

“The Specialist Wellness Counsellor is competent to lend comprehensive and specialized counselling support towards the improvement of the quality of life by assisting client’s in resolving conflicts, improving relationships, sorting out general problems, coping with life’s challenges and finding inner peace. Specialist Wellness Counsellors are required to refer clients to medical and psychological professionals if they identify needs that require specialized intervention.

The counsellor is bound to a specific scope of practice which is comprehensive but excludes psychotherapy, social work, medical health work and occupational therapy.

The generic scope of a life skills practice is that of wellness which includes, but is not limited to, providing support in interpersonal social relationships, spiritual growth, marital relationships, parental relationships, health related issues such as stress management, lifestyle management in prevention of chronic diseases, victim empowerment, domestic violence, trauma debriefing, household planning, HIV/AIDS, counselling, workplace adaptation, risk taking, study methods, management of anxiety and depression, substance abuse, support of vulnerable people, meeting cultural issues and diversity in the workplace, improvement of employment prospects, support to people with disabilities, mental preparation for retirement, and any other general problem that people encounter in day to day living.

Holistic Counsellors work on primary health care level, and are as such obliged to terminate counselling and refer clients to a professional (doctor, psychologist, social worker or psychiatrist) where their counselling, with reference to possible pathology or dysfunction, falls outside the scope of their practice.”

Sourced from <https://www.aschp.net/designations.html>

ASCHP: Association for Supportive Counsellors and Holistic Practitioners