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ASCHP PROGRAMME AN GUIDELINES

CPD training is compulsory for all professional's in South Africa. The purpose of CPD training is to provide for practitioners to maintain and acquire new and updated and measurable levels of relevant skills, knowledge and information as well as ethical insight and attitudes to ensure professional integrity to the benefit of the clientele.

The ASCHP is a recognized professional body with designations registered on the NQF and hence is obliged to implement a flexible CPD policy that provides for the professional needs of its members and the maintenance of professional standards in counselling and health care. The following will help new members come to grips with the CPD system.

The following topics are based on a needs assessment of our members and accordingly cover the content of range of counselling activities - ethics, theory, tools and techniques and counselling praxis – with the purpose to improve professional development. There is something for everyone. The CPD is PowerPoint based which provides for visual illustrations to make it easy to read through the material with insight. Important to note that no long assignments or class attendance are required. Each topic can be completed in less than an hour by simply answering a few short questions to guide you through the work and to fill in the self-assessment at the end.

Of course practitioners can do all the ASCHP CPD's below, but should you opt to also do some informal CPD's the following two are compulsory for ASCHP members : Ethics - CPD 2021.1 and Wellness – CPD 2021.2

A.1 Formal CPD training

TOPICS for 2021. PowerPoint programmes completed by doing the attached assignments

2021.1 ETHICS AND MORALITY: Ethics and belief systems (3 points)

“A belief system usually evolves over time. It's something that we grow into, as our needs and goals develop and change. Even when we find a system of beliefs that works for us, we hone and fine-tune it, working our way deeper and deeper into its essential truth. Everything we experience, every thought we have, every desire, need, action, and reaction - everything we perceive with our senses goes into our personal databank and helps to create the belief systems that we hold now. Nothing is lost or forgotten in our lives.”
Skye Alexander. These belief systems shape our thinking and motivate our ethical conduct. As counsellors we need to be aware and responsible for a constant audit of our belief systems as it relates to ethics and morality. The focus of this CPD is the beliefs that we subscribe to about the self in counselling.

2021.2 WELLNESS: The wellbeing framework for counselling (3 points)

Wellbeing is an exciting new skills based approach to everyday self-help and self-care on the scale of primary healthcare that hold tremendous potential for health and healing.

As niche market wellness coaches can enter the entrepreneurial job market to earn an income from client based consultation fees. Wellness practitioners and wellness counsellor serve the non-medical health care sector as lifestyle coaches to support people with mental challenges, chronic conditions ranging from mild depression, stress and anxiety to diabetes, cardiovascular conditions and cancer on the journey towards recovery and better quality lives.

Wellness coaching is an occupation within the domain of wellbeing where coaches/counsellors facilitate client wellbeing as integrated approach to biological, psychosocial and spiritual wellbeing, a holistic approach to healthcare.

This CPD training module will introduce the counsellor to the various dimensions of wellbeing, i.e. psychological, work, social, spiritual, physical and existential and their respective elements. It is a useful background for screening.

2021.3 HEALTHCARE: Physical wellbeing support for the client (6 points)

The purpose of the wellness coach/counsellor is not to treat or cure disease, but to support general wellbeing. Certain body systems keep us

healthy and support healing. Examples are liver cleansing, alkaline/acid balance, reducing of inflammation and sustaining mitochondrial health. This CPD will introduce the counsellor to protocols required to support general health of the client.

2021.4 PRACTICE: Telephone and on-line counselling (3 points)

Online therapy is also known as e-counselling, e-therapy, cyber-counselling



and tele-therapy and is not totally new as it is known that Sigmund Freud made use of letters to counsel his patients in days when travelling was not easy.

The Covid lock-down forced us to consider new ways of practicing counselling. The idea is not to replace traditional face to face therapy, but with social distancing is advisable to sometime employ distance counselling, which benefits include:

- Convenience – the counsellor is immediately available when the client needs support.
- The client does not have to travel and there is no geographical limit, you can reach people all over the country.
- It can provide a sense of anonymity when and where needed and there is no stigma that people go to a 'shrink'.

The purpose of this CPD is to consider effective and practical ways of doing tele-counselling.

2021.5 TECHNIQUES: Lessons in counselling from corn farming (3 points)

“The human brain employs analogical imagination, i.e. we learn and understand by way of comparison and analogies. This includes similes, metaphors and comparisons.” Hence, we can learn from everyday experience about counselling. This CPD invites you to the farm, to walk with me among the corn fields and ponder the lessons we could learn from corn to counsel by using simple metaphors.



GENERAL INFORMATION

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		
Sub Total					R	R
Total					R	

Please ensure that the CPD's that you do are accredited by a professional body – see the blue seal of accreditation otherwise you will be obliged to apply for the registration of 'external CPD'. There are three possible ways of doing CPD training listed beneath as Options A, B and/or C.

Structured learning CPD compliance – doing the in-house ASCHP accredited CPD's through Liedani which serves as CPD provider.

1. *You order and purchase your CPD from the Liedani (Synergetica) office at R450 per 3 CPD programme and we e-mail you the PowerPoint programme that you watch at leisure in your home/office. (cpd.liedani@synergetica.co.za)*
2. *You complete the short questions on how the CPD contributed to your continuous professional development, fill in the assessment form and sign it.*
3. *Once you have completed the answer sheet and assessment, you email it to us to be marked. We issue a CPD certificate and register your CPD's against your name for you.*

We make 5 CPD programmes available for 2021 worth 18 points in total as listed. The topics cover both counselling and wellness health care within the holistic context in which our counsellors work. The rationale for this is that in these two CPD programmes the Professional Body makes known ethical and legal guidelines and scope of practice specific to the ASCHP, NHA or CCSA. Apart from the two compulsory CPD's you may of course complete 5 CPD's programmes worth 18 CPD points, or alternatively you may opt

to do other informal CPD's as set out below. Other topics are also available from the archive – request list.

CPD Requirements

Ensure and check that you know how many CPD's must be done by you per annum.

NQF LEVEL	CCSA	NHA	ASCHP	Annual CPD points
4	Counsellor in Training	Student	Supportive counsellor	6 (should include 3 compulsory Ethics and wellness)
5 (Certificate)	Institutional Counsellor	Supportive level	Holistic counsellor	9 (should include 3 compulsory Ethics and compulsory wellness)
6 (Diploma)	Junior Counsellor			12 (should include compulsory Ethics and compulsory wellness)
7 (degree)	Counsellor	Practitioner level	Wellness counsellor	15 (should include compulsory Ethics and compulsory wellness)
8,9 10 (post-graduate)	Specialist counsellor	Specialist Practitioner	Specialist Wellness Counsellor	18 (should include compulsory Ethics and compulsory wellness)

Option A.2 Videolearn platform



The ASCHP recently established an online platform for making CPD's available. If you follow the link, you will be able to see the topics. For CPD training you are required to watch the video discussion and complete the multiple choice questionnaire to qualify for the CPD. The link is:

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

Apart from the formal CPD training as listed there is also an option B for doing CPD's for those that need to do more CPD than the compulsory one's.

Option B. Informal CPD programme

Please note that CPD's that are done in an informal way as set out below, need to be registered as external CPD's for recognition by your professional body – either the ASCHP, CCSA or NHA at a cost of R70 per CPD point. Example: This means that if you have completed three hours of informal CPD activities, you will be invoiced 3 x R70 = R210 to have it evaluated and registered against your name.

Informal CPD activities can be done by participating in small informal groups (2-10 participants) organized by yourself or one of our members. These are activities that do not have a clearly measurable outcome and are presented on a once off non-continuous basis. CPD points are allocated according to time, with 1 CPD point per hour to a maximum of 8 CPD points per day. The idea is to form informal groups amongst members where you do not need to pay for attendance. It may take the form of:

1. Breakfast meetings or presentations where relevant topics are discussed
2. Online group discussions such as Zoom meetings and online CPD presentations
3. Case study discussions
4. Shadowing or role playing
5. Mentoring and supervision activities
6. Reading a book related to counselling/wellness and submitting a book report (summary of the content) of one page also indicating the number of pages. (=3 CPD's per 100 pages read and reflected on).

Option C. Education, Training, Research and Publications

This is only applicable to members who participate in any learning activities, only if it is formally accredited training programmes (example relevant university programmes). Please inform the office of the details of the programme and proof of your registration to qualify for CPD's. Application for the registration of CPD's based on formal training programmes (recognized professional bodies such as that of social workers of psychologist, or pastoral counsellors) is done on the form obtainable from the office: Recognition of External CPD (form C102). The fee for this amounts to R30 per CPD point per annum.

Registering your CPD's with the ASCHP/CCSA office

In the case of informal meetings you are expected to submit a synopsis of the proceeding (half page) that indicates the type of activity, duration, was signed by the group leader and dated. This must then be submitted via e-mail to your professional body – the ASCHP, CCSA or NHA - for CPD registration at a registration fee of only R70 per CPD point that is recognized. Application for the registration of informal CPD's is done on the form obtainable from the office: External application (FORM C102) for registration of all CPD points done at any other provider except Liedani cc.

Ordering your CPD's

Once you have selected the CPD's that you want to do, please email the office to order yours. Contact the CPD administrator: Elsie Teffo at cpd.liedani@synergetica.co.za Please make use of the accompanying form to order (C101, C102, and / or C103) and the office will assist you to make the material available.

Please note that the CPD policy is also posted on the CCSA and ASCHP websites – you are welcome to consult it. Also see FAQ's if you may have additional questions.

We still do occasionally get CPD assignments without names – please ensure that on your assignment you indicate your name and the CPD number. Most CPD assignments do not exceed two typed pages.

We trust that you will enjoy doing this year's CPD's

Thank you

Dr. Liezl Herholdt and team

