



PSYCHUP COUNSELLOR DEVELOPMENT PROGRAMME

FROM PAPER TO PRACTICE

**BRIDGING THE GAP BETWEEN THEORY & PRACTICE SINCE
2018**

REGISTER AS A WELLNESS COUNSELLOR!

WWW.WELLNESSSPECIALIST.CO.ZA
CONNECT@WELLNESSSPECIALIST.CO.ZA
061 462 7419 | 061 157 1772

WOULD YOU LIKE TO REGISTER AS A WELLNESS COUNSELLOR?

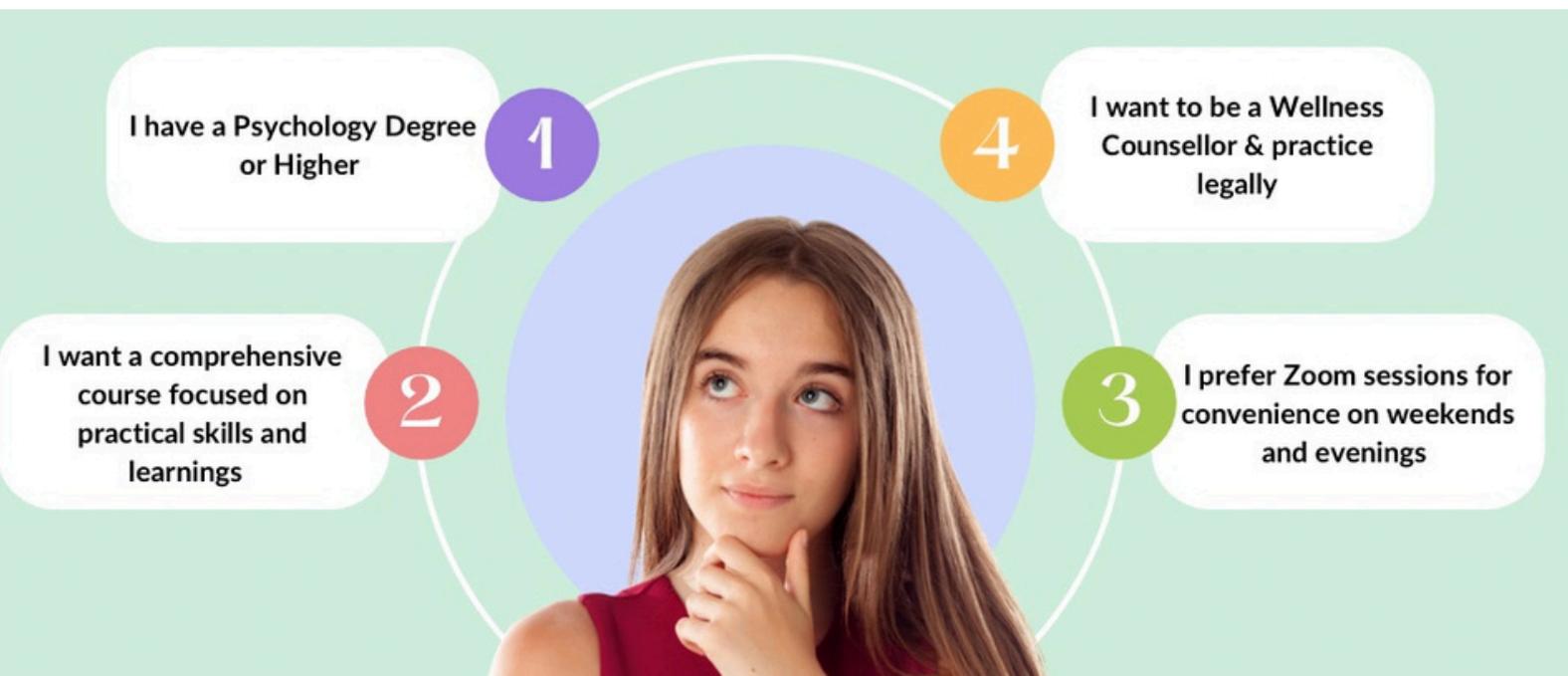
*What's holding
you back?*



**We have trained and enabled over 140
counsellors to register in the past 3 years!**

**Minimum requirements is a degree in Psychology
or related field**

WHAT WE DO ?



The Wellness Specialist offers a bridge between your theoretical knowledge and the practical skills required to be a counsellor.

We offer practical immersion with a dynamic approach that includes online, face to face and tech assisted counselling and our 12 week programme is a combination of learning, experiential immersion and practical applicable! 135 hours worth of personal and professional development that is guaranteed to prepare you to hit the ground running!

Our graduates register with the ASCHP with various designations.

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HOW TO REGISTER AS A WELLNESS COUNSELLOR

Without a Masters Degree

OUR TWS PSYCHUP TEAM



KESHNIE MATHI

FOUNDER: THE WELLNESS
SPECIALIST



TANYA GOVENDER

PRACTICE MANAGER



NAASIRA LAMBAT

FACILITATOR



LIZANN CHITTENDEN

FACILITATOR



MANDISA KUBHEKA

FACILITATOR

PSYCHUP PROGRAMME

MAY COHORT
WAITLIST NOW OPEN



12 WEEKS
VIA ZOOM



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12 WEEKS

135 HOURS

OVERVIEW

MODULES

Module 1: Wellness Counselling Foundations, Ethics & Policy Considerations

Module 2: Enhancing Wellbeing & Healthy Lifestyles

Module 3: Wellness Screening & Multi Disciplinary Teams

Module 4: Understanding the Brain-Heart-Gut Relationship & Prevention

Module 5: Supporting through Daily Stressors & Burnout & Mindful Living

Module 6: Loss, Grief, Bereavement & Mourning

Module 7: Survivors of Abuse, Neglect & Trauma

Module 8: Addiction, Recovery & Risky Behaviour

Module 9: Couples and Relationships

Module 10: Parental Stress

Module 11: Understanding when to report, refer and recommend

Module 12: Business a Wellness Counselling Practice Fundamentals

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PATH TO REGISTRATION PROCESS

REQUIREMENTS

1. Visit website & fill out application form
2. Submit your CV, certs & motivational letter
3. Schedule interview time slot
4. Finalise & Onboard

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**THE
WELLNESS
SPECIALIST**

PSYCHUP COUNSELLOR DEVELOPMENT PATH

CONNECT WITH US

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