

**Liedani cc**

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## ASCHP/CCSA ENDORSED CPD PROGRAMME 2023

Continuous Professional Development (CPD) is compulsory for all professional occupations as condition to retain membership. It serves as an ideal opportunity to keep up to date with recent research and developments in their particular profession. It also ensures that, as a result, the public may enjoy up-to-date professional counselling.

Members have to calculate how many CPD programmes they have to do in order to comply with the minimum stipulated number per registration level, for instance Specialist Wellness Counsellors are obliged to complete 18 points per annum. Regular CPD audits are conducted by the ASCHP in terms of SAQA policies.

The following topics are based on a needs assessment of our members and accordingly cover the content of range of counselling activities - ethics, theory, tools and techniques and counselling praxis – with the purpose to improve professional development. There is something for everyone. The CPD is PowerPoint based which provides for visual illustrations to make it easy to read through the material with insight. Important to note that no long assignments or class attendance are required. Each topic can be completed in less than an hour by simply answering the questions to guide you through the work and to fill in the self-assessment at the end.

Of course practitioners can do all the ASCHP CPD's below, but should you opt to also do some informal CPD's the following two are compulsory for ASCHP members: Ethics - CPD 23.1 and Wellness – CPD 23.2

### CPD Requirements

**Ensure and check that you know how many CPD's must be done by you per annum.**

CCSA	NHA	ASCHP	Annual CPD Points
		Supportive counsellor	6 (should include 3 compulsory Ethics and 3 compulsory wellness)
Institutional Counsellor	Supportive level	Holistic Counsellor	9 (should include 3 compulsory Ethics and 3 compulsory wellness)
Counsellor	Practitioner level	Wellness Counsellor	15 (should include 3 compulsory Ethics and 3 compulsory wellness)
Specialist Counsellor	Specialist Practitioner	Specialist Wellness Counsellor	18 (should include 3 compulsory Ethics and 3 compulsory wellness)

## Option A 1: Formal CPD training

### TOPICS for 2023. PowerPoint programmes completed by doing the attached assignments

#### CPD 23.1 ETHICS: The ethics of ethical codes

Ethical codes are not meant to be rigid rules filed somewhere, they are helpful and vibrant guidelines that direct counsellor conduct to ensure ethical compliance and professional practice.

In this CPD we pay attention to the moral principles that underlie the counselling profession and take the stance that a good counsellor is the embodiment of such a code of conduct. It therefore behooves the counsellor to, not only make a thorough study of these elements, but to express them in a dynamic and virtuous way.

We follow the ethical code of the American Counselling Association as example, formulated in 1961, and trace its value for aspects such as counsellor relationships, confidentiality and privacy, professional responsibility, relationships with other professionals and many other aspects of counselling. Upon completion the candidate should be able to practice ethically with confidence and excellence.

#### CPD 23.2 WELLNESS: Health dimensions in mental wellness

By now most of ASCHP members know that we promote a holistic counselling approach in line with the anthropological perspective that the client is a bio-psychosocial system. This requires a comprehensive approach to healthcare that covers all the dimensions of wellbeing in terms of a wider spectrum of therapeutic modalities.

In this CPD we introduce the candidate to some clinical aspects of mental wellness to develop the necessary skills in supporting clients to optimise brain health; as well as to live a more abundant life of physical, mental, spiritual and social wellness. Of course there is room for specialisation, but as all aspects of human existence are entangled and thus integrated at some level, it is therapeutically beneficial to enhance total wellbeing in addressing any specific health challenge.

The focus is on intellectual wellness as integrated aspect of total wellbeing. Learn in this CPD how to take better care of your client (and yourself) as total person. This makes everybody a potential client for wellness enhancement. We cover supplements for mental wellness, aspects of mild dementia, detoxification, psychobiotics, the factor of exercise, counselling for self-identity and the role of nutrition in mental wellness.

#### CPD 23.3 RESEARCH CPD: The neuroscience behind brain networks

One of the most exciting fairly recent discoveries in neuroscience is the presence of *neural networks* such as the central executive network (CEN), cognitive control network (CCN), dorsal attention network (DAN), executive control network (ECN), etc.

In this CPD we focus on the three main networks of the human brain:

- **The salience network (SN)** which is a large scale brain network of the human brain that is involved in the detection and integration of emotional and sensory stimuli.
- **The Default Mode Network (DMN)** is the functional network that is active when the person is awake and at rest.
- **The executive control network** which is that part of the brain that specializes in control processes, such as monitoring, conflict resolution or detection of errors.

The aim is to train the candidate in making use of these networks in counselling clients with mental challenges such as depression, anxiety and other problems. This information can increase the effectiveness of your counselling significantly.

#### **CPD 23.4 SELF DEVELOPMENT: Theology and spiritual meaning in counselling.**

This CPD is an overview of a theological approach to enrich the heart and stimulate the mind. The compilers follow a story approach that is refreshing and constructed to increase meaning. Believers can benefit by gaining some deeper understanding of life, or obtain more certainty in the life long endeavour to make sense of life whilst wrestling with some challenges. Whatever the motivation, theology is a way to love God with our hearts and our minds – it is a wonderful opportunity to grow spiritually!

This CPD does not promote a specific church doctrine or exclusive dogma. Although the inspired character of Scripture is very important to Christians, it is not the only source for theology. Even unbelievers will benefit because there are many other sources and perspectives when it comes to theology - as will become clear during this study.

We cover the God question and its significance for experiencing deeper meaning.

#### **CPD 23.5 TRANSPERSONAL PSYCHOLOGY: Psychedelic therapies**

During the past decade psychologists have developed novel therapies based on the use of psychedelic drugs, such as psilocybin, MDMA, LSD, ayahuasca, and mescaline (peyote) to treat mental disorders. This is known as Psychedelic therapy.

“Psychedelic therapy (sometimes referred to as psychedelic-assisted psychotherapy, or PAP) is a type of psychiatric practice that involves ingesting a psychedelic substance as part of a psychotherapeutic process. In psychedelic therapy, the use of psychedelics is typically combined with talk therapy.”

It seems to be very effective for mental challenges such as anxiety, depression, addictions and post-traumatic stress disorder (PTSD). The counsellor can accomplish similar results with meditation. The trip is one of a transpersonal tour.

This CPD will blow your mind!

#### **CPD 23.6 PRACTICAL COUNSELLING COMPETENCE: Entrepreneurial success**

Counselling is a business. The aim of a business is to make money, and secure an income. Although some counsellors started off as volunteers, many proceed in their professional development to become professionals worthy of charging consultation fees and making a decent living.

In this CPD we assume the stance that the counsellor is also an entrepreneur and that a counselling practice is a small business enterprise (SME).

The service that the wellness counsellor has to offer is a highly prized commodity and any person is a potential client. The word ‘entrepreneur’ first appeared in the French dictionary entitled Dictionnaire Universel de Commerce compiled by Jacques des Bruslons. The root meaning is that of adventurer and this was also the designation used in Britain for many years. But this adventurer does not only go on a mission, but accomplishes something special, i.e. the keep the economy going by introducing novelty in business, in this case wellbeing.

In this CPD we aim to improve your entrepreneurial skills to achieve even more success than ever before. The entrepreneur is the wellness hero.

**NOTE:**

These CPD's are compiled by Liedani CC t/a Synergetica for the ASCHP and CCSA as they are aligned to scope of practice.

All these CPD's are available in electronic format that can be printed as illustrated PowerPoint programmes. They are worth 3 CPD points each and are completed by doing an assignment based on the content and submitted to be assessed. Order by email from [cpd.liedani@synergetica.co.za](mailto:cpd.liedani@synergetica.co.za). Contact person Elsie Teffo. Tel. 012 111 9002

**GENERAL INFORMATION**

CPD Nr	Category	CPD TOPIC	CPD Points	Fee	Compulsory CPD's	Additional CPD
CPD 23.1	Ethics	The ethics of ethical codes	3	R510.00	x	
CPD 23.2	Wellness CPD	Health dimensions in mental wellness	3	R510.00	x	
CPD 23.3	Research CPD	The neuroscience behind brain networks	3	R510.00		
CPD 23.4	Self-development	Theology and spiritual meaning in counselling	3	R510.00		
CPD 23.5	Transpersonal psychology	Psychedelic therapies	3	R510.00		
CPD 23.6	Practical counselling competence	Entrepreneurial success	3	R510.00		
<b>Sub Total</b>					R	R
<b>Total</b>					R	

To order, kindly use the attached form (C101)

If you do CPD's elsewhere, then you will need to apply for external CPD points. There are three possible ways of doing CPD training listed beneath as Options A, B and/or C.

## **Structured learning CPD compliance**

– Doing the in-house ASCHP accredited CPD's through Liedani which serves as CPD provider.

1. You order and purchase your CPD from the Liedani CC t/a (Synergetica) office at R510 per CPD programme (3 CPD points) and we e-mail you the PowerPoint programme that you complete at leisure in your home/office. (cpd.liedani@synergetica.co.za)
2. You complete the short questions on how the CPD contributed to your continuous professional development, fill in the assessment form and sign it.
3. Once you have completed the answer sheet and assessment, you email it to us to be marked. We issue a CPD certificate and register your CPD's against your name for you.

We make 6 CPD programmes available for 2023 worth 18 points in total as listed. The topics cover both counselling and wellness health care within the holistic context in which our counsellors work. The rationale for this is that in these two CPD programmes the Professional Body makes known ethical and legal guidelines and scope of practice specific to the ASCHP, NHA or CCSA. Apart from the two compulsory CPD's you may of course also complete 6 CPD's programmes worth 18 CPD points, or alternatively you may opt to do other informal CPD's as set out below. Other topics are also available from the archive – request list via email.

### **Option A.2: VideoLearn platform**



The ASCHP recently established an online platform for making CPD's available if you follow the link, you will be able to see the topics. For CPD training you are required to watch the video discussion and complete the multiple choice questionnaire to qualify for the CPD. The link is:

<https://www.videolearn.co.za/Home/InstructorCourses/254f33d0-2834-4565-b82f-01e119cc970f>

Apart from the formal CPD training as listed there is also an option B for doing CPD's for those that need to complete more CPD's than the compulsory one's.

### **Option B: Informal CPD programme**

Please note that CPD's that are done in an informal way as set out below, need to be registered as external CPD's for recognition by your professional body – either the ASCHP, CCSA or NHA at a cost of R70 per CPD point. Example: This means that if you have completed three hours of informal CPD activities, you will be invoiced 3 x R70 = R210 to have it evaluated and registered against your name.

Informal CPD activities can be done by participating in small informal groups (2-10 participants) organized by yourself or one of our members. These are activities that do not have a clearly measurable outcome and are presented on a once off non-continuous basis. CPD points are allocated according to time, with 1 CPD point per hour to a maximum of 8 CPD points per day. The idea is to form informal groups amongst members where you do not need to pay for attendance. It may take the form of:

1. Breakfast meetings or presentations where relevant topics are discussed
2. Online group discussions such as Zoom meetings and online CPD presentations
3. Case study discussions

4. Shadowing or role playing
5. Mentoring and supervision activities
6. Reading a book related to counselling/wellness and submitting a book report (summary of the content) of one page also indicating the number of pages. (=3 CPD's per 100 pages read and reflected on).

### **Option C. Education, Training, Research and Publications**

This is only applicable to members who participate in any learning activities, only if it is formally accredited training programmes (example relevant university programmes). Please inform the office of the details of the programme and proof of your registration to qualify for CPD's. Application for the registration of CPD's based on formal training programmes (recognized professional bodies such as that of social workers of psychologist, or pastoral counsellors) is done on the form obtainable from the office: Recognition of External CPD (form C102). The fee for this amounts to R30 per CPD point per annum.

### **Registering your CPD's with the ASCHP/CCSA office**

In the case of informal meetings you are expected to submit a synopsis of the proceeding (half page) that indicates the type of activity, duration, was signed by the group leader and dated. This must then be submitted via e-mail to your professional body – the ASCHP, CCSA or NHA - for CPD registration at a registration fee of only R70 per CPD point that is recognized. Application for the registration of informal CPD's is done on the form obtainable from the office: External application (FORM C102) for registration of all CPD points done at any other provider except Liedani CC.

### **Ordering your CPD's**

Once you have selected the CPD's that you want to do, please email the office to order yours. Contact the CPD administrator: Elsie Teffo at [cpd.liedani@synergetica.co.za](mailto:cpd.liedani@synergetica.co.za). Please make use of the accompanying form to order (C101, C102, and / or C103) and the office will assist you to make the material available.

Please note that the CPD policy is also posted on the CCSA and ASCHP websites – you are welcome to consult it. Also see FAQ's if you may have additional questions.

We still do occasionally get CPD assignments without names – please ensure that on your assignment you indicate your full name/s and the CPD number and your membership number. Most CPD assignments do not exceed two typed pages.

The last date to hand all assignments in is 30 November 2023.

We trust that you will enjoy doing this year's CPD's

Thank you



Dr Liezl Herholdt