



ASCHP/CCSA CIRCULAR 20 April 2020

Dear Member,



Lockdown has posed many challenges to all of us, and the question on many lips of counsellors is 'may we still volunteer or continue with counselling services when and where needed.' The rationale is that with the crisis arises the need for increased and specialized counselling services.

The content of the government announcement of the 23 March 2020 is clear, the public should stay at home, but people may go out to volunteer or perform mental health counselling or provide help to vulnerable people. If people leave home for this purpose they should still ensure that:

- They minimise time spending outside
- Only leave home to provide essential help for health and wellbeing
- Ensure that they carry *permits* to do so
- May only leave home if they themselves are feeling well and do not belong to a high risk group

The ASCHP has granted permits to a limited number of members during lockdown who provide wellbeing support to people. Any member in good standing that requires such a permit to continue with counselling services, may e-mail Zodwa at our office to make the *pro forma* form available that you need to fill in and submit to our office to be signed and stamped. In addition you will also be required to carry your membership card with you if you go out.

People who use permits are of course still required to keep to the following rules:

- If you talk to people, stay 2 metres (6 ft) away from them
- Do not participate in groups meetings
- Use a face mask
- Remember to wash your hands frequently
- Do not misuse the permit to visit friends and family members

The job of the counsellor is not to judge, nor to figure out if someone deserves something. Your job is to lift the fallen, to restore the broken and to heal the hurting.

Mental Health Care for COVID-19 health workers – Gauteng branch- is a group of volunteer mental

Dr. Joyce Schoeman will head this project



health professionals who are working on a coordinated programme offering mental health support in relation to COVID-19 health care workers in State services in Gauteng. The purpose is to make use of private practitioners and hospital and clinic managers to identify staff members who may be in need of counselling and then allocate these people to counsellors for *probono* tele- sessions. This project could provide valuable experience to some our



counsellors who may be interested in participation. The project will be based on best practice guidelines forthcoming from China and the UK. This will afford opportunities for individual online sessions, group work, the development of written or video resources, etc.

We first need, at this stage, to determine whether there is any interest in such a project. Dr. Joyce Schoeman will head this project for the ACSHP and interested parties can email their names to her and indicate their intension to participate. She can be contacted at: drjoyce.js@gmail.com

Wellness guidelines for immune health – how to take control

We are aware of the circulation of many conspiracy theories regarding the corona outbreak ranging



from ‘the infection is caused by G5 radiation’ to ‘there is no real virus, only exosomes’. For the moment it is safest not to adhere to all the speculation and regard the infection, in the light of mortality rates, as very serious. We have also noticed that, despite all the formal regulations, not many health professionals are speaking about the importance for people to *normalise* their immune systems. This is something that we address in CPD 20.8 and want to reiterate that we, as counsellors, should render support to our clients by offering sound wellness advice on immune *modulation*.

Fact is that many people, old and young, sit today with compromised immune systems – either over active (auto-immune diseases) or suppressed (susceptible to infections). Immune system compromise is the result mainly of toxicity, radiation, and underlying diseases such as diabetes, nutritional deficiencies and/or emotional and mental stress. Caution should be exercised not to boost suppressed immune systems as *overactive* systems may cause so-called cytokine storms during covid-19 infection and bring about pulmonary sepsis which is a high risk.

Immune modulation means adjustment of the immune system to a desired level of functioning by balancing the various immune defence mechanisms. By making use of the principles of orthomolecular medicine supplements can be recommended to correct imbalances of human biochemistry. Technically this means the predetermining of deficiencies of vitamins and minerals in the body (see also <http://orthomolecular.org/index.shtml>).

In general immune support supplements (immunonutrition) include the range of vitamins and minerals obtained from a healthy diet.

Of special importance are the levels of:

Vitamin A that maintain antibody immunity and cell integrity of the barrier defenses in the lung, gut and skin as well as the mucus secreting cells. Take care that as vit. A is a fat soluble vitamin which may become toxic at very high concentrations. Carotenoids is also helpful from yellow veggies such as carrots.



Vitamin D, especially for those who do not enjoy regular sunshine. It in particular supports the aging immune system. Also dangerous at too high levels. Cod liver oil contains both D and A vitamins.

Vitamin E support immunity through its role as antioxidant. High levels in olives and olive oil and wheat germ oil.

Vitamin C is essential to every cell and essential to immunity in the process of phagocytosis. Bell peppers, rose hip and spinach or moringa.

Folic acid – its role is to transfer a methyl group in the detoxification process. It plays an important role in respiratory infections in supporting the multiplication of immune cells bases on the dramatic increase in DNA synthesis. Eat lentils or eggs.



Zinc and selenium – This is a huge problem as soils are in general depleted and foods are often void of these minerals. Research has confirmed that adequate levels of these minerals contribute to a lower incidence of pneumonia, speedier recovery and reduced incidence of death. Many supplements combine zinc and selenium and it appears that zinc orotate is the best. This is zinc chelated to orotic acid which is easily absorbed by cellular membranes and also contains antioxidant properties. Eat fish and shellfish, nuts and beans.

Herbal immune modulators include Astragalus and Sutherlandia (Cancer bush).

Thank you for taking time to read this circular

Please stay safe during lockdown and remain well.

Liezl Herholdt (PhD Counselling)

CEO ASCHP

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Lockdown may be the ideal opportunity to complete your

Continuing
Professional
Development

You can e-mail Elsie at cpd.liedani@synergetica.co.za to order yours.