

## Counselling coming into its own



Have you as counsellor ever felt somewhat belittled or less professional by the fact that that you are not a psychologist? Well, don't, for conventional psychology is not the only recourse for counselling services. On the contrary, the mounting evidence of nascent research indicates that counselling can be more effective in many instances when approached from a folk perspective. Even some psychologists are currently probing for a metatheoretical reset that can ground psychology on its rightful existential-humanistic base.

Gregg Henriquez<sup>1</sup> (PhD) points out in this regards that much of what passes today for scientific psychology has corrupted our understanding and framed human experience in overly reductive terms. This means that we should return to the insight that experience is not grounded in neurology, but in being-itself which has a mysterious essence that cannot be intellectually fathomed or in principle fully clinically analysed. Hence, the need arises to frame philosophy and scientific psychology in a better way. With this I am not denigrating conventional psychological research, but only pointing out that the current reductionist scientific paradigm in the west precipitates into counselling without a soul.

We need counselling with a soul to touch people. For this we need to transcend technical techniques and causal methods and replace it with a space of nurturing care, soul listening, an open heart and full emphatic presence then become our healing remedies. Counselling in this key is a sacred ministry of love with a few techniques on the side. Dr. Lissa Rankin<sup>2</sup> (MD) agrees with this viewpoint when she refers to healthcare as the act of offering a healing presence with a little medicine on the side. This implies that clients, patients do not need the most famous, academically brilliant and professionally astute physician/counsellor, but much rather ordinary counsellors like you and me that can offer “the healing power of listening, loving touch, nurturing care and healing intension.” Thus, what you need to be a successful counsellor, you already have. You and I just need to believe it and employ it. May this inspire you for your task that lies ahead in the New Year to make a difference.

## Updating members

**Offices** opened on 10 January and business commenced as usual. We are looking forward to be of service to all our counsellors.

**Graduates.** We are proud to congratulate those members who have graduated in December 2020 from Gideon Robert University, one of our preferred training associates with the social work training programme on offer being aligned to the ASCHP scope of practice. Five candidates received BA

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<sup>1</sup> *A new unified theory of psychology*, Springer,

<sup>2</sup> *Mind over medicine*, Hay House. 2020.

Social work (focus wellness healthcare and counselling) degrees; The following candidates completed their M degrees with the following mini dissertations for partial fulfilment:

- Frans Nortje. *The influence of child sexual abuse on the sexual and emotional faculties of the female counterpart in marriage.*
- Themba Mbokoto. *Dilemmas and Ambiguities in premarital counselling addressed by using an eclectic approach to counsel successfully.*
- Johan Enslin Fourie. *Development of a holistic healthcare protocol based on energy value matrix for integrative normalization*
- Elizma Viljoen. *A research study on the concept, Stress Addiction: Can credence be given to the term?*
- Mankwane Hazel Kgasho: *Sustainable development through agriculture in Modimolle and environs*

Christo Scheepers successfully completed his thesis: Creating an Entrepreneurship Framework to Stimulate Employment Creation in the South African Healthcare Industry for a PhD at DaVinci for which Prof Marius served as promoter.

**The ASCHP professional body audit.** Due to Covid-19 restrictions the 2020 scheduled SAQA virtual audit was postponed and took place on 12 January 2021. Hence, we only expect the five year cycle renewal later in the year.

**TechDezi Videolearn platform.** Members have the opportunity now to complete ASCHP CPD training via this online medium. A wide spectrum of CPD topics to suit every need is available from the following contributors: Prof Marius Herholdt (D.Phil; PhD), Dr. Marius Potgieter (D.Th; Dip. Wellness & Counselling), Jan Potgieter (BA), Dr. Arien vd Merwe (MB.ChB.), Anri van Rooyen ( MSc) en Dr. Joyce Schoeman (PhD). The normal PowerPoint based CPD's are also available for this year and can be ordered from Elsie at the office. We will make the topics available via circular. Please ensure that you do not duplicate CPD's that may be available on more than one platform.

**Covid-19 research.** We have during the course of 2020 provided input on the wellness way of modulating the human immune system with the support of natural products in order to be able to induce better antiviral resistance. Some members also found the CPD on the topic very helpful as tool to inform members of the public. It seems now that *Ivermectin* could be a promising wonder drug to prevent/heal infections and we are awaiting more research to confirm this potential. We trust that our members will not become disheartened due to the restrictive circumstances, but be able to adapt to the 'new normal' for business as usual. We have especially in this regard compiled a CPD on Technology Assisted Distance Counselling (TADC) to help our members make use of a distance counselling modes of doing effective counselling.

Wishing you and yours well , may you have a fantastic 2021

Kind regards

*Prof Marius & Dr. Liezl Herholdt*