

2018 SYNERGETICA WELLNESS COUNSELLOR

Wellness counselling/coaching is a popular profession that covers a wide spectrum of modalities: Counselling, herbal and nutritional lifestyle support, movement therapies and screening.

Upon completion candidates will qualify for registration at the Professional Body, ASCHP.

(Short course) PROGRAMME

Become a Counselling (Coaching) Professional

Wellness Counselling is an occupation that offers great fulfilment for people



interested in the services professions. Wellness counsellors work in wellness centres, private practices, and at NGO's, clinics, community centres and schools. They offer support to people who face mental, emotional and physical health challenges that involves counselling and coaching.

Counselling means entering into a helping relationship with the client with the aim of rendering support, encouragement and guidance in order to solve problems, improve relationships and learn life skills to improve coping. **Coaching** is the facilitation of a process by which a coach directs and trains a client in self-care, personal growth, development and the principles of success with the aim of fulfilment in living "the good life".

Wellness is the new approach in health care. We understand health as *a positive state of mental, emotional, social and physical wellbeing* (World Health Organization policies).

There is a vast need in SA for wellbeing consultants that can offer comprehensive



counselling and coaching services over a wide spectrum of holistic support. These professionals make use of a variety of modalities such as talk therapies, body and somatic therapies, as well as herbal and nutritional support.

The wellness programme is facilitated by the Synergetica Tutor centre and requires



Liedani c/c trading as
Synergetica Academy

you to complete the prescribed assignments based on the study material. Provision for

practical experience is also made at a wellness centre under supervision. Optional classes are offered at the Synergetica Campus from time to time.

The counselling programme is aligned to the HW SETA registered skills programme which forms part of the Further Education and Training Certificate in Counselling. The training programme is 30% theory and 70% practice. Shadowing and mentoring is available to candidates.

Wellness Short Course Counselling Programme

CODE	10 SHORT COURSES
SWC101	<p>Wellness Theory and Practice</p> <p>Wellness theory Learn about the history, principles and practice of wellness and how it complements the biomedical approach.</p> <p>Wellness Practice Learn about the support protocols and wellness modalities</p> <p>SHORT COURSES: SWC 101.1 Wellness & Natural Medicine SWC 101.2 Wellness & Lifestyle Management SWC 101.3 Wellness & Lifestyle Management (Visual guide) SWC 101.4 Counselling in the Wellness Paradigm (Visual guide)</p>
SWC 102	<p>Lifestyle Counselling & Coaching</p> <p>Physical Wellness: Body functioning & health challenges Herbal health care support Nutritional health care support You will learn how to use herbs and nutritional supplementation for health support of your clients.</p> <p>SHORT COURSES: SWC 102.1 Physical Wellness (Visual guide) SWC 102.2 Lifestyle & Nutrition (Visual guide) SWC 102.3 Nutritional Wellness SWC 102.4 Lifestyle and Natural Support (Visual guide)</p>

<p>SWC103</p>	<p>Counselling Counselling theory & Counselling practice Counselling is regarded as a helping relationship with the aim to assist your client in finding solutions, learn about healthy life styles and to improve coping skills.</p> <p><u>SHORT COURSES</u> SWC 103.1 Introduction to Counselling (Visual guide) SWC 103.2 Stress Management (Visual guide)</p>
<p>SWC104</p>	<p>Facilitated Self Care Screening and Health Profiling Self-care Support Protocols You will also learn how to compile a health profile of your client.</p> <p><u>SHORT COURSES</u> SWC 104.1 Screening a Client SWC 104.2 Self-care SWC 104.3 Screening (visual guide) SWC 104.4 Iridology Screening (Visual guide)</p>
<p>SWC105</p>	<p>Wellness Professionalism Ethics and legal aspects Client Rights In order to work in the wellness industry you will need to master professional guidelines and code of conducts. You will also learn about the applicable legislation and scope of practice.</p> <p><u>SHORT COURSES</u> SWC 105.1 Professional Ethics (visual guide) SWC 105.2 Client Rights (visual guide)</p>

Note. This course is aligned to the DaVinci Management of Wellness 60 credit exit level higher certificate. RPL options are open.

Your registration package includes:

- The learner guide for every short course as you progress with your training
- Study letter to guide you in the training and practical
- A poster to guide you in herbal health care
- A booklet to accompany the poster
- Visual guide presentations on CD for visual support

Mode of delivery

Distance training short courses. The candidate is required to complete the prescribed assignments based on the study guides and submit it for assessment. Optional classes are offered on a monthly basis at the Synergetica Campus just outside of Pretoria. Practical work can be arranged to gain experience.

The ten modules have an assignment each that needs to be completed in order to compile a portfolio of evidence. Tutoring classes are offered from time to time (dates included in your study letter upon registration).

Registration at the professional body

Candidates may register at the Natural Healers Association as Candidates/Students for the course of their studies and upon completion of the short courses migrate to the ASCHP or upgrade to Wellness Health Care Counsellor.

Registration as Supportive Counsellor

Upon completion of the skills training programme candidates will qualify for registration as



WITH REGISTERED NQF DESIGNATIONS

Supportive counsellors (NQF Reg. No. 645) with the ASCHP – a SAQA registered professional body (SAQA ID 984) for counsellors with designations registered on the National Qualification Framework (Act 67 of 2008). A professional body fulfils the important function to provide counsellors with the following services:

- Professional guidelines
- Legal scope of practice
- Ethical code with disciplinary measures

Without registration with such an association counsellors cannot practice professionally. Members are protected by their registration in a specific category and will benefit further by annually doing Professional Continuous Development training (CPD's).

Registration at ASCHP is determined by your level of qualification and practical experience. The following designations are available:

Supportive Counsellor (NQF ID 645) – Entrance level registration

Holistic Counsellor (NQF ID 646) – Candidates with additional qualifications