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THE HOLISTIC VOICE

● Monthly Newsletter of Holistic Counselling & Coaching Institute ●

Healing. Growth. Purpose. The Holistic Way.

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✓ Registered and Accredited by Ghana Psychology Council



Welcome to
THE THIRD EDITION
of The Holistic Voice!

We are delighted to bring you the August 2026 edition of our newsletter. This month, we focus on hope-filled guidance and practical support for living well and helping others well. In this issue, you will find highlights of our upcoming **CPD Programme on August 8, 2026**, details of our **new intake beginning August 25, 2026**, and a showcase of **recent publications from HCCI** that are advancing knowledge, practice, and transformation.

Thank you for being part of our mission to train, equip, and inspire holistic helpers for a better world.

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OUR COMMITMENT



WE HEAL

Restoring mind, body, and spirit.



WE GROW

Equipping people with knowledge and skills.



WE PURSUE PURPOSE

Empowering individuals to live meaningful lives.



WE SERVE COMMUNITIES

Creating a ripple effect of hope and transformation.

THE HOLISTIC WAY

“

*A healthy counsellor is a safer counsellor,
and a rooted life produces healing fruit.*

– HCCI –





Editor's Note

Welcome to the third edition of *The Holistic Voice*, the monthly newsletter of Holistic Counselling & Coaching Institute (HCCI). We are delighted to journey with you as we grow together in wisdom, skill, and purpose.

HCCI continues to train counsellors, coaches, pastors, marriage facilitators, and mental health advocates—equipping them with knowledge, values, and practical tools to serve individuals, families, and communities. Our training is holistic, integrating professional excellence with spiritual depth, cultural sensitivity, and ethical integrity.

This issue is packed with resources that will strengthen your practice and inspire your calling. You will find practical insights for personal and professional growth, highlights of upcoming programmes and events, and a showcase of our recent publications. Each piece is designed to equip you to make a greater impact in your home, workplace, ministry, and community.



SCRIPTURE FOR REFLECTION

“*The leaves of the tree were for the healing of the nations.*”

Revelation 22:2



May this edition encourage you to care holistically for mind, body, relationships, and spirit,
so that together we may heal, grow, and transform lives.



From the Desk of the Executive Director

Rooted to Heal Others

Counselling is a sacred calling. It brings us into the inner worlds of people where pain, fear, hope, and dreams meet. As helpers, we hold that space with compassion, confidentiality, and care. Every conversation can be a turning point. Every act of presence can plant seeds of healing.

Compassion without boundaries leads to burnout; knowledge without character leads to harm. At HCCI, we train you to walk the path of excellence and integrity. We are called to be ethical, culturally humble, spiritually grounded, and emotionally healthy. When we take care of our own well-being, we are better able to care for others with grace and consistency.

August brings opportunities for fresh training and deeper service. Join us for the **CPD Programme on August 8, 2026**, designed to sharpen your skills and renew your passion. Also, mark your calendars as **our new intake begins on August 25, 2026**. Let us continue to learn, grow, and extend hope where it is needed most.

Let us remain rooted in God's Word and Spirit, so that our work flows with wisdom, our words bring life, and our presence reflects Christ's love. Together, let us build a community of helpers who heal holistically and lead others into wholeness.



James Kofi Abbrey

Counsellor
James Kofi Abbrey
Executive Director
Holistic Counselling & Coaching Institute



SCRIPTURE FOR REFLECTION

“*He is like a tree planted by streams of water that yields its fruit in season, and its leaf does not wither. Whatever he does prospers.*”

Psalm 1:3

IN THIS ISSUE



PRACTICAL GROWTH
Timely insights to strengthen your mind, heart, and skills.



UPCOMING PROGRAMMES
Training, CPD, workshops, and events to connect and grow.



RECENT PUBLICATIONS
Explore our new resources that inform, inspire, and equip.



HOLISTIC CARE
Nurturing mind, body, relationships, and spirit for whole-life transformation.



Main Article of the Month

Counselling in Challenging Times

Life brings seasons that test our strength—grief, uncertainty, change, financial strain, conflict, and emotional overwhelm. In these moments, people need more than advice; they need a listening ear, a steady presence, and hope. As counsellors, pastors, helpers, and family members, we can be instruments of God's comfort and wisdom. Here are practical ways to respond well in challenging times.

1



Listening Before Fixing

People in pain need to be heard. Active listening communicates that their feelings matter and creates a safe space. Resist the urge to interrupt or rush to solutions. Try: "Tell me more about how this has been for you." Your presence can be the first step toward healing.

2



Helping People Name Their Pain

Often, people struggle to put their experience into words. Gently help them identify emotions like sadness, fear, anger, guilt, or confusion. Naming emotions reduces their power and opens the door to clarity and hope.

3



Balancing Truth and Compassion

Speak truth with kindness. Challenge thoughts that are distorted, but always with grace. Remind people of God's truth and their dignity. Truth without compassion feels harsh; compassion without truth leaves people stuck. We need both.

4



Practical Stabilising Strategies

In crisis, small practical steps bring stability. Encourage routines, sleep, nutritious meals, exercise, journaling, and connecting with safe people. Teach simple breathing or grounding exercises to calm the nervous system. Progress is built one small step at a time.

5



The Role of Faith and Hope

Faith anchors the soul when circumstances shake. Remind people of God's character and promises. Encourage prayer, worship, Scripture, and community. Hope is not wishful thinking; it is confident expectation in God's faithfulness, even when we cannot see the way forward.

6



Self-care for the Helper

Helpers can't pour from an empty cup. Protect your own well-being by resting, seeking supervision, setting healthy boundaries, and staying connected to God. Your healthy soul is a gift to those you serve. You cannot lead others to healing if you are running on fumes.



Hope in Action

A Story of Healing



Ama, a 34-year-old single mother, lost her father suddenly. She was overwhelmed by grief, anxiety, and the weight of providing for her two children. Sleep eluded her, and she felt hopeless.

Through counselling, Ama had a safe space to express her pain. She learned to name her emotions, challenge negative thoughts, and lean on God's promises. With the support of her church community, practical routines, and consistent sessions, Ama began to heal.

Today, she still misses her father, but she is no longer consumed by grief. She has peace, purpose, and renewed strength to care for herself and her children.

*Healing is possible.
You are not alone.*



Quick Practice Pointers



Practice active listening—hear with your ears and your heart.



Use grounding techniques to help calm the body and mind.



Know your limits and refer when specialised help is needed.



Encourage rest, routines, and healthy habits.



Pray with and for people—invite God into the process.



Follow up and check in—consistent care brings lasting change.



SCRIPTURE FOR REFLECTION



“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.”

2 Corinthians 1:3-4



Remember



Your words can be a shelter. Your presence can be a blessing. Your faith can be a light.

**BE THE DIFFERENCE
SOMEONE NEEDS TODAY.**



HCCI Training Corner

Equipping Counsellors for Competence and Compassion

1 OUR PROGRAMMES AT A GLANCE

	CERTIFICATE IN COUNSELLING	Foundation programme for aspiring counsellors covering core counselling theories, skills, ethics, and personal development to begin your journey in holistic counselling.
	ADVANCED CERTIFICATE IN COUNSELLING	Deepens your understanding with advanced approaches, specialised topics, and practical application for more complex counselling situations.
	PREPARE-ENRICH FACILITATOR CERTIFICATION	Equip couples for stronger relationships. Become a certified facilitator of the Prepare-Enrich assessment and programmes to support healthy marriages and families.
	PRACTICUM AND INTERNSHIP SUPPORT	Gain supervised, real-world counselling experience in a supportive environment that builds confidence, competence, and professional readiness.
	CPD SEMINARS	Ongoing professional development seminars on relevant counselling topics to keep your knowledge current and your practice impactful.

2 STUDENT DEVELOPMENT

At HCCI, we believe training is more than acquiring knowledge—it is about becoming whole, rooted, and ready to help others.

We are shaping counsellors whose competence is matched by character, whose skills are guided by ethics, and whose hearts are anchored in compassion.

As you progress through your training, remember that every lecture, reading, role-play, and practicum is an opportunity to grow. Stay teachable, stay humble, and stay committed to continuous learning and self-care.

STUDENT REMINDERS

- ✓ Attend lectures consistently
- ✓ Read and review materials
- ✓ Submit assignments on time
- ✓ Practice active listening
- ✓ Respect confidentiality
- ✓ Seek supervision regularly
- ✓ Reflect on your personal growth
- ✓ Care for your wellbeing

Your growth is our joy. Keep going!

3 PROGRAMME SPOTLIGHT



**CPD ON
AUGUST 8, 2026**

Theme: Healing, Growth, Purpose

Target Audience: Counsellors, Coaches, Helping Professionals & Students

**JOIN US
TO LEARN,
GROW &
NETWORK!**



**NEW INTAKE BEGINS
AUGUST 25, 2026**

*Begin your journey.
Make a lasting impact.*

Target Audience: Aspiring Counsellors, Ministry & Social Workers, Educators, Leaders & Anyone Passionate to Help Others

**ADMISSIONS
ARE OPEN!**

*“Let the wise hear and increase in learning,
and the one who understands obtain guidance.”*

Proverbs 1:5





Mind Matters

Stress, Anxiety, and Emotional Renewal

Life brings challenges—and it's normal to feel stressed or anxious at times. But when pressure becomes constant, it can affect our peace, health, and purpose. Understanding what we feel is the first step toward healing.



SCRIPTURE FOR REFLECTION

“Come to me, all you who are weary and burdened, and I will give you rest.”

Matthew 11:28

Common Signs

	EMOTIONAL	- Feeling overwhelmed, worried, or on edge - Irritability, mood swings, or sadness - Loss of joy or motivation
	PHYSICAL	- Headaches, muscle tension, or body aches - Fatigue, trouble sleeping, or changes in appetite - Stomach issues or rapid heartbeat
	MENTAL	- Racing thoughts or constant overthinking - Poor concentration or forgetfulness - Feelings of dread or “what if” thinking
	BEHAVIOURAL	- Withdrawing from others or isolating - Procrastinating or feeling stuck - Using food, screens, or substances to cope

You are not weak for feeling this way. You are human. Awareness is the beginning of change.



What Helps

Small daily choices can calm your mind and restore your inner balance. Try these simple, faith-filled practices:

- 1 PAUSE & BREATHE** – Slow down and take deep breaths. Your body listens when your mind quiets.
- 2 MOVE YOUR BODY** – Gentle exercise or a walk releases tension and lifts your mood.
- 3 TALK IT OUT** – Share with someone you trust. Connection heals.
- 4 PRAY & SURRENDER** – Give your worries to God. He carries what you cannot.
- 5 LIMIT OVERLOAD** – Protect your peace by saying “no” to what drains you.
- 6 REST & REFUEL** – Prioritize sleep, healthy food, and moments that bring you joy.

Breathe Before You Break



A 4-4-6 Calm Breath

- 1** Inhale gently through your nose for 4 counts.
- 2** Hold your breath for 4 counts.
- 3** Exhale slowly through your mouth for 6 counts.

Repeat 4 rounds. Let your breath remind you—peace is possible.

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”

Philippians 4:6

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:7



When to Seek Professional Help

It takes courage to ask for help. Please reach out to a counsellor or mental health professional if you:

- Feel hopeless or persistent sadness
- Have thoughts of harming yourself
- Struggle to function in daily life
- Experience panic attacks or severe anxiety
- Rely on alcohol or substances to cope



You don't have to go through it alone. Help is a sign of strength, not weakness.



Emotional Renewal

Healing is a journey, not a race. God renews our strength for each day. Let go of what weighs you down and lean into His love, His truth, and His peace.

You are more than what you feel—you are who God says you are.



Marriage and Family Life Column

Building Homes That Heal

A healthy family is built on daily choices to love well, listen well, and lead well. Here are timeless principles for stronger relationships and thriving homes.



Communicate with Grace. Speak honestly and listen actively. Gentle words and open ears prevent small hurts from becoming big walls.



Create Emotional Safety. Every family member should feel seen, heard, and valued. Affirm, encourage, and protect each other's hearts.



Forgive Freely. Let go of offenses and extend grace. Forgiveness heals the past and frees your family to move forward together.



Share Responsibility. Strong families work as a team. Share tasks, decisions, and support so no one carries the load alone.



Intentional Conversations Change Everything.

Make time to talk about dreams, worries, faith, and plans. Conversations build connection and character.



5 Family Health Practices

- 1 Pray together daily 
- 2 Eat at least one meal together 
- 3 Celebrate small wins and milestones 
- 4 Set and review family goals together 
- 5 Serve others as a family 



SCRIPTURE FOR REFLECTION

“Through wisdom a house is built,
and by understanding it is established;
through knowledge its rooms are
filled with rare and beautiful treasures.”

Proverbs 24:3



Student and Alumni Spotlight

Changing Lives. Strengthening Communities.

Our students, interns, graduates, and alumni are living out what they learn—in churches, homes, schools, and communities—bringing healing, hope, and transformation.



From Learning to Service

Ama, a current HCCI student counsellor, began her journey with a heart to help but little confidence. Through our counselling training and weekly supervision, she learned to listen deeply, ask better questions, and pray with wisdom. Today, she volunteers at her church's counselling desk, supports teens at school, and mentors younger students.

“HCCI didn't just teach me skills; it shaped my character and ignited my purpose.”

— Ama, Student Counsellor



Your calling is making a difference—one conversation,
one family, one community at a time.

Why Spotlight Matters



Ongoing Professional Development
We invest in continuous learning so our counsellors grow in competence and confidence.



Ethics, Integrity, Excellence
We uphold high ethical standards and professional conduct in every setting.



Mentorship & Supervision
Guided supervision and mentorship nurture growth, accountability, and the heart of service.



Impact That Lasts
Our alumni are creating ripple effects of hope and healing in their communities and beyond.

*We are proud of our community
of learners and leaders!*





Upcoming Programmes and Events

Grow in wisdom. Equip to serve.

1



CPD WORKSHOP

Counselling Techniques and Skills for Facilitating Forgiveness, Reconciliation, Emotional Healing, and Relational Restoration



Date: August 8, 2026



Time: 8:00am – 5:00pm



Venue: HCCI Dansoman



Mode: In-person and Zoom



Fee: GH¢300 (In-person) | GH¢200 (Zoom)



Note: Psychology Council credit points apply.

2



NEW INTAKE

Start Date:
August 25, 2026

Mode:  Zoom

Certificate and Advanced Certificate Programmes

Apply now and take the next step in your journey!

3



PREPARE-ENRICH FACILITATOR TRAINING



Watch HCCI channels for the next schedule.



Recent Publications

Resources that inspire, inform, and transform.



THIS THING CALLED MARRIAGE



HCCI

This Thing Called Marriage

A practical guide to building strong, Christ-centered marriages that last.



LIFE IS MORE VALUABLE THAN POSSESSIONS



HCCI

Life Is More Valuable Than Possessions

Discover lasting peace and purpose beyond material wealth.



INTRODUCTION TO PSYCHOLOGY



HCCI

Introduction to Psychology

A foundational resource on human behaviour, thought processes, and well-being.



DEALING WITH HURTS IN MINISTRY



HCCI

Dealing with Hurts in Ministry

Biblical and practical insights to heal, forgive, and move forward in ministry.



BIBLICAL INTEGRATION IN COUNSELLING



HCCI

Biblical Integration in Counselling

Bridging Scripture and counselling for holistic transformation.



These and many more resources are available to equip and empower you.
Contact HCCI for access to publications, training materials, and programme information.





1 Counsellor's Reflection

The Helper Also Needs Help

Helping others is a beautiful calling, but it can also be emotionally demanding. To keep showing up for others, we must first care for ourselves. Rest is not a reward; it is a responsibility. God designed us to work and to rest. Honour your limits and allow time for renewal.



Supervision and peer support are vital. You are not meant to carry every story alone. Speak, debrief, and be accountable in safe spaces.



Prayer reconnects us to our Source. It renews our strength, centres our hearts, and reminds us that transformation is God's work through us.



Emotional boundaries protect our calling. Compassion does not mean over-involvement. Healthy boundaries allow sustainable care.



Keep renewing your inner life—mind, body, and spirit. When you are rooted, you will be resilient. When you are renewed, you will be effective. The helper also needs help—and that is wisdom, not weakness.

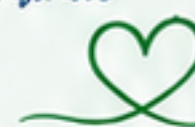


SELF-CHECK FOR HELPERS

Take a moment to reflect honestly:

- 1 Am I taking regular time to rest and recharge?
- 2 Do I have a safe person or group I can debrief with?
- 3 Am I keeping healthy boundaries in my relationships?
- 4 Am I feeding my spirit daily through prayer and the Word?
- 5 What small step can I take this week to renew my inner life?

Care for yourself so you can continue to care for others well.



2 A Word for the Month

Rooted, Growing, and Bearing Fruit

We are called to be deeply rooted in truth. A tree with strong roots can withstand storms and seasons of change. In the same way, when we anchor our lives in God's Word, we are steady, secure, and able to weather life's challenges.

Growth is a journey, not a race. As counsellors and coaches, we must commit to lifelong learning, self-awareness, and skill development. Every training, every book, every reflection, and every conversation helps us grow in wisdom and effectiveness. Let us never stop learning.

Fruit is the evidence of a life well lived. Our fruit is not in numbers, but in changed lives, restored relationships, stronger families, and healthier communities. May our work bring hope, healing, and transformation for generations.



SCRIPTURE FOR REFLECTION

“The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon; planted in the house of the LORD, they will flourish in the courts of our God.”

Psalm 92:13

3 Contact HCCI

HOLISTIC COUNSELLING & COACHING INSTITUTE

CONTACT HCCI

Campus: Dansoman SSNIT Down, Accra

Call/WhatsApp: 0244598994 / 0244708008

Email: holisticcounsellingconsult@gmail.com



Online & In-Person

We offer Zoom online sessions and selected in-person sessions.



We are here to walk with you on your journey to healing, growth, purpose, and transformation.



“We do not counsel people merely to cope with life; we help them discover healing, growth, purpose, and hope.”
– Counsellor James Kofi Abbrey