



TOPICS FOR ASCHP, CCSA & NHA

Introduction

CPD training is compulsory for all professional's, not only counsellors, but also physicians and nurses, teachers and psychologist and lawyers and pastors. The purpose of CPD 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.

Topics

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. Please see also the CPD directives in this circular that explains different ways of doing CPD's and also saving time and money.

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:

Ethics CPD 19.1 and Praxis CPD 19.6 Sense of Wellbeing.

Please ensure that the CPD's that you do are accredited – 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 C.

CPD 2019

Please take a few minutes to familiarise yourself with this directive in order to know what is expected.

Please note. During 2019 **NO formal or organized tours will take place** which means that you can **save time and funds** because you do not have to attend any classes. The reason why some probably opted to attend classes may be that they did not want to do the assignments, but with the new system **no essay type assignment are required**. Here is how simple it is to complete your CPD's in a few steps.

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.*
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 8 CPD programmes available for 2019 as listed below of which **two are compulsory as indicated: 19.1 Ethics & 19.6 Wellness**. The topics cover both counselling and 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 6 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.

NQF LEVEL	CCSA	NHA	ASCHP	Annual CPD points
4	Institutional counsellor	Student	Supportive counsellor	6 (Incl. 3 ethics)
5 (Certificate)	Institutional Counsellor	Supportive level	Holistic counsellor	9 (Incl. 3 ethics)
6 (Diploma)	Junior Counsellor			12 (Incl. 3 ethics)
7 (degree)	Counsellor	Practitioner level	Wellness counsellor	15 (Incl. 3 ethics)
8,9 10 (post-graduate)	Specialist counsellor	Specialist Practitioner	Specialist Wellness Counsellor	18 (Incl. 3 ethics)

Option A. Structured learning - CPD's accredited by the ASHP professional body ("in-house" training). Please note that there will be no price increase for 2019.

CPD Nr	Category	CPD TOPIC	CPD Points	Fee	Compulsory CPD's	Additional CPD
CPD 19.1	Ethics	Ethics and Identity	3	R450.00	x	
CPD 19.2	Counselling Techniques	Counselling for Joy	3	R450.00		
CPD 19.3	Specialisation	Spiritual Counselling	3	R450.00		
CPD 19.4	Theory	Psychology for counsellors	3	R450.00		
CPD 19.5	Wellness Tools	Health-care Counselling	3	R450.00		
CPD 19.6	Praxis	A Sense of Wellbeing	3	R450.00	x	
CPD 19.7	Health-care	Vascular and heart health	3	R450.00		
CPD 19.8	Health-care	Health Benefits of Cannabis	3	R450.00		
Sub Total					R	R
Total					R	

19.1 Ethics: Ethics and Identity

Just as the relationship between personal identity and ethics remains one of the most intriguing yet vexing issues in philosophy. The relationship between professional identity and ethical conduct is an important issue. Ethics only begin to make sense when the link between ethical conduct and identity becomes apparent. What is the professional self-identification that makes experiences, responsibilities, actions and characteristics attributable to a wellness orientated counsellor? This is the theme of this CPD.

19.2 Wellness Tools & Techniques: Counselling for joy

Counsellors, who manage to inspire joy, are normally more successful in counselling. Joy motivates people, gives them new courage to go on, and makes life worth living. We briefly study the psychology of joy, and look at ways famous people such as Oprah Winfrey, English philosopher John Locke, researcher and author Ingrid Fetell Lee used joy to accomplish fulfilment. This CPD explores the psychology of joy and practical ways to instil joy in our clients, overcome things that may rob us of our happiness and spread the happiness to others around us.

19.3 Wellness Specialization: Spiritual counselling

Spirituality is not the same as 'being religious', it defined in this CPD as a sense of connectedness, awareness of meaning and purpose and a sense of my and your place in the wider context of life. In a taxing world beset by problems, conflict, strife and desperate survival spiritual poverty is rife. The purpose of this CPD is to encourage spiritual growth for the counsellor and motivation to also counsel effectively with power and for spiritual awareness.

19.4 Theory: Psychology for counsellors

Wellness counsellors are not psychologist, but a background of psychology as a behavioural science is important and helpful as a background for good practice. This CPD affords the opportunity to counsellors without a fundamental knowledge of psychology to do a crash course in the principles of psychology. You will learn about the spectrum covered, the identification of disorders and referral techniques with the purpose of referring.

19.5 Wellness Tools: Health-care Counselling

The human person is an integrated whole – body, mind and soul. Health-care counselling is a broad approach to total wellbeing making use of various related modalities. The focus of this CPD is Health Psychology/Sociology and it explores the underlying factors that need to be addressed in healing support.

19.6 Praxis: A sense of wellbeing

Counsellors work under the umbrella of wellness which follows a specific scope and particular methodology. Hence it is imperative to come to grips with its theory and practice, as well as the interaction between them. The theory underlying wellness is based on a salutogenic model of health care; praxis is the link between theory and practice. Hence, this CPD explores practical ways to apply the principles of wellness by making use of a broad range of wellness related modalities. By mastering this praxis counsellors will be empowered to practice wellness as psychological, physical, social and spiritual health care.

19.7 Health-care: Vascular and heart health

Heart and vascular problems pose a potential threat to all people, young and old. Coronary heart disease has been linked to a number of risk factor, many that could to a large degree be avoided. Learn how to assist clients in identifying the most serious risk factors and how a simple regimen of proper nutritional supplements, exercise, and weight management can help people live longer.

19.8 Health-care: Health Benefits of Cannabis

Marijuana was recently legalised for personal use. This is the first step in the approval of the use of medical marijuana but many people are ignorant or uncertain of its benefits. This CPD will expose the myths and provide information about the proven benefits of cannabis for a host of medical conditions such as the easing of chronic pain, controlling anxiety, slowing inflammation for relieve of conditions such as arthritis and support healing in many other conditions.

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 for CPD recognition at your professional body – either the ASCHP, CCSA or NHA at a cost of R60 per CPD point. This means that if you have completed three hours of informal CPD activities, you will be invoiced 3x R60 = R180 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:

- Breakfast meetings or presentations where relevant topics are discussed
- Case study discussions
- Shadowing or role playing
- Mentoring and supervision activities
- Reading a book related to counselling/wellness and providing a book report (summary of the content) of one page also indicating the number of pages. (=3 CPD's per 100 pages).

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 R25 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 R60 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.

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 at cpd.liedani@gmail.com. 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.
