**wellness programme**

**The domain of wellness in counselling and healthcare**

**This is a unique training programme comprised of 7 modules in wellness as listed below.**

Wellness is a holistic approach to counselling and healthcare that is globally very popular. A quick Google search will reveal the popularity of wellness coaches to work in various settings such as hospitals, clinics, schools, wellness centres and private practices.

The National Wellness Institute promotes Six Dimensions of wellness: emotional, occupational, physical, social, intellectual, and spiritual. Addressing all six dimensions of wellness in our lives builds a holistic sense of wellness and fulfilment. This in line with the definition of health, as defined by the World Health Organization (WHO), as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

This requires interdisciplinary systems training in the following way:

* Emotional, and Intellectual, - based on counselling and psychology.
* Occupational, - based on management.
* Physical, - based on natural medicine that includes lifestyle counselling and herbalism.
* Social, - relationship counselling.
* Spiritual.- involving meaning, purpose and transpersonal reality.

**Description**

The occupational dimension recognizes personal satisfaction and enrichment in one’s life through work. At the centre of occupational wellness is the premise that occupational development is related to one’s attitude about one’s work. Traveling a path toward your occupational wellness, you’ll contribute your unique gifts, skills, and talents to work that is both personally meaningful and rewarding.

The physical dimension recognizes the need for regular physical activity. Physical development encourages learning about diet and nutrition while discouraging the use of tobacco, drugs and excessive alcohol consumption. Optimal wellness is met through the combination of good exercise and eating habits.

The social dimension encourages contributing to one’s environment and community. It emphasizes the interdependence between others and nature.

The intellectual dimension recognizes one’s creative, stimulating mental activities. A well person expands his or her knowledge and skills while discovering the potential for sharing his or her gifts with others.

The spiritual dimension recognizes our search for meaning and purpose in human existence. It is based on a deep appreciation for the mystery and wonder of life and natural forces that of the universe that sustains it.

The emotional dimension recognizes awareness and acceptance of one’s feelings. Emotional wellness includes the degree to which one feels positive and enthusiastic about one’s self and life. It includes the capacity to manage one’s feelings and related behaviours including the realistic assessment of one’s limitations, development of autonomy, and ability to cope effectively with stress.

**Summary**

The conventional biomedical model does not make provision for such a comprehensive approach which is a pity because the human person is an integrated whole in which all aspects of existence are entangled and mutually influences one another. Hence, our contention is that real healing requires a total approach. Important to note that it does not interfere nor repudiate biomedical science as it is paradigmatic different and serves as an adjunct support to help and train people practice self-care Wellness is a professional occupation that requires academic training, but it is a minimalist approach that complements modern medicine as a scientific modality that incorporate the natural healing system in a holistic health promoting way. As such it is not a disease centred approach but a health promoting person centred approach.

We believe that a wellness programme can contribute to decreased need for drugs of surgery, and foster self-care by bringing awareness to people of high level wellness and hope for healing in the context of the tremendous escalation of chronic lifestyle diseases in modern society.

The practice of holism as a health care strategy is that of wellbeing as a system. The idea originated with Halbert Dunn (MD) in 1961 and has since grown to a global movement with thousands of active practitioners.

The WHO organization has defined health in terms of wellbeing as wholeness where self-care, lifestyle and emotional states are regarded as integral aspects of wholeness.

**Our Training programme**

The following fields of study are covered:

1. Wellness Lifestyle counselling
2. Wellness practice
3. Wellness theory
4. Ethno-medicine – Herbalism

We will provide you with the following material in the form of text books:

1. Text book: *Herbs for wellbeing: a green healing space*
2. Text book: *Wellbeing revolution –* an in depth discussion of the underlying theories of wellbeing
3. Text book: *You can heal yourself*: A Practical manual for lifestyle change through self-care
4. Study letter to guide you in completing the assignments.
5. Wall poster for your consultation room

**The following short courses are included:**

**1.The theory and History of Wellness**

**The theory and history of the wellness movement will provide an orientation to the student in the field of health care and provide background understanding and application and of its practice.**

This module covers the following work:

* Wellness as holistic approach to wellbeing with reference to a multidimensional integration of subject disciplines;
* Different theories of wellbeing with reference to the healthcare needs they address such as the salutogenic and the multi-dimensional models;
* The historical overview of the wellness movement as contextualization of the wellness movement with reference to World Health Organization policies and its benefits in the field of primary and public health care; and
* An overview of the different schools of wellness/wellbeing and their respective contributions to counselling and coaching with reference to interdisciplinary modalities.

**2. Wellness Counselling and Coaching Strategies**

**The focus here is on the way personal decisions impact on health and the skills required to prevent illness and dysfunction.**

The module covers the following:

* The Employment wellness profiling skills to determine client needs with in the areas of emotional, mental and relational wellbeing;
* The scope of practice in the ambit of client rights, health care legislation and professional ethics; and
* The application and use of wellness based counselling and coaching skills in practical settings to enhance wellbeing with by fostering facilitated self-care on social, psychological, somatic and transpersonal levels.

**3. Inter-disciplinary Foundation of the Wellness Approach**

This module introduces the candidate to the interdisciplinary practice and holistic strategies of wellness counselling/coaching.

* The application of psychology, sociology and anthropology on the management of wellbeing with the focus on the spectrum of human existence;
* The key elements in counselling and coaching such as personality issues, relationship dynamics, psychological and social behaviour, client/counsellor relationships, illness behaviour; and
* The application of these key elements in correlation with health profile screening.
1. **Life-style and -skills Counselling and Coaching**

This module covers the way personal decisions impact on health and the skills required to prevent illness and dysfunction.

We cover the following aspects:

* How personal lifestyle affects health and wellbeing with reference to diet and nutrition, work and life stress, physical exercise, sleeping patterns, emotional conflicts, toxic environmental influences, negative mental patterns, and lack of work fulfilment; and
* The role and responsibility for self-care by making decisions conducive to psychological, social, somatic and spiritual wellbeing.

**5.Wellness Ethics and Client Rights**

This module covers the application of ethical principles in professional wellness counselling and coaching practice, the ethos of an ethical code, and client rights with reference to legal and constitutional documents

* An analysis of the relevant key concepts of professional ethics with reference to values and morality;
* The ethos of holistic wellness practice in comparison to conventional health care;
* Ethical dilemmas related to casuistic practice such as disclosure of confidential information when it could contribute to the enhancement of wellness;
* The application of client rights with reference to constitutional rights, legal rights and jurisprudence; and
* The rationale of an ethical code of an applicable professional body with reference to scope of practice, clinical conduct and professional integrity.
1. **Wellness Profiling and Screening**

This module offers screening as a tool for the compilation of health profiles with reference to the use of methods and techniques. The theory offers the statistical analysis of significant deviations from the norm in using questionnaires and screening tests.

The work covers the following:

* The application of various screening tools such as questionnaires, digital personal ratings, stress scales and questionnaires with reference to specific wellness need;
* The compilation of a comprehensive screening profile over an integrated spectrum of mental, emotional physical and relational aspects; and
* The analysis of the screening profile to compile a health profile with the objective of determining wellness enhancement protocols.

**7. Self-care Management**

This module outlines the protocols that are required to provide counselling care and coaching to clients enables the student to provide professional support.

The module content cover the following:

* The most effective self-care protocol and self-help regimens to clients with reference to health profiles; and
* The guidance of clients in applying protocols in decision making to improve overall wellbeing with reference to applying applicable protocols.

**Professional registration**

Upon completion of the prescribed assignments for each a certificate of completion will be issued to you. Once you have recorded 100 hours of practical work, you may use this certificate to apply for registration at the professional body for wellness practitioners, the ASCHP as supportive counsellor in wellness (a designation listed on the National Qualifications Framework, NQF Act 67 of 2008). This makes it a recognized profession in South Africa. You may also opt to register as ethnomedicine practitioner at the Natural Healers Association (NHA)

Please see attached:

* Liedani cc application form
* Invoice

Your study material will be posted to you as soon as your enrolment is finalized.

**For more information and tuition fees please contact the office at Email: info@synergetica.co.za**

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