

## JULY 2020 ASCHP CIRCULAR TO ALL MEMBERS

### Meditation

The previous circular enjoyed much positive feedback and recommendations. We do appreciate the participation of all members who emailed us, especially in these times, we need one another.

“I have nothing to look forward to” was the sigh of one of my children when I was sitting beside her bed, painfully watching her sob. What do we tell our children, or clients, when they feel so dreary in this lockdown time? It is not easy to know, because we are vulnerable people who miss going to the shops for enjoyment, having a braai with friends, or simply relaxing in a restaurant without the burden of carrying a face mask. In these trying times it is not easy to escape boredom, or to find meaning afresh. It may often even sound even feeble to say anything of encouragement. It is winter with bleak frosty days, children can't go to school, we are all under risk of contagion, and businesses are closing down. This is the stark reality – 2020 is a season of winter for most people and it reminded me of the winter

I leant upon a coppice gate

When Frost was spectre-gray,

And Winter's dregs made desolate

The weakening eye of day.

The tangled bine-stems scored the sky

Like strings of broken lyres,

And all mankind that haunted night

Had sought their household fires.

picture sketched by poet Thomas Hardy in *The Darkling Thrust*:

In reciting the poem with feeling, one can sense the dreary atmosphere of the day, see the silhouette of the dry tangled branches against the bleak blue winter sky and feel the cold fingers of winter clinching your spine. The only solace is the household fire, mentioned in the last line. I wondered if we could take this as metaphor, how counselling could become a “household fire” for those currently in the grip of life's winter period.

Are we not called to light fires for those who are cold, or hand out blankets for those who are shivering? Isn't it exactly what the role of counselling is? And if we extend the metaphor a little bit more, we wonder do people have the wood for the fire to be lit? I would like to believe and emphasise that the wellness approach is one of delivering fire wood for warming the soul. It comes in many forms - as information, inspiration of meaning and purpose, coping skills, good intention and compassionate interest; somehow or another the human soul has the capacity to recognise and assimilate it. Remember, we cannot escape winter, but we can light fires. Your counselling skill is a match, light fires and do that often until winter at last passes and

the sun shines again brightly. We as a professional body will keep on handing out 'matches' to you, our esteemed counsellors.

### **Business as usual**

**SAQA audit.** The ASCHP is scheduled for a 5 year cycle SAQA audit on 24<sup>th</sup> July, but this year it will be conducted via Zoom. Nevertheless the professional body is obliged to submit the necessary reapplication documents which necessitated the thorough revision of all policies and scopes of practice. We will inform you of all the improvements and new opportunities once it has been approved by SAQA. Please remember us at this time and send us some goodwill and positive energy.

**News.** The ASCHP has also issued 302 essential services certificate to members during the level 5 Covid lockdown period and welcomed Kobus and Miggie Kok on the staff to assist with the admin load. Miggie will serve as assistant to me, and is currently engaged in the CPD audit that we need to prepare for SAQA. This also serves as reminder, in view of the fact that it is already midyear, to please bring CPD training up to date so as not to risk suspension under SAQA rules. Kobus Kok will also assist Dr. Joyce Schoeman as para-legal representative to handle disciplinary cases. Marike Maree is back at the office, but unfortunately Elsie Teffo and Zodwa Ngobeni are still working from home for the time being. They can however be contacted via email or phone when needed.

**New CPD platform.** The circumstances has also compelled us to look at new avenues for CPD training, and the CPD partner, Liedani will thus be offering online CPD's on a special platform in the future not to replace, but to complement the current system in use.

**Covid support.** Prof Marius has, in consultation with a pulmonologist in Pretoria, worked out a prophylactic protocol<sup>1</sup> to curb the cytokine storm that is one of the biggest risk factors of Corona infection leading to pulmonary sepsis. The herbal remedy is a mixture of three herbal extracts that function as good anti-inflammatories. It can be ordered from the NaCare<sup>2</sup> Herbals ab under the name of *2020 Immune support*. Please note that this is a traditional folk remedy and not a medicine. It was not approved by the MCC and is not intended to treat or cure any disease. Part of the wellbeing support is the prevention of disease within scope of practice, and this remedy may be useful in this regard for our loved ones and clients.

### **New publications**

Prof Marius has completed the following new books for publication next semester:

- ***Die welstand bediening van die kerk. Dit dek aspekte soos:***
- *Kerkwees in die 21 eeu m.b.t. relevansie*

---

<sup>1</sup> Glycyrrhiza glabra (or liquorice), curcumin from turmeric and berberine containing barberry.

<sup>2</sup> NaCare contact: Limari at [info@nacareherbals.org](mailto:info@nacareherbals.org).

- *Die waarde van spiritualiteit*
- *Lewenstyl holistiese gesondheid*
- *Welwees teologie*
- *Welwees spirituele berading*

**Menu for Wellness Counselling, by Liezl & Marius .** It covers topics such as

- *Professionalism and scope of wellness practice*
- *Metatheoretical aspects of wellness in holistic context*
- *The wellbeing model in comparison with the biomedical model*
- *Mental, emotional, social, spiritual and physical wellbeing*
- *Self-care in wellbeing context*

*Die publikasies het ten doel om die beradingspraktyke van ons lede verder te verryk.*

#### **Further study opportunities.**

The ASCHP regularly get enquiries about recommendations for study providers, and SAQA also expects the ASCHP to identify suitable providers. The challenge is always to find providers in own domain of counselling, but the ASCHP is glad to announce that we have now located such a provider. Hence, the ASCHP has been invited by an accredited university to submit the following tailor-made programmes within scope of practice for approval and accreditation:

- Bachelor of Wellness Healthcare and Counselling
- Master of Wellness Healthcare and Counselling
- Certificate Counselling (Level 5). 1 year.
- Certificate in Ethnomedicine (Traditional herbalism) 1 year.
- Postgraduate certificate wellness practice (Level 8/9) 1 year.

If all goes well these programmes could be available early next year. Candidate who may be interested are welcome to indicate this to us in an email for listing and the provision of more information when it becomes available.

Wishing you all to stay warm during the winter time

Kind regards



Liezl Herholdt

CEO

