

## Scope of Practice

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.

## Counselling competencies within scope of practice include the ability...

- ✓ To apply interpersonal skills by entering into a helping relationship.
- ✓ To apply counselling tools and techniques to assist, support, guide, debrief and encourage a client in need.
- ✓ To apply knowledge of health and wellness in a counselling context in order to screen for a health profile.
- ✓ Identify and solve problems to make responsible decisions using critical and creative thinking in the counselling process.
- ✓ Work effectively with others as a member of a team, group, organisation or community.
- ✓ Organise and manage him/herself and his/her activities responsibly and ethically with reference to scope of practice and ethical code of the profession.
- ✓ Organise and manage a practice by keeping routine records of counselling interventions according to the work context.
- ✓ Collect, organise and critically evaluate information in screening a client to determine needs and recommend appropriate interventions.
- ✓ Communicate effectively with clients and colleagues.
- ✓ Make use of science and technology in maintaining records in a database.
- ✓ To manage a counselling consultation with reference to record keeping, confidentiality, ethical codes, legal requirements and professional conduct within own scope of practice.
- ✓ To apply communication and numeracy skills in order to be able to analyse, interpret and evaluate information in a counselling context.
- ✓ Demonstrate cultural, religious, gender, social standing and language sensitivity across a range of counselling contexts in applying knowledge of interpersonal relationships to enhance the effectiveness of the counselling process.
- ✓ Demonstrate an understanding of the world as a set of related systems by recognising that problem-solving contexts do not exist in isolation.
- ✓ Demonstrate an understanding of the integration between human behaviour and health and wellness in terms of short term interventions and potential long term effects.
- ✓ Reflect on and explore a variety of strategies to learn more effectively in reflecting on own practice.
- ✓ Participate as a responsible citizen in the life of local, national and global communities in counselling within a structured environment.

- ✓ Continuous Professional Development (CPD)


- ✓ Networking with other counsellors and income opportunity

- ✓ Learning pathways for further study

- ✓ Career potential and fulfilment (job opportunities)

ASCHP Rules & Regulations

The Wellness Healthcare

Scope of Practice 

- ✓ **Wellness Counsellor**

Who work using a systems approach to counselling and are qualified as counsellors on at least NQF level 7.

- ✓ **Specialist Wellness Counsellor**

Who work using a systems approach to counselling and are qualified as counsellors on at least NQF level 8+.