**ASCHP Circular Jan 2020**

**New year, new beginnings**

It is the beginning of another decade and we are faced with new challenges which requires new strategies. The year kicked off with the upsetting news of the immanent corona virus threat. We as counsellors need to take heart and tap in into the necessary reserves to remain strong for the sake of ourselves and our clients.

My conviction is that in order to be successful we do not need grand strategies and elaborate counselling techniques for in wellness our strength is in honest care-giving. We agree with Rachel Remen, MD, that writes in her book Kitchen Table Wisdom: Stories That Heal:

“*Helping, fixing, and serving represent three different ways of seeing life. When we help, we see life as weak. When we fix, we see life as broken. When we serve, we see life as whole. Fixing and helping may be the work of the ego, and service the work of the soul.”*

**Children’s mental health week**

The theme of this year's Children’s Mental Health Week is *Find your Brave*.

Bravery is not about flexing your muscles and pretending to be a hero, ‘but about sharing worries and asking for help when you need it, trying something new or making the right choices. ‘ People need support to take a small step towards healing and wholeness. This is our calling as counsellors to be this support in serving others. Our reward is when they act brave. Let us, in the sentiment of health week, pay special attention to the mental health of our precious children during this year.

**2020 CPD programme**

We as professional body would like to contribute towards your effectiveness of rendering service and this is the purpose of continuous professional development (CPD).

**CPD 20.1** is entitled ‘Ethics of service’ in which we explore the powerful concept of how empathic service rendering guides the process of growth and healing, not only for the client but also for you as counsellor. (**Compulsory Ethics ASCHP CPD for all members).**

**CPD 20.2** will introduce you to the helpful tool of using body movement and posture to control physiology and bring about a state of happiness and self-empowerment in your clients. (Compulsory CPD). (**Compulsory Wellness ASCHP CPD for all members).**

**CPD 20.3** puts the focus on how to grow your practice by extending it to cover the spectrum of wellness counselling. We modelled it on three successful practices in Pretoria which are fully booked three months in advance. The knowledge that we share with you will enable you to excel in your counselling practice.

**CPD 20.4** takes a look at the way people construct their own problem ridden realities by using wrong metaphors. It explores the ways to change these realities in a positive sense by employing constructive metaphors.

**CPD 20.5** offers some stimulating advanced research to specialist wellness counsellors based on the cynefin network that provides a workable model to help counsellors counsel in complex settings by making use of non-linear self-organisation.

**CPD20.6** is a discussion that I think every counsellor will benefit from – it tackles the frequent encountered problem of ‘burn-out’ of counsellors and clients and how to deal with it.

**CPD 20.7** is very relevant for most counselling practices. Counsellors often find that many people who seek counselling, especially children, are overly sensitive people who are easily thrown by challenging circumstances. We may not always be aware that most of these people fall into a distinct psychological category of highly sensitiveness that may require special sensitive intervention. This CPD will guide you in the counselling of such people, and perhaps yourself because many counsellors are also prone to high sensitivity.

The ASCHP management is aware of the sensitivity to the cost factor of CPD’s in the current economic climate in South Africa, and for the past 5 years have not implemented a price hike. CPD’s should, however, be seen as an investment for we believe that good professional development will contribute greatly to the growth and quality of your counselling practice and accordingly increase your yields significantly.

We trust that you will enjoy the CPD’s and start early by ordering now.

Wishing you a blessed year

In your service



Dr. M D Herholdt

PRESIDENT

