

# August 2021 ASCHP circular letter

## The meta-stance of the successful counsellor

Oftentimes students do academically well, but show little or no potential to become successful counsellors. Training providers are in such instances hesitant to recommend these candidates for membership, as I was informed accordingly in a recent e-mail. This poses the question: Is it then true that counsellors are born, and not made or are there other precipitating factors at play?

I have pondered this riddle for long time and it became clear to me that a pivotal facet is that of what I have coined the *meta-stance* of the counsellor which is the determining factor. You won't find the word 'meta-stance' in a dictionary, but the etymology of the prefix 'meta' roughly means 'that which is beyond', as in metaphysics or meta-language.

No doubt, where we stand in life is crucial to our affectivity and success as counsellors. I define the idea of meta-stance as the abstract position from where you counsel, the way you and I conceptualise the content of our services and the position that we adopt in professionalism. Let me illustrate this with Japanese martial arts. The formal standing stance of the ninja is very important and known as Musubi-dachi and is used to perform the formal respectful bow called rei.



We as counsellors also are required to assume a standing stance in the professional conduct of engaging with the client. Just as the martial artists can be caught off-guard when the legs and torso are not in a squat position, the counsellor with the wrong meta-stance will not succeed. Now, we know that body positions and postures can be taught, but the star athlete has an intuitive feel and body intelligence to comply.

To translate all of this in practical terms, the meta-stance involves the following conceptual position:



- What is my sincere attitude as counsellor? Am I honestly compassionate and do I radiate pure empathy to be genuinely interested and caring?
- Am I dedicated and committed to calling as counsellor to help those in need
- Do I strive to develop my social intelligence to engage in a meaningful way with clients?
- Am I positively minded to encourage, inspire and motivate?

These are traits that colleges cannot teach because they go beyond (meta) skills and reflect character disposition and attitudes.

During the past three decades I have witnessed that counsellors who exhibit the correct meta-stance are always successful and fulfilled because love and care remain the best therapy.

## Information items

### A) Disciplinary matters



Actions create consequences which produce positive or negative outcomes and negative outcomes often lead to disciplinary cases. What follows is a brief summary of the areas in which members err and forewarned is forearmed. Please take note of the areas in which you need to apply diligence:

**Designations:** Members use wrong designations. Please always stick to your **registered** designation as indicated on your membership card and certificate, nothing else. This is serious.

**Scope of practice:** Do not engage in work outside of scope of practice such as writing reports that courts expect social workers to compile or sign. Build capacity by networking with other professionals in difficult cases.

**Administrative:** Members fail to keep or preserve complete records. Please see to safekeeping for you are obliged to make records of cases available when summoned to do so.

**Inappropriate relationships.** Don't overstep professional boundaries, it leads to shame and humiliation. *Transference* is the issue – make sure you understand and can handle temptations for you always will become exposed.

### **ASCHP policy on disciplinary matters**

Please take note that the professional bodies does not provide legal services. The objective of the ASCHP is to investigate disciplinary matters and endeavour to keep it out of court.

### B) Useful contact numbers for counsellors

Here is a list of emergency numbers you might find handy:

Emergency numbers	
Medical & all other GOV, EMS/SAPS and rescue services	112
ER-24	084 124
Netcare 911	082 911
Vaal Emergency	016 976 7887
Promed	084 517 2621
Pulsate	082 714 2446
AA Emergency rescue	082 16 111
AMS Help Line	080 001 2322
Ambulance and Fire department	10177
Ambulance, fire department from a Telkom phone	999
Medical rescue	083 1999

Flying squad	10111
Child line	080 005 5555
Women abuse	080 015 0150
Poison	0800 334 44
Cell emergency	112
Crime stop	086 001 0111
<b>Numbers to store @South Africa</b>	
Alcoholics Anonymous	011 421 1534
Life Line	011 728 1347
Drug/Substance abuse	011 788 0717
<b>Report stolen phone</b>	
MTN	0831808
Vodacom	082111
<b>Cancel lost or stolen bank cards</b>	
Standard bank	+27800020600
First National Bank	+27800110132
ABSA Bank	+27800111155
Nedbank	+27800110929
Capitec	+27860102043
<b>Hospital</b>	
Milpark hospital	011 480 5600
Parklane	011 480 4000
Helen Joseph	011 489 1011
Joburg Gen	011 488 4911
Linmed	011 213 2000
Flora Clinic	011 470 7777
Bragwanath	011 933 8000
Garden City	011 495 5000
Krugersdorp	011 951 0200
Daxina Medical	011 855 1016
Union	011 724 2000
Clinton	011 724 2300
<b>Ambulance</b>	
Emer-G-Med	086 100 7911
Medical rescue	083 1999
ER24	084124
Saaberie Chisty Ambulance	011 854 3166
Rescue 786 Ambulance	+27839000786
Netcare 911	+2782911
Provincial ambulance	011 372 5911
St Johns Ambulance	011 403 4227
<b>Road assistance</b>	
If you or someone you know is involved in an accident, report it at	112 / 101777
AA Emergency rescue	082 161

C) COVID challenge results

Thank you to those participants who entered the competition. The winner will be announced in the September 2021 circular.

D) Covid vaccine

The members who have submitted their consent forms were uploaded on the V4HCW portal and are now busy registering to receive their vaccines. Please click on the below link and follow the steps.

<https://v4hwcw4.cliniweb.co.za/>

1. Fill in your ID
2. Then all your personal details
3. The computer will throw out (cannot find)
4. Choose option (verify health worker)

We are grateful that we could have arranged this opportunity.

Happy counselling

Dr. Liezl Herholdt