



## April 2020 ASCHP/CCSA/NHA circular

### COVID- 19 counselling

The world of the previous circular was totally different from the world we find ourselves in today and this posits a tremendous challenge to counsellors: How can we participate to help in the mitigation of the corona situation and what is the ethical injunction from a wellness perspective? Our counsellors form part of essential services as confirmed by the list of designated essential services -2019 of the CCMA, counselling is listed in section C 8 d. as follows: **Therapeutic counselling services and any other form of counselling.** (Ref. CCMA call centre: 0861 16 16 16. website: [www.ccma.org.za](http://www.ccma.org.za) )

The ASCHP management was compelled to develop a specialized CPD on the situation in order to help empower our members in their outreach to people in desperate needs. One member wrote us:

*The covid 19 pandemic has rocked the nation. As wellness counsellor I'm a health professional and want to do my part in the fight against the pandemic.*

She also noted that there is very little wellness education being provided. We know that many other members feel the same and some have expressed the need to organize a volunteer group to

- wellness coaching to clients
- help provide support to those quarantined
- provide wellness related education and awareness
- provide psychosocial support
- engage with people finding it hard to adhere to social distancing
- mentally support healthcare professionals, etc.

In principle we endorse and support such objectives providing it is aligned to the national disaster restrictions and scope of practice. We feel our counsellor do have a constructive role to play at a time of extreme turmoil and fear.

**Specialized combined double points CPD that covers both compulsory CPD's - CPD 20.1 & 20.2**

The following special CPD as compiled and is ready.

20.8 Specialized CPD @ R650 for 6 CPD points

Wellness plus Ethics 6 CPD's: A wellness coaching approach to infection prevention with reference to Covid -19.

Although wellness practitioners are not health workers in the conventional sense of the word, we believe that our members of the professional body are well equipped to assist clients who are vulnerable to the diseases and emotional problems when under threat. Highly individualized protocols are available to support wellbeing of clients, family and friends on physical, mental and emotional levels. This CPD covers an overview of the fears and pathophysiology and prevention of infections and wellness ways to deal with it. It covers both the compulsory wellness and ethics for our members.

We believe that the PowerPoint programme is a useful tool to educate people and hence, the assignment is simply a request to present the coaching part of the PowerPoint to a client or family member.

#### **Important notification**

During lock down our staff will work from their homes to continue with service delivery. They can be contacted at the following numbers.

Elsie Teffo for CPD's and CPD enquiries tel. 082 9074327

Marike Maree 071 138 7069 ASCHP for general and pre-registration enquiries

Zodwa Ngobeni 071 287 2496 for NHA ASCHP & CCSA, membership enquiries

Dr. Liezl Herholdt 012 111 9002 CEO, oversight and disciplinary matters

As staff will be working from home, no hard copies can be sent, we will make use of emails and electronic CPD's only. When normalized, we will resume the conventional work method and send hard copies of certificates.

Wishing you well and all of the best during this trying time. We do believe that we will prevail if together we remain steadfast.



P.s. Maybe some of you will have some extra time on hand during the lock down to complete some CPD's