUTENG LYNNWOOD, PRETORIA

13 February 2018 (Day 1 themes)
13 March 2018 (Day 2 themes)
17 April 2018 (Day 3 themes)

11 September 2018 (Day 1 themes)
16 October 2018 (Day 2 themes)
13 November 2018 (Day 3 themes)

CPD WORKSHOP DATES IN GAUTENG BEDFORDVIEW, JOHANNESBURG

15 February 2018 (Day 1 themes)
15 March 2018 (Day 2 themes)
19 April 2018 (Day 3 themes)

13 September 2018 (Day 1 themes)
18 October 2018 (Day 2 themes)
15 November 2018 (Day 3 themes)

CPD TOUR WORKSHOP DATES OUTSIDE GAUTENG

(Main facilitator Dr. Barbara Louw)

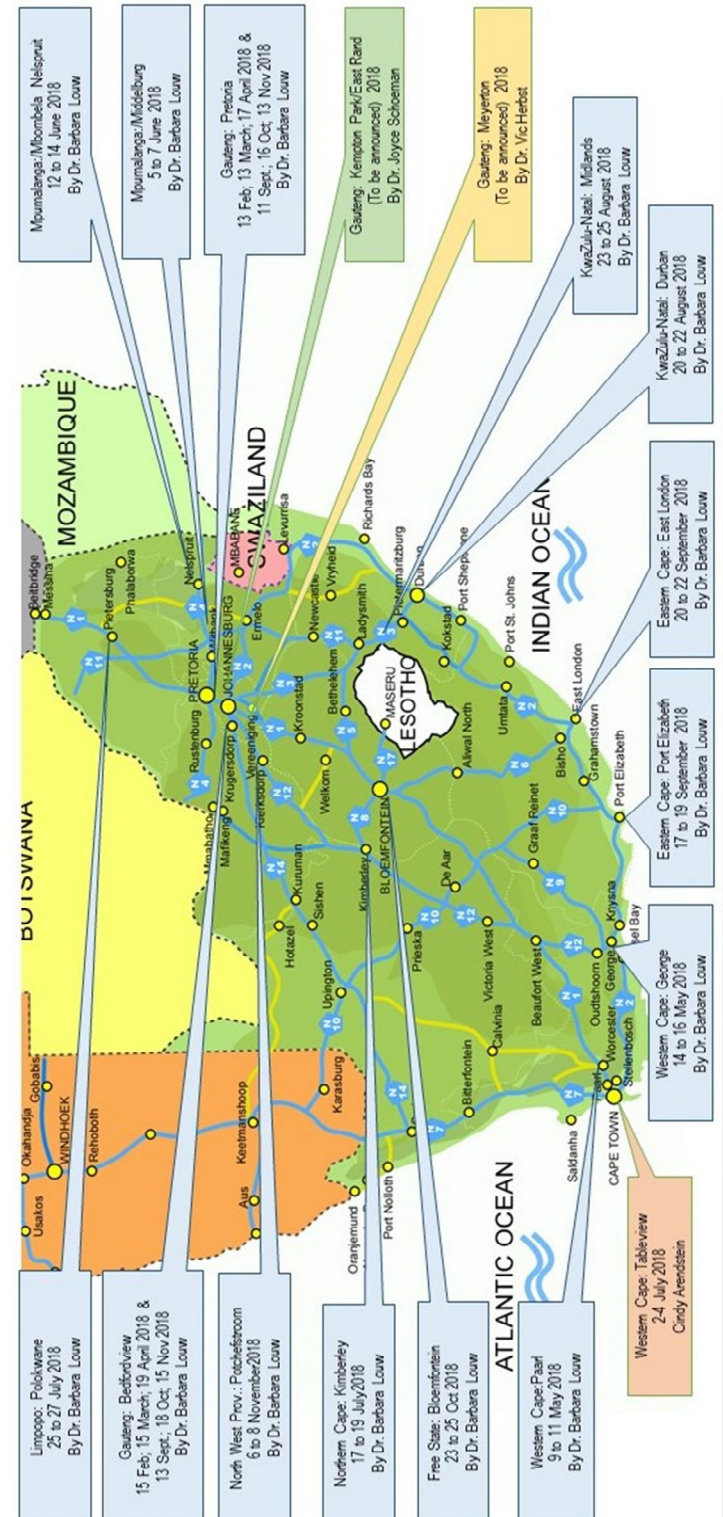
Western Cape, Paarl, 9—11 May 2018
Western Cape, George, 14—16 May 2018
Mpumalanga, Middelburg, 5—7 June 2018
Mpumalanga, Nelspruit, 12—14 June 2018
Northern Cape, Kimberley, 17—19 July 2018
Limpopo, Polokwane, 25—27 July 2018
KwaZulu-Natal, Durban, 20—22 August 2018
KwaZulu-Natal, Midlands, 23—25 August 2018
Eastern Cape, Port Elizabeth, 17—19 September 2018
Eastern Cape, East London, 20—22 September 2018
Free State, Bloemfontein, 23—25 October 2018
North West, Potchefstroom, 6—8 November 2018

OTHER CPD TOURS

Western Cape, Tableview, 2—4 July 2018
Facilitator Cindy Arenstein
Gauteng, East Rand, dates to be announced
Facilitator Dr. Joyce Schoeman
Gauteng, Meyerton, dates to be announced
Facilitator Dr. Vic Herbst

MAP TO ILLUSTRATE PLANNED TRAINING

ASCHP CPD 2018



Possibility of CPD workshops in other areas

It is possible to arrange the CPD workshops in other areas for groups consisting of 10+ participants. Please contact Dr. Barbara Louw in this regard at 0837001441 and

DrBarbara@aschp-cpd.co.za



PRACTICAL ARRANGEMENTS

The following scheme illustrates the two options to complete the CPD modules, namely attending the workshops, called a CPD tour, or via distance learning. In both cases the participant must register for the chosen CPD module at Liedani, ASCHP's administrative partner.

If you plan to attend one of the CPD tour, presented across South Africa, you need to register with the specific tour facilitator.

This means that there are fees payable for the CPD modules and separate costs for the CPD workshops. Forms are available on request and website.

NEW IN 2018



In 2018 ASCHP CPD is starting to implement an online learning management system (LMS).

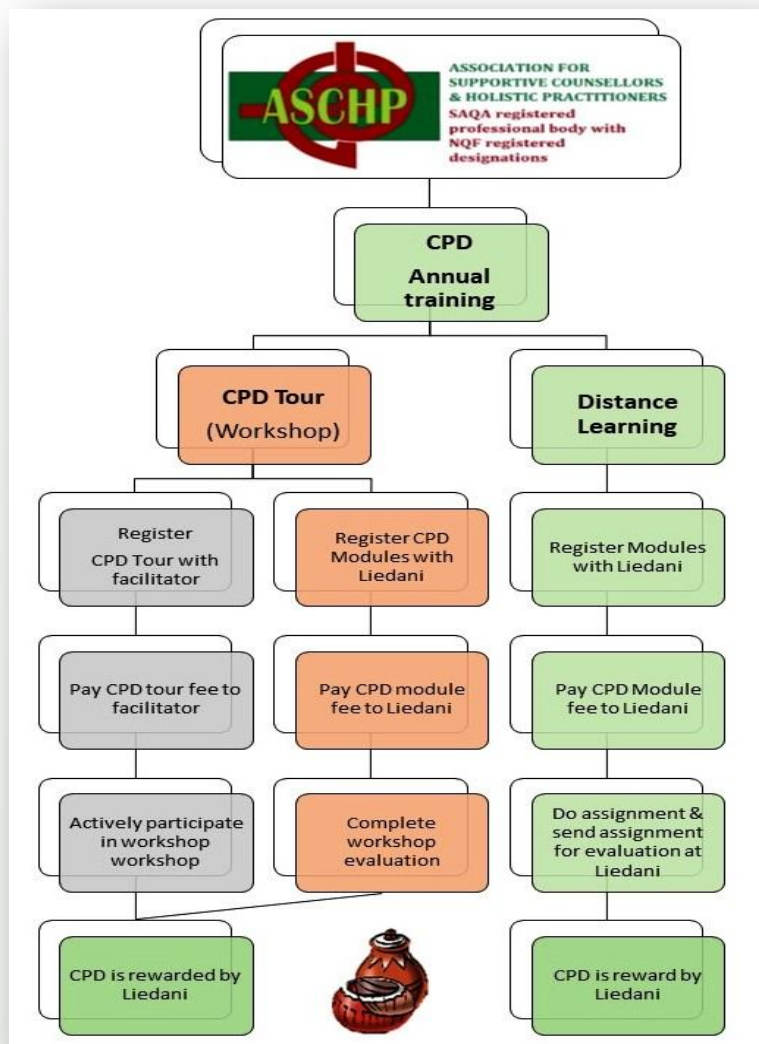
This system will allow members and other training participant to self-register and obtain their CPD modules' material online, after the payment process is completed.

The advantages of this LMS are:

- Easy access to material – no waiting for the postal services.
- Uploading of learning material and assignments.
- Possibility of forums and scheduled time to engage with members.
- Keeping record of CPD point process.
- Members are able to update their own contact detail.

You are most welcome to visit the website and browse through the detail before registering.

Website: www.aschp-cpd.co.za



STAFFING & SUPPORT

Dr. Liezl Herholdt (CEO) Management

Francette Jerling (Assistant to CEO)

Dr. Barbara Louw (CPD coordinator) for tour events.

Dr. Joyce Schoeman (BACA secretary) for policy execution.

Prof Marius Herholdt (President) CPD development.

Zodwa Ngobeni (Assistant registrar) for registration and membership enquiries.

Elsie Teffo (Admin) responsible to issue CPD study guides and certificates.

Marike Maree (E-mails and dispatch of CPD material and certificates)



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ASCHP CPD

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