

Scope of Practice

Summary

Incorporating mind, body and soul in an integrative health coaching process

- Physical: eating guidelines, the joy of movement, basic nutraceutical food supplements for optimal wellbeing and system support, specific herbal remedies as needed for symptom support. Natural medicine supports function and physiology while still controlling symptoms, but with no side effects.
- Mind-emotions: stress management techniques, relaxation and mindfulness training, emotional release work.
- Soul: working with superconscious, conscious and subconscious mind.
- Longevity and youthful living.
- Neuroplasticity and epigenetics.

Holistic Integrative Medicine

The term holistic (from root word 'whole') medicine, describes therapies that consider the individual as a whole person, part of a bigger system. Therefore, instead of treating only the symptoms of an illness or disease, as in mainstream medicine (allopathy), an individual's overall physical, mental, emotional, spiritual, social, occupational and environmental wellbeing will be considered before recommending specific treatments and health coaching protocols.

A practitioner with a holistic approach, will treat the symptoms of illness, while considering the underlying cause. Holistic medicine also attempts to prevent illness or disease, by emphasising optimal health and wellbeing. The body's systems are seen as interdependent parts of the person's whole being. The physical body's natural state is one of health, therefore illness or disease indicates an imbalance in the body's systems and stable inner milieu (homeostasis). Holistic therapies tend to emphasise lifestyle, a return to normal physiological and biochemical functioning, emotional release work and avoidance of chemical substances that might harm and contaminate the body.

Health Coaching

Health coaching or mentoring is the practice of health education and health promotion within a coaching context, to enhance the wellbeing of individuals and groups, by facilitating the achievement of health and wellbeing related goals.

This has become a very effective tool to help improve performance and productivity, manage stress and optimise wellbeing, achieve work related, as well as personal health and wellbeing goals, while being on the ever human quest for meaning and purpose in life.

Coaching is about unlocking everyone's own inner healing potential, to maximise their own performance, while helping them to learn (rather than being taught). It is the art of facilitation and ongoing support to improve performance, as well as the development of skills through a form of tutoring, mentoring or instruction. The aim of health coaching or mentoring, is to enhance wellbeing and full potential development in personal and work life.

Health coaching or mentoring is a fluid and adaptable process, continuously adjusted to the patient's needs and progress, which is both goal and solution focused.

The Health Coaching Wheel used as basis for the individual 12 Step Health Coaching Process



The 12 Step Foundation of the Health Coaching Process (this is a spiral rather than linear process)

1. Commitment, willingness & self-responsibility
2. Gratitude, trust & intuition
3. Eating, drinking, detoxing mindfully
4. Making sense of food supplements & herbal remedies (as an effective 'health insurance policy'!)
5. Breathing deeply, relaxing fully
6. Exercise as medicine
7. Releasing trapped emotions
8. Positive vibes as cure
9. We are social beings
10. Work, play, love
11. Prosperity & abundance
12. Deepening your commitment

Bio summary

Dr Arien van der Merwe is a natural, holistic, integrative medical doctor who has been practicing in this field since 1995. She is a specialist holistic counsellor, incorporating mind, body and soul in her treatment protocols. Arien is also a medical specialist in workplace wellness, owns the Weight Control Clinic started by Dr Gauché in 1974, teaches stress management & relaxation techniques, incl. mindfulness, and emphasises youthful living and longevity. She is an experienced public speaker, facilitator and trainer. Arien is an internationally published author of countless books and training manuals.

Her newly edited and revised book 'Stress Solutions', has just been released, once again with the accompanying relaxation CD, 'Stress Solutions: Relax and Unwind'. Her book 'Health & Happiness' originally published in 1998, has been revised and edited, and is now in its 13th print. Her latest book is 'Managing Diabetes and Related Health Challenges' (Afr: 'Hanteer Diabetes en Verwante Kwale'), published by Human & Rousseau. She is currently busy writing her new book 'Inflammaging: chronic (persistent) inflammation, the fuel that flames the fire of all today's chronic degenerative diseases'.

Dr Arien is registered by the Natural Healers Association (NHA) as Trainer and Ethno-Medicine Practitioner in the field of Traditional Health Care, by the Association for Supportive Counsellors & Holistic Practitioners (ASCHP) as Specialist Holistic Counsellor, and she is a Member of the International Stress Management Association (MISMA), UK branch and SASIM (SA Society of Integrative Medicine).

She developed and registered 2 Continued Professional Development (CPD) Accredited Courses: 'An Integrative Approach to Managing Diabetes and Metabolic Syndrome' - SAMA, 6 points; and 'An Integrative Holistic Approach to Medicine' – SAMA, 4 points.

Arien developed an online Practical Stress Management Course through the Foundation for Professional Development (Training Dept. of SAMA) which has been accredited with 30 CPD points for medical doctors, psychologists and related health practitioners.

She developed an online course (12 Weeks to Optimal Health and Wellbeing) available through her website, as well as ongoing online courses for Educate24 (Media24 company). Both the Practical Stress Management and Your Health and Wellness Courses are available on the Educate24 website.

Dr Arien has developed the Timeless DNA™ Youthful Living Program with courses and online programs to entertain, enlighten and educate people on how to become a healthy, happy 120 years of age (our natural lifespan!) embodying the concept of beauty within, beauty without and beauty of being.

Arien is a passionate writer and teacher and loves to share her experiences and knowledge about healing and wholeness, hoping to inspire others to live healthier, happier, more fulfilled lives.

Dr Arien writes for, and consults regularly, for many real time (e.g. Natural Medicine Journal) and online magazines and newspapers in South Africa, and appears in countless national radio and TV shows (e.g. most recently and ongoing: DStv Home Channel 176: Real Health and kykNET) as guest.

Arien is the Director of Health Stress Management Gauteng (Pty) (Ltd) and Co-owner (with Anri van Rooyen) of Ariani Health Solutions, based in Faerie Glen, Pretoria, now also in Hermanus and online.