



NOVEMBER 2020 ASCHP CIRCULAR

The existential crisis of a pandemic

The existential tragedy of a pandemic, like the current one (and I don't even want to mention the name), is that it dissolves the future into thin air. No long term goals remain, no constructive vision is possible, hope drains away and our best plans turn to futility. We become trapped in the gloom of a lingering present like Bill Murray that could not escape the loop of *ground hog day* in Harold Ramis's movie by that name.

I must confess that it makes me sick every time when I turn on the news only to have to listen to the upsetting statistics of new infections, global mortality rates and economic decline. I suspect you may feel the same way, and accordingly we ask ourselves what is the solution, and how can we overcome the gloom? I have contemplated this question during the past year and came to the conclusion that the best antidote is that we now, more than ever are in need of a grand vision.

A grand vision is possible

A vision is "the ability to see: sight or eyesight; something that you imagine: a picture that you see in your mind; something that you see or dream especially as part of a religious or supernatural experience." (Merriam Webster). A grand vision is an outlook on life that encompasses and directs all actions.

Many realists may obviously doubt whether it is possible to still dream when poverty is eroding our hope and restrictions are tying us down; but sometimes we need to be a little crazy to go against all odds, like the Don Quixote who lived Joe Darion's song 'Impossible Dream'.

*To dream the impossible dream,
To fight the unbeatable foe
To bear with unbearable sorrow
To run where the brave dare not go.
This is my quest,
To follow that star...
No matter how hopeless
No matter how far.*

*the ability to
see above and
beyond the
majority -
Chuck Swindoll*



A grand vision is not a rational conviction, but an existential insight that we feel in our innermost being. In retrospective reflection we may later be able to substantiate our attitude. Perhaps we do have a feel that the immanent energy of the universe is sufficient to carry us into the future that we cannot see clearly now; that in the words of Johnny Corn "We have a chance to do something extraordinary. As we head out of this pandemic we can

change the world. Create a world of love. A world where we are kind to each other. A world where we are kind no matter what class, race, sexual orientation, what religion or lack of or what job we have. A world we don't judge those at the food bank because that may be us if things were just slightly different. Let love and kindness be our roadmap.”

Perhaps it is time for us to move into a new world and those that have a grand vision are able to see beyond the worry and fear and get a glimpse of a new reality. Erik Pevernagie believes that: “It is the poets, artists, and musicians that will carry us through the pandemic attacks into a new reality. They are the ones who tell us how to navigate, breathe, feel, think, enjoy, and fully live our lives. (“Because the world had corona”)” In similar fashion we as counsellors have this calling to guide, support and direct. Let us make this our motto for the new year: *We are the ones to tell our clients how to navigate, breathe, feel, think, enjoy, and fully live their lives.*

If we are willing to subscribe to such a grand vision, we may also end our song in harmony with the Man of La Mancha so that:

*My heart will be peaceful and calm
When I'm laid to my rest
And the world will be better for this
That one man scorned and covered with scars
Still strove with his last ounce of courage
To fight the unbeatable foe
To reach the unreachable star...*



Our wish at the ASCHP is that we may all truly experience such a new vision to inspire us in and for the year ahead.

Announcements

It has come to our attention that someone by the name of Bodenmu tried to contact our members to interest them in a certain project which appears to be a scam. Please note that it is without our consent and the person has been informed that it is a violation of the Popi Act. Please ignore the email. We want to re-assure our members that it the ASCHP and the CCSA will never divulge personal information of any member.

Please remember that all external CPD applications and “inhouse” CPDs must be completed and sent to us by 30 November 2020 so that we can finalize it before we close for the festive season.

For any CPD related query, please contact Elsie at cpd.liedani@synergetica.co.za

You can also do your CPD training here:

www.nooslogia.co.za

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

Our office is closing for the festive season on 16 December 2020 and we will re-open on 11 January 2021.

Kind regards

Dr Liezl Herholdt