



JUNE 2021 CIRCULAR

Dear Member,

‘Time flies’ as the rhetoric goes, for it is almost mid-year and within a few days we will reach the point of winter solstice when sunshine days will become gloriously longer again. For me personally this is a ray of hope for the dreariness of winter time is quite depressing. Nevertheless we endeavour to make the most of our days as Marthe Trolly-Curtin reminds us that “Time you enjoy wasting is not wasted time.” I trust your half-year was productive and that you, despite all the immense challenges of a very trying time in history are still in charge of your own life.



**Political leader -
positional power**

We as humans can surprisingly overcome harsh realities if we manage to retain power. During the past few weeks I have pondered the issue of power and it I am convinced that it is a pivotal concept in both life and counselling and therefore we should never relinquish power by giving up.

I’m reminded in this regard of the work of Victor Frankl¹, famous neurologist and psychiatrist that we all know about, who was able to endure the Nazi concentration camps against all odds due to the fact that his sense of meaning serves as source of self-empowerment.

Power can be defined in a number of ways however it may be easiest to understand it is a measure of a person's ability to be and stay in control. It would also behove us to remember that there are

¹ Man's Search for Meaning,

different types of power as set out by psychologist John R. P.



Boxing is a display of one type of power

French, for example coercive power, reward power, expert power and so on. Point is, without power we become hopeless and helpless, when we lose power, we surrender to the proverbial Philistines of circumstances as Samson of old was forced to do. In meaningful relationships there always has to be a balance of power.

Many philosophers and psychologists have written treatises on this important topic and we can learn more by studying the works of Steven Lukes, Bertram Raven and John French, Niccolò Machiavelli, Friedrich Nietzsche, French philosopher Michel Foucault, Alfred Adler and others or note, but for our purpose I want to remind us simply that you and I do have power to overcome, to help others and to thrive. Without power in counselling we cannot hope to empower others; it is not only politicians or boxers that can show of their power, we also have moral muscles to bulge, authority of expertise, and resilience of tenacity.

I close with a few quotes to help inspire us and help us through the rest of the year ahead:

The power in



counselling is the ability to empower those in need. M Herholdt

- *“Every man has enough power left to carry out that of which he is convinced.” - Johann Wolfgang Von Goethe (1749-1832)*
- *“Power is the faculty or capacity to act, the strength and potency to accomplish something. It is the vital energy to make choices and decisions. It also includes the capacity to overcome deeply embedded habits and to cultivate higher, more effective ones.” -Stephen R. Covey*

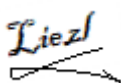
- *“There are powers inside of you which, if you could discover and use, would make of you everything you ever dreamed or imagined you could become.” -Orison Swett Marden*

News items

- A friendly reminder of the competition with the chance to win a sophisticated screening device for your practice. Please obtain enrolment forms from the office please.
- Please like our Youth Day commitment to the youth in counselling – see ASCHP photo posted on Facebook
- **Winter CPD Special with Dr Arien!**

Winter is a time for inner focus and contemplation. It is also an ideal time to upskill your knowledge base and simultaneously practice some self-care. All in the comfort of your own home, in your time and adjusted to your own pace of learning and integration. To support you, and because holistic health education is her passion to share with health practitioners, Dr Arien van der Merwe has lowered the fee of all her CPD Courses to R750. You'll still receive the same number of 9 CPD points, but at a substantial discount! Don't wait however, as this offer will only be valid from 18 June 2021 to 18 August 2021, before it reverts to the usual fee.

Greetings



Liezl Herholdt (PhD)

CEO