



SAAP Notes

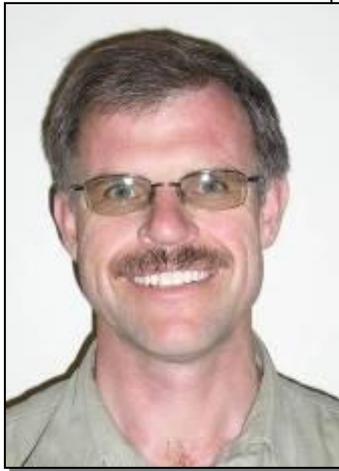
THE SOUTHERN AFRICAN ASSOCIATION FOR PASTORAL WORK

► February 2012 ◀

Meet our Executive Committee

Dr. Tertius Erasmus

Tertius has been part of the SAAP Executive for several years, and since January 2011 as Chairperson. He also serves as chairperson of the SAAP accreditation sub-committee.



He is minister of the Dutch Reformed Church Middelburg South, where his focuses are preaching, teaching and marriage and family therapy. Tertius has recently completed his doctoral in Theology on "The Role of Rituals in Marriage and Family Therapy".

His interests include music and he has sung in various choirs in the past decades. He is married to Christa and the couple has two children: Marilize and Johan.

Tertius's ministry and studies are focused on ensuring a healthy marriage and home life that will nurture happy children. His motto is: "Healthy families nurture emotionally healthy children that excel in life."

Tertius's vision for SAAP is to establish a professional board for pastoral counselors and to serve all the members with ways to acquire knowledge and skills.

Rev Frank Meulenbeld

Frank is an accredited minister of the Baptist Union of Southern Africa.

He is one of the founder members of the Emergency Services Chaplaincy. He has been in full-time Chaplain ministry since 1995, currently with the South African National Defence Force (SANDF).

Frank is passionate about pastoral ministry and enjoys pastoral care and counselling. His special interest is trauma counselling from a pastoral perspective.

Frank is happily married to Sharon and they reside in Pretoria. He has been elected as the Vice-chairperson of the SAAP Executive and serves on the financial sub-committee.



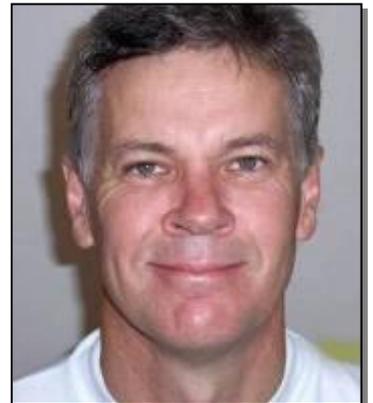
Rev James Glanville

James is an ordained Baptist minister and currently serves as the managing director of the parachurch organisation, Crisis Support Services, that counsel at the homes and offices of clients rather than from an office.

As a pastoral therapist his passion is the area of trauma and grief. He is currently finishing off a PhD in Theology with the title "Spousal Rape Post-traumatic Stress: An Integrative Approach for Pastoral Counsellors."

As a keen sportsman on the soccer field, the gym is part of James's everyday routine. He is married to Megan and have two boys, Calvin John and Thabo and a girl Kelly. "I could not do this work were it not for these people and this activity in my life. To God I give thanks."

James is the Secretary of the SAAP Executive and serves on the marketing sub-committee.



Sankie Greyling

Sankie has an Accounting and Tax consulting business, serving small to medium size businesses. She has recently moved to Pretoria.

“My involvement in SAAP began two years ago with a casual chat to Dr Callie Hugo, the then Chairperson who asked me to do the SAAP audit. I am interested in Pastoral Care and plan to start my studies this year.”

Sankie has two children, a son and a daughter. She loves to read and her love for nature makes her pack her backpack and go hiking with the Pretoria East Hiking Club as often as she can.

Sankie serves as the Treasurer of the SAAP Executive and as such also chairs the financial sub-committee.



Pastor Sylvester Makhuvele

Throughout the years, after being born again at an early age in Giyani, Pastor Sylvester Makhuvele has developed a deep passion to motivate and empower the broken elements of society. He addresses the emotional distress of the needy through counselling, life coaching, motivational talks, missionary work and seminars.

Sylvester does weekday programs and counselling at Radio Pulpit. He lives with his wife Mokgadi in Pretoria and the couple has two children Rirhandzu (daughter) and Risima (son).

He holds a B.Th Degree from Africa School of Missions. As senior pastor he provides the strategic and professional vision and roll-out plan for Community Bible Church and Xihlovo Counselling Centre in Pretoria.

Sylvester serves on the marketing-sub-committee and is involved with organizing SAAP events.



Pastor Vincent Mazibuko

In addition to Diplomas in Theology and Education, Vincent also earned B.Com and MBA degrees.

A former teacher in Economics, he is experienced in public relations, research and consulting, finance, leadership, occupational health and safety and business communications.

His professional strengths include socio-economic development, change management and management consulting.

Vincent has consulted intensively for both the private and public sector. He is the founder of Divine Ministries. As CEO for Classic Football Club, he provides vision and mission for the organisation. He also has leadership positions in Kwapele Learning, Customer Care SA, Qhubela Holdings, Freevince Training & Management Consulting and Phumeza & Associates.

As chairperson of the marketing sub-committee, Vincent leads the marketing program for SAAP.



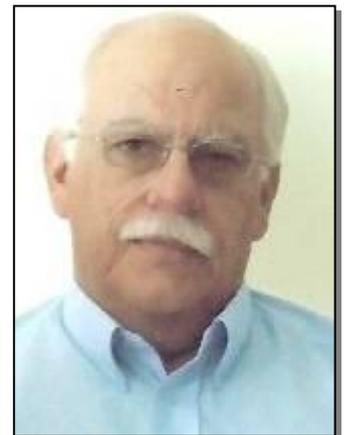
Dr Frans Minnie

Frans is the Executive Director of Reformanda Counselling Services.

He is also an extraordinary lecturer and researcher at the Faculty of Theology at the Northwest University in Potchefstroom. He enjoys sports, especially rugby and athletics, as well as reading and travelling.

“According to my wife Karin, we have been happily married for a long, long time. Three awesome children were given to us by the Lord.”

Frans is the member of Executive responsible for resources and he serves on the sub-committee for accreditation.



Alta Saayman

Alta has been a Relationship Therapist in private practice for the past 15 years.

She has a Hons BA degree in Biblical Studies, CAT (Mensana) and certificates from the Association for Biblical Counselling and Education (ABCE).

She has been involved with SAAP for the past 10 years. As a counsellor she has been attached to Radio Pulpit's counselling department since 1997. She also did pastoral care through Hospivision at Steve Biko Academic Hospital for 5 years.

Alta enjoys reading and hiking, is married to Japie and they have three children and one grandchild. Alta is responsible for organising SAAP events.



Marieke Willers

Marieke completed a BSc in Biochemistry and Microbiology at the University of Stellenbosch.

Her career meandered from laboratory scientist through public relations and involvement in the local church, to that of the care for people.

Marieke has been the SAAP administrative officer since November 2006. She shares the SAAP dream of professional recognition for pastoral counsellors in Southern Africa. It is her priority to give SAAP a friendly face and to respond promptly and effectively to requests and queries.

She lives in Pretoria and is married to Cilliers, who shares her interest in pastoral counselling. This interest makes the SAAP newsletter and the maintenance of the SAAP website a team effort. The couple is the proud parents of their two sons, Hugo and Hanno.



A letter to Alcohol

Dear Alcohol,

When I first met you, I was lonely and lost in this world; I wanted someone to comfort me, and you were there. I told myself that we were going to be best buddies - we were going to do so many things together. Like when you emptied my pockets at night clubs. When I looked on the side, you were always there. I even felt like I was the queen of earth when I was with you.

But one day I sat down and looked for the things I wanted to do in my life, and I found nothing, because I gave you the opportunity to take my dignity, my pride, and my self-esteem. Now I think it's time for me to leave you behind, because I see that the path I took with you was the wrong one. You always gave me anger, but now that I am clean I don't have that anger any more.

I am a now a happy person...

Bye-bye alcohol!

- Female, 47 years of age—with permission

Taken from the Clearview Clinic Newsletter, January 2012

Clearview Clinic

Plot 79, Bosuil ave, Kameeldrift-East, Pretoria 0035

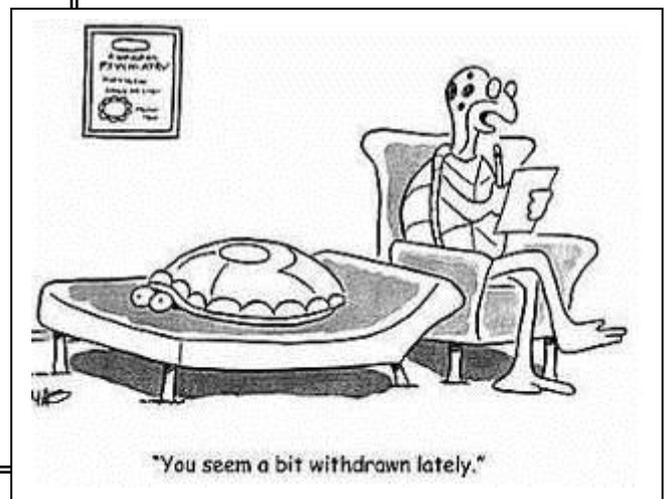
(012) 819 1422 / 087 941 1312

clearviewclinic@hotmail.co.za

www.clearviewclinicsa.co.za



"You must be the tenth doctor who's told me I'm suffering from paranoia. What is this, some kind of conspiracy?"



"You seem a bit withdrawn lately."



We're doing well!

SAAP recently conducted a survey by email to determine the members' perception of its effectiveness and the types of services members need. 90 members responded.

Overall satisfaction

64% of the respondents rated the services currently rendered by SAAP as very good to excellent.

Feedback on which additional benefits SAAP can provide its members, included advice on legal issues, indemnity insurance and the registration of spiritual/pastoral counsellors at the Health Professions Council of SA (HPCSA).

A contact list of pastoral therapists with their specialist fields of interest will be a useful tool for reference.

SAAP events

For SAAP events, a conference over a weekend or a workshop on a Saturday was the choice of most. For many, the time does not matter, as long as the program and content is of a high value. Another suggestion was a yearly conference with keynote speakers.

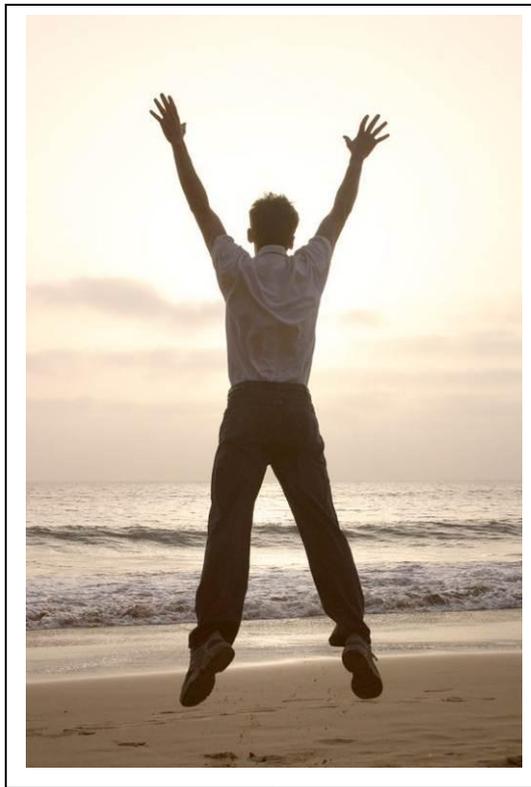
Most respondents said that they would only attend a SAAP event if it was held in their own region, city or province.

About one half of the respondents stated their willingness to organize a SAAP event in their own region or assist in such an effort.

Topics of interest

The topics that interested members most were trauma counselling, addiction counselling, marriage counselling and school/child counselling. Other topics included narrative therapy, play therapy, teenager's issues, relationship problems, HIV and aids counselling, domestic and sexual abuse, mood disorders (such as depression), grief and bereavement. Biblical counselling and related topics were also mentioned.

When asked for suggestions on SAAP events, it was clear that events are currently out of reach for



many. Respondents reacted with "Only members in the Gauteng area really benefit" and "Please arrange regional meetings".

There were requests for events or workshops to be held in Kimberley, Bloemfontein, Johannesburg, Potchefstroom, Western Cape, Kwazulu-Natal, Limpopo and Mpumalanga.

Many appreciate the regular information bulletins on training events, while some said that most of the events/courses posted in email were given in Afrikaans, which may not be accessible to all in South Africa.

Speakers should present in a practical way and a video of major SAAP seminars could be made available for the benefit of those that cannot attend.

The vocation

About one half of respondents referred to themselves as "Pastoral Counsellor". Other terms used are Therapist, Pastoral Therapist, Narrative Therapist, Biblical Counsellor, Addiction Counsellor, Addiction Therapist, Counsellor and Lay Counsellor.

Most practise pastoral counselling under the auspices of the local church, in private practice, or both. Many members provide their services in organisations such as schools, counselling centres, independent or non-profit organisations, and hospitals.

Most counsellors in private practice charge fees for individual services rendered. Some ask for donations only, while services are often offered free of charge to those unable to pay.

From the response to the question "Are you registered as a counsellor (B Psych graduated) with the HPCSA?" it was clear that only 4 SAAP members are registered, while 60% answered "no". Many said: "No; but I would like to be registered."

A caring home

There is room for improvement, but it is clear that SAAP is well on its way to providing a caring home to the pastoral counsellors in Southern Africa! ■



HospiVision Short Learning Programmes

HospiVision, a member of SAAP, presents a series of short learning programmes (SLP) through Faith in Action.

Health Care in South Africa is faced with major challenges, particularly the public sector. The Faith-Based community and Faith-Based organizations have always seen reaching out to the sick and vulnerable as part of their core calling. Very often this is done without adequate planning and training.

As part of the Centre for Community Training and Development's Faith in Action programme, courses were developed in co-operation with HospiVision, a non-profit organization which provides a range of services, in particular to the public health care sector.

HospiVision is uniquely positioned to mobilize the individual as well as the health care professional's spiritual, emotional and social resources to achieve optimum healing and health. The patient and his/her family are empowered to grow from a position of victim, through survival, towards life-giving victory in the situation.

The programme consists of 9 individual SLPs of 6 months each. Each SLP requires 3 days of compulsory interactive training, a set amount of hours' practical work and a theoretical assignment.

This leads to the submission of a portfolio of evidence. All the SLPs are based on unit standards registered with the South African Qualifications Authority (SAQA) and leads to a Unisa certificate.

These courses will benefit:

- Leaders and members of faith-based and community based organizations
- Pastoral counsellors and therapists
- Volunteers and lay counsellors
- Health professionals who wish to expand their skills for working in health care.

Courses are presented at HospiVision Training Centre in Tshwane District Hospital and at Helen Joseph Hospital in Johannesburg.

The workshops are open to anyone.



A workshop is the equivalent of 5 hours supervised counselling.

An official Unisa certificate is awarded to successful students through the Centre for Community Training and Development.

Courses for 2012

Short courses address the following topics:

- Spiritual care and counselling for sick (as well as for vulnerable children)
- Narrative practices
- Trauma counselling in an Accident and Emergency Unit
- Spiritual care and counselling for people living with AIDS
- A faith and value based approach to HIV prevention
- A narrative approach to journeying with Depression
- Memory Work and life maps in counselling for loss, death and bereavement
- Implementing a spiritual care and counselling programme in health care. ■

Contact Information

Contact person: Ms June Kriel

Office hours: Monday-Friday 08:00-13:00

Telephone: 012 329 9492 / 012 329 4420

Fax: 012 329 9151

E-mail: friend@hospivision.org.za

Web: www.hospivision.org.za

Postal address: PO Box 12423, Queenswood, 1021

Physical address:

Chapel, Tshwane District Hospital
Dr. Savage Road, Gezina, Pretoria



Healing of Sexual Trauma

Sexual trauma is any traumatic or crisis event directly associated with a person's sexuality and include devastating events like rape, date rape, gang rape, sexual molestation, sexual assault, sexual harassment etc.

Sexual trauma is probably the most shattering experience any person can go through, leaving the victim feeling broken, filthy, crushed, confused, demoralised, dehumanised and embarrassed beyond measure. It is especially disturbing since sexual trauma does not only negatively affect a person's sexuality, but all human dimensions.

The victim's spiritual dimension is overshadowed with questions like: Where was God in all of this? Why didn't God prevent it? Is God punishing me? How can God be a loving God if He allowed this?

Psychologically the victim's emotions are one big clutter of negative confusion and depression. Physically the person's body is violated in an inhuman manner, leaving not only visible bruises, but tremendous emotional scars of defilement.

Socially the victim usually withdraws from others and avoids contact with other people, while distrusting people in general. The sexual dimension is disrupted and for many years it can negatively affect sexuality, resulting in unhappy marriages and sexual frustration.

Costly therapy puts strain on the victim, who might even use "retail therapy" in an effort to "feel better"! The victim's poor mood and avoidance of people usually result in the person's career suffering as well.

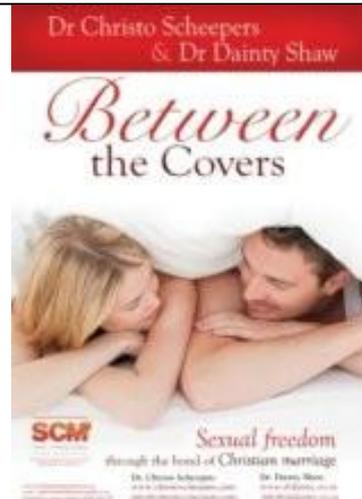
The effects of sexual trauma are beyond devastating, not only for the victim, but also for the spouse, parents, family and friends. Sexual trauma is not something happening in isolation or a crime against an individual. It is a crime against society.

The good news is that healing of sexual trauma is possible. There is no "quick fix", but healing is possible when a fully Christian-holistic interdisciplinary approach is used. Without God, healing will only be limited, but with God complete healing is possible. Moving from victim to survivor and on to victor is not only probable, but definite.

Preferably debriefing of sexual trauma should occur within 48 hours after the trauma or as soon thereafter as possible. Feeling ashamed, some victims never go for trauma debriefing or counselling. The suppression of past experiences results in later psychological problems and physical illnesses. Once the sexual trauma is dealt with, these symptoms may disappear.

With God as the Healer, complete recovery is possible!

Written by SAAP accredited pastoral therapist, Dr. Christo A. Scheepers, Ph.D. He is a Trauma Specialist from Durbanville, Cape Town. Also visit Dr Scheepers's website at <http://www.christoscheepers.com>. ■



Can Christians experience joyful sexuality? What does the Bible have to say about sex? *Between the Covers* is a unique guide for Christians, which unlocks the door to sexual fulfilment in marriage.

It shows that every marriage can be sexually passionate and sensually rewarding, and that God wants married people to enjoy physical intimacy.

Dr. Christo Scheepers and Dr. Dainty Shaw offer expert advice and practical tools to enhance sexual fulfilment and explain what the Bible says about specific issues and questions around sex and sexuality. This book will help to address many of the fears, worries, concerns and inhibitions which prevent some Christians from finding sexual freedom within their marriage. Some of the topics discussed are:

- How to talk about sex with your partner
- How to deal with negative beliefs, attitudes and past experiences which block intimacy
- Biblical views on sexuality and specific sexual practices
- Practical sexual tools and guidance
- Overcoming dysfunction
- Knowing which sexual behaviours endanger and which enhance your marriage.

The authors' sound Biblical advice, unpretentious and easy-going style make this sensitive topic very accessible for readers, and will help couples relax and enjoy the special blessing of physical intimacy, which God has given them.

Between the Covers: Sexual Freedom through the bond of Christian Marriage is available at bookshops, the Exclusive Books website or the Cum Books website at R140.

Religion and Therapy

An accredited SAAP member, who recently wrote the Board for Psychology exam in order to become a registered counsellor, describes his work as follows:

“A registered counsellor helps the majority of people in society at the early preventative levels to prevent further problems or emotional distress because, if left untreated, problems can possibly lead to more psychological or mental distress or harm where intense long term therapy or even hospitalization might be necessary.

One of the benefits of having a counsellor is having a qualified person with a good referral network to refer clients to appropriately qualified professionals, such as psychologists and psychiatrists when needed.”

It also benefits religious people to talk to a counsellor trained in pastoral care and with sensitivity towards their specific spiritual needs. An article in the New York Times (22 March 2011) titled “When God Is Part of Therapy” asks: Does religion belong in therapy?

“A growing number of counsellors and patients think it does. Faith-based therapy is growing in popularity, reports Psychology Today, as more patients look for counsellors who can discuss their problems and goals from a religious frame of reference.

Studies show that people prefer counsellors who share their religious beliefs and support, rather than challenge their faith. Religious people often complain that secular therapists see their faith as a problem or a symptom, rather than as a conviction to be respected and incorporated into the therapeutic dialogue, a concern that is especially pronounced among the elderly and *twentysomethings*.

According to a nationwide survey by the American Association of Pastoral Counsellors (AAPC), 83 percent of Americans believe their spiritual faith and religious beliefs are closely tied to their state of mental and emotional health. Three-fourths say it’s important for them to see a professional counsellor who integrates their values and beliefs into the counselling process.

The problem for many patients in therapy, is that many patients are far more religious than their therapists.

Nearly three-fourths of Americans say their whole approach to life is based on religion. But only 32 percent of psychiatrists, 33 percent of clinical psychologists and 46 percent of clinical social workers feel the same.

The majority of traditional counsellor training programs have no courses dealing with spiritual matters.”

Sources:

<http://well.blogs.nytimes.com/2011/03/22/when-god-is-part-of-therapy/>

<http://www.firstthings.com/blogs/firstthoughts/2011/06/20/the-rising-popularity-of-faith-based-counseling/>



Defining a “Registered Counsellor”

The information below is from the *Framework for Education, Training and Registration as a Registered Counsellor* from the Unisa brochure for the BPsych Accreditation Program:

The Professional Board for Psychology defines registered counsellors as psychological workers who perform psychological screening and basic assessment and technically limited psychological interventions with a range of people, aiming at enhancing personal functioning in a variety of contexts including school, work, sport and community.

The Board has currently approved the following practice areas for Registered Counsellors:

- Career Counselling
- Trauma Counselling
- Community Mental Health
- Family Counselling
- School Counselling
- Sport Counselling
- HIV/AIDS Counselling
- Human Resources
- Pastoral Counselling
- Employee well-being

Qualifying as a Registered Counsellor

Registration as a Registered Counsellor is contingent on completion of:

- An accredited 4 year B Psych or Honours degree in Psychology accredited by the Board as equivalent to the B Psych degree and an approved 6 month’s practicum in the designated practice area,
- The required practicum included in the B Psych must be done under supervision of a registered Psychologist according to criteria set by the Professional Board. This practicum may occur from the third year of the degree and shall be not less than 2 months in any given setting. It may also occur after completion of the degree.

Source:

<http://www.unisa.ac.za/contents/faculties/humanities/psy/docs/00BPsychBrochure2012.pdf>

Note that this is currently the only way to register with the HPCSA as a “pastoral counsellor”.

News from the SAAP Executive

► **Professionalisation:** As part of the process to move from an association to a statutory body recognised by Government, we are now registering SAAP as a Non-Profit Organisation according to the Company Law. We have also applied to the Receiver of Revenue for exemption from income tax. The next step is to register the Institute for Spiritual and Pastoral Care with the Companies and Intellectual Property Commission (CIPRC), as being a registered Institute would strengthen our case to register professionally. All relevant documentation confirming this will be included in the application for registration when submitted to the Minister of Health.

► **Use of the logo:** The Executive approved that accredited SAAP members may display the SAAP logo on their websites and business cards. It may be combined with the member's SAAP accreditation number – it must be small and positioned at the bottom of the card. We intend to register the SAAP logo with the abbreviation SAAP as a trademark when the NPO number is available.



► **Facebook:** SAAP is on Facebook now! Search for “SAAP Southern African Association for Pastoral Work”.



SAAP Open Day: May 2012

Date: Saturday 26 May 2012

Time: 8:00 – 13:00

Venue: Waterkloof Baptist Church, Cygnus Street (off Rigel Ave), Waterkloof, Pretoria

Speakers and topics:

- Dr Gloria Marsay, SAAP accredited Pastoral Therapist and Psychologist – “Take Heed, Take Care: The Importance of Caring for the Self as Caregiver”
- Dr Tertius Erasmus, SAAP Chairperson and Dutch Reformed Minister from Middelburg – “The Role of Rituals in Marriage and Family Counselling”.

We have also invited the Deputy Minister of Health as keynote speaker. Her availability still has to be confirmed.

Please diarise the date - more details to follow!

Living with Schizophrenia

Schizophrenia is considered the most serious of all mental illnesses, often referred to as the “cancer of the soul”.

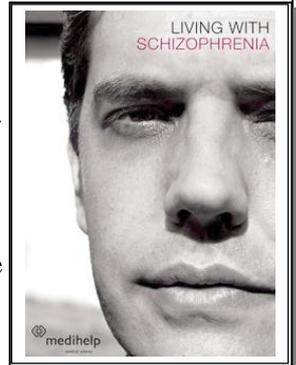
This degenerative disease is intensified by the fact that people often associate it with violence and aggression.

This inaccurate and stigmatising perception often prevents schizophrenia sufferers from seeking treatment.

In “Living with Schizophrenia”, young Steven Swart bravely shares his experience. It forms part of the 13- DVD Series, commissioned by Medihelp that share the real-life stories of people who face the challenges of living with mental health disorders. The viewer gets an intimate glimpse of their lives and profound insight into what they deal with on a daily basis.

You can order the DVD and an information guide at the special price of R130 for SAAP members and R189 for non-members:

- E-mail your details and membership number to livingwith@medihelp.co.za.
- Phone 0800 203 048 and quote your membership number.
- Visit www.kalahari.net or any Look & Listen or Exclusive Books store. Note that the discount for SAAP members is not applicable at these retailers.



SAAP CONTACT DETAILS

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Woodlands

Account no:

470-810-777

Branch code:

630-193

Please note

- Cheques must be made payable to “SAAP”.
- Fax proof of payment to the SAAP admin officer in the case of Internet and direct deposits.
- Please state your initials and last name or group name as reference for any deposit made.

DISCLAIMER

While SAAP supports initiatives for equipping pastoral workers, statements and opinions expressed in this newsletter do not necessarily reflect the views and/or opinions of SAAP. SAAP does not make any warranty regarding the information supplied. SAAP shall in no event be liable for any decision or action taken in reliance on this information.

