



# CPD TRAINING

**CIRCULAR – SEPTEMBER 2021**

It is hard to believe but we are fast approaching the end of 2021. We wish to express our appreciation to all our members who have done their 2021 CPD's (as was expected of them). Please note that this is a friendly reminder that our next CPD audit will take place during October 2021 (as per SAQA's rules) and it will be to your own benefit to comply so as not to jeopardise your good standing as a member. Thank you for your cooperation.

CPD training is often undervalued for its worth, for it is really the hallmark of professionalism. It builds capacity in the field of expertise beyond initial academic training and furthermore the CPD process helps the counsellor manage their own progress on an ongoing basis to enhance professional development and contribute to occupational specialization.

If we understand CPD correctly it will help the member adopt a positive attitude and feel gratitude for being able to participate in such a process which has the following key features:

- It is a self-directed process that ought to be driven and activated by you, not the professional body
- Set goals and objectives of the expertise you aspire to achieve.
- Requires you to engage in reflective learning and review of your knowledge or experience base and competencies.

From the side of the ASCHP, CCSA and NHA we work to help you achieve these accomplishments by ensuring that:

- We make quality and stimulating topics available to you
- Cover the entire spectrum of counselling services
- Provide for counsellors on various levels of seniority
- Develop expertise to improve the marketing value of counselling services
- Recruit credentialed CPD providers that can offer quality training aligned to scope of practice
- Establish online platforms and pursue other avenues to make CPD development more accessible, affordable and convenient to complete.

What we please need you to do is to:

- Inform us about the choice of topics you would like to see presented
- Design a development pathway programme for yourself to increase your expertise as part of your POE
- Focus on the CPD's aligned to your developmental programme
- Punctually complete your prescribed CPD's for professional body compliance.
- Display your CPD certificates in your consulting room and on your website to make your clients aware of your professional development.

We have pleasure in introducing (in alphabetical order) the following CPD contributors.

**Dr. Marius Herholdt**



Dr. Marius Herholdt, now semi-retired, serves as Founding President of the ASCHP, a professional body for counsellors/coaches in SA. Apart from various undergraduate qualifications in science, healthcare, counselling and theology, he also holds a post graduate degree in Medical Sociology from the North West University; an M.Th. from the University of South Africa; a D.Phil. in Philosophy from the Nelson Mandela Metropolitan University and a Ph.D. in Natural Medicine from Stafford University. He is also the recipient of various accolades; inter alia, the prestigious Gold Medal from the Indian Board of Alternative Medicine for his contribution in the field of counselling and alternative medicine. In terms of his expertise he was recently appointed again as a visiting professor in Natural Medicine at the Gideon Robert University, Kampala.

## **Keshnie Mathi**



Keshnie Mathi started her career after graduating with a double major in Psychology from the University of Cape Town in 2004. During the past 17 years she has completed a post graduate diploma in Palliative Care, is a qualified birth, postpartum and death doula listed internationally via NEDA and is accredited as a Skills Development Facilitator, Assessor and Moderator with HWSETA, MICTSETA and the ETDP SETA.

Keshnie holds an ODETDP qualification and trains practitioners in the area of trauma, End of life, Palliative Care and traumatic birth experiences. She also trains internationally accredited Trauma Debriefers and End of Life Doulas. Keshnie has worked internationally for 8 years and locally for 7 years, and has travelled to 52 countries learning about their customs, rituals and rites around Trauma support, death, dying and Bereavement. She has a counselling practice as well as a training company called The Wellness Specialist. She believes that care should be accessible to all and is the founder of the End of Life Supportive Alliance and the Global Trauma Response Centre which offer free support and trauma debriefing to individuals globally and 24/7, and also allows practitioners to practice their skills in a supervised environment. Keshnie also speaks at conferences and events around transitional support of the living, and the dying. She draws inspiration from her 2 earth babies, her husband and her son who was born still. Her motto is from Ram Dass who said, "We're all just walking each other home."

## **Jan Potgieter**



Jan Hendrik Potgieter Born: 6 Aug 1948 Matriculated - 1967 Middelburg Technical High School

The first encounter with human physiology started as a First Aid Officer in high school and later did an advanced first aid course, serving at sports events. Completed his Electrical Engineering Diploma in 1971. Studied psychosomatic diseases during 1988. Studied Orthomolecular Medicine and some herbals during 2000-2001. All the time helping people with health issues on a part-time basis until 2014 and then started a degree study with Synergetica Academy. Completed his B.A. Social Work (Wellness Healthcare & Counselling) degree at the end of 2020 through Gideon Robert University (Lusaka). Practice full-time since 2015 as a Wellness Practitioner using Energy Medicine Equipment for screening and assist with training on these devices. Jan made an in-depth study on the application of various methodologies of Energy Medicine.

## **Dr. Marius Potgieter**



Dr. H (Marius) Potgieter majored in Philosophy and later completed a doctorate in Systematic Theology at UNISA. He had been a pastor for 36 years in the NG Church. He then trained at Synergetica as a professional Natural Health Practitioner and later as a Specialist Wellness Counsellor. Dr Marius wrote books on spirituality, the church, herbs and lifestyle.

## Dr. Joyce Schoeman



Dr. Joyce Schoeman, BA Psychology, Sociology, Anthropology, Criminology and Languages (UP), BA Hons. (Psychology) at the University of Pretoria, MA and PHD Wellness Counselling and Lifestyle Management (SUU) – She believes that every day is an opportunity to be a Change Agent to take back Joy and develop high levels of Gratitude!

In her day-to-day life she is ambassador for wellness and preventative lifestyle changes. She is an ASCHP Specialist Wellness Counsellor, specialising in **Screening and Profiling of Health Challenges**, with personalised recommendations to enhance quality of life on all dimensions of wellbeing. Her motto in life: “Prevention is better than cure!”

She believes natural approach to wellbeing, facilitating change during the supportive journeys undertaken with clients in her practice since 1987. Dr Joy is loved by her community with all the different services and supportive counselling services delivered. She has received awards for Leadership Development and Community Care on several occasions.

As an ETDP SETA registered Trainer, Assessor, Moderator, Content Designer, RPL Practitioner and Skill Development Consultant, recognised Field Expert and Supervisor, she has completed more than 5000 hours of academic support to learners in her capacity as facilitator. She serves South Africa by delivering skills development opportunities in Social Counselling. She also supports fellow counsellors to enhance their journey to care for other people. She collaborates with Services SETA, HWSETA and QTCO and several other registered service providers.

She has been in private practice delivering Virtual and Counselling 1:1 since 1991. She is qualified as a psychometrist focusing on Ecometric Assessment, referring to specific systems-based screening for gaps in personal skills development. She is an Audiometrist and has Diploma in Medical Practice and Applied Kinesiology. She completed paralegal training at UCT.

Her work experience includes working in the defence force as a Supportive Counsellor, orphanage as a Live-in Caretaker. Practice Manager at a neurologist for 9 years. Own Brain-Integrated Enhancing Movement Clinic. Freelance journalist for radio stations and coffee table magazine, own marketing company, and therapeutic interventions at a special school.

## Carine Steenkamp



Carine Steenkamp is a Trauma Counsellor and a Dyslexia Specialist who has been extensively involved in research, training of Educators & Therapists, and offering business & Franchising solutions since 1999. She was the former CEO of GoFocus Learning Centres.

## Dr. Arien Van der Merwe



Dr Arien van der Merwe is a medical doctor and specialist holistic health counsellor, mind-body and integrative, natural medicine, stress management, workplace wellness and longevity practitioner and trainer. Arien is a bestselling author and well-known and experienced public speaker, facilitator and trainer. Her passion is Health Education and she uses all media to disseminate good-news, solution based health information. She participates in many Real Health episodes (DStv Home Channel), Kyknet, Minki Gesels Met, Radio Pulpit (Radio Kansel), RSG. Anri van Rooyen and Dr Arien are partners (and mother and daughter) in Ariani Health Solutions.

## Anri Van Rooyen



Anri van Rooyen is a holistic counsellor and health/fitness scientist. Anri completed her MSc in Sport Physiology and she is also a personal fitness trainer. Her passion is Health Education to spread the good news of health and happiness, for all! Anri's special interest is holistic weight loss, as overweight/obesity runs in her family. She has dedicated her life's work to educate health practitioners and clients/patients on holistic weight loss, using a mind-body-soul approach including lifestyle changes and mindfulness practices to ensure long term results. Anri participates in many Real Health episodes (DStv Home Channel), Kyknet and Minki Gesels Met, and contributes to many online and hard copy publications and programs. Anri and Dr Arien van der Merwe are partners (a mother and daughter duo) in Ariani Health Solutions.

Anri's first CPD course is Holistic Weight Loss – A Mindful Living Approach. In 2021 she will also complete her exercise, nutrition and lifestyle CPD courses.

**Please see attached list of available topics:**

### **A. E-mailed CPD's**

These can be ordered from Elsie at [cpd.liedani@synergetica.co.za](mailto:cpd.liedani@synergetica.co.za)

| CPD Nr     | Category            | CPD TOPIC                                 | CPD Points | Fee     | Compulsory CPD's | Additional CPD |
|------------|---------------------|---|------------|---------|------------------|----------------|
| CPD 2021.1 | Ethics and Morality | Ethics and belief systems                 | 3          | R510.00 | x                |                |
| CPD 2021.2 | Wellness            | The Wellbeing framework for counselling   | 3          | R510.00 | x                |                |
| CPD 2021.3 | Healthcare          | Physical wellbeing support for the client | 6          | R990.00 |                  |                |
| CPD 2021.4 | Practice            | Telephone and on-line counselling         | 3          | R510.00 |                  |                |
| CPD 2021.5 | Techniques          | Lessons in counselling from corn farming  | 3          | R510.00 |                  |                |

### **B. Online CPD's**

These can be accessed on the Videolearn Platform

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

| <b>Instructor courses – Synergetica (Liedani CC) - Videolearn</b> |   |               |             |                        |
|---|---|---------------|-------------|------------------------|
|   | <b>Name</b>   | <b>Points</b> | <b>Cost</b> | <b>Instructor</b>      |
| 1.  | Ethics and Belief Systems   | 3 CPD Points  | R 350       | Prof Marius Herholdt   |
| 2.  | Health care models  | 3 CPD Points  | R 350       | Prof Marius Herholdt   |
| 3.  | Health optimization (The methylation)                                 | 3 CPD Points  | R 350       | Prof Marius Herholdt   |
| 4.  | Holistic weight loss (a mindful living approach)                      | 9 CPD Points  | R 900       | Anri van Rooyen        |
| 5.  | Heart Health  | 3 CPD Points  | R 900       | Dr Arien van der Merwe |
| 6.  | Introduction to Energy Psychology                                     | 3 CPD Points  | R 350       | Prof Marius Herholdt   |
| 7.  | Making sense of Wellness Healthcare                                   | 3 CPD Points  | R 350       | Prof Marius Herholdt   |
| 8.  | Mental Health in a Changing, uncertain World                          | 9 CPD Points  | R 900       | Dr Arien van der Merwe |
| 9.  | Neuroplasticity   | 9 CPD Points  | R 900       | Dr Arien van der Merwe |
| 10.   | Strategies for Wellness Counselling & Coaching – No course material   | 3 CPD Points  | R 250       | Prof Marius Herholdt   |
| 11.   | Strategies for Wellness Counselling & Coaching – With course material | 3 CPD Points  | R 350       | Prof Marius Herholdt   |
| 12.   | Working with Temperaments   | 3 CPD Points  | R 350       | Prof Marius Herholdt   |
| 13.   | Me and my practice  | 3 CPD Points  | R 350       | Dr Joyce Schoeman      |
| 14.   | Energy medicine   | 3 CPD Points  | R 350       | Prof Marius Herholdt   |
| 15.   | The key to opening a practice   | 3 CPD Points  | R 350       | Carine Steenkamp       |
| 16.   | Working with temperaments   | 3 CPD Points  | R 350       | Prof Marius Herholdt   |
| 17.   | Sexual wholeness  | 3 CPD Points  | R 350       | Dr Joyce Schoeman      |
| 18.   | The triad of faith, hope and love as counselling leitmotif            | 3 CPD Points  |             | Prof Marius Herholdt   |
| 19.   | Introduction to Counselling during Palliative Care                    | 6 CPD Points  | R 500       | Keshnie Mathi          |
| 20.   | The Ethical settings of holistic protocols                            | 3 CPD Points  | R 350       | Dr Joyce Schoeman      |
| 21.   | Inflammation: both friend and foe                                     | 9 CPD points  | R 900       | Anri van Rooyen        |

**Free Student information (Courses) – Synergetica (Liedani cc) – Videolearn SA**

- Receive the access code from Miggie Kok at [miggie@synergetica.co.za](mailto:miggie@synergetica.co.za)

1. What is a wellness coach? – (3 CPD Points could be gained if assessment and payment was done) - (Prof. Marius Herholdt)
2. What is wellbeing? – (3 CPD Points could be gained if assessment and payment was done) (Prof. Marius Herholdt) – (English version)
3. For non-CPD purposes you can watch it here: [https://youtu.be/r\\_8TolDdXhw](https://youtu.be/r_8TolDdXhw)
4. Wat is Welwees berading? – (3 CPD Points could be gained if assessment and payment was done) - (Prof. Marius Herholdt) – (Afrikaans version)
5. For non-CPD purposes you can watch it here: <https://youtu.be/mNqMFJ3wJJQ>
6. Kliënt Oriëntering – (no CPD Points) – (Presented by Dr. M. Potgieter) – Afrikaans only

Note: The list of available CPD topics / lectures is constantly being upgraded and expanded . Newly available CPD's are frequently added to this platform. Be sure not to accidentally repeat some.

We do trust that you will enjoy the CPD's. Be sure to communicate to us other topics that you would like to see presented. We work to cover the spectrum of Wellness related modalities.

Kind Regards

Dr. Liezl Herholdt