

## **MCJ Counselling Centre**

### **REPORT**

**(June 2018 – June 2019)**

MCJ Counselling centre has been functioning as a unit of the Department of Counselling Psychology for the past several years and the guidelines are verified and modified if needed for the development of counselling centre which extends services to students and others. Counsellors who are professionally qualified are allowed to use MCJ counselling centre. In this juncture following guidelines are updated and modified for the academic year 2018 – 2019.

#### **Appointments:**

counsellors are responsible for their clients completely. MSSW provides only the place to practice.

- Counsellors can fix up the appointments from 9 A.M to 7 P.M
- All appointments are to be intimated at least one day before the appointment through what's app group which is known as "MSSW Counsellors". So that everyone can use the center depends upon the need of the clients, cancellation of appointments also should be communicated through the messages so that others can utilize the room.
- All counselors are asked to use the room not more than 1 1/2 hour for each appointment. Clients should be motivated for being on time
- Entry Register is kept for monitoring the services offered in MCJ Counselling Centre

#### **Counselling Reports:**

- Counselling case history short forms are utilized for giving some details about the clients and fees particulars. It will be kept highly confidential and the coordinator will have access to view the particulars. So that reports can be generated periodically.
- Client identity is shown only through code letters like( VP001)

## **Fees Particulars:**

- Receipts should be given for the full amount for all clients.
- On or before 5<sup>th</sup> of every month payment (30% of the fee collected) should be made for the earlier month's sessions to the coordinator. It will be paid to the accounts department. The coordinator will send a mail acknowledging the receipt of payment.

## **Progress in the current academic year ( 2018-19):**

MCJ Counselling Centre has been extended services not only to outside clients but also to students of MSSW. On 31<sup>st</sup> of July two student counsellors namely Mr. Daniel Benjamin and Ms.Nidhi Kicha were selected to extend the services to Students of MSSW. They gave the orientation to students on 1<sup>st</sup> August 2018 regarding how they can seek help. This effort was fruitful and students started taking appointments from student counsellors. Students of MSSW were given guidance and counselling by both student counsellors. So far 76 students received counselling on time and 167 sessions were given to the students. Some of them still continue to seek help.

**The common problems range from emotional distress, relationship issues, interpersonal conflicts and career developmental guidance. Students found it very helpful as they go through tremendous pressure with peers and fixing their goals for their career path.**

In this centre the appointments are booked by 6 counsellors and it is not vacant frequently and Google sheet is used for updating the appointments. There was a request from two counsellors that any other room can be allotted if centre is occupied so that the services can be continued without cancelling appointments. There are 8 counsellors utilizing the rooms for which they pay 30% of the fees they receive, to College. so far 216 sessions for 82 outsiders have been helped When these efforts are reviewed it is observed that there is increase in the number of clients (students).

## **The reports from student counsellor A:**

Approaches used:

My counselling approaches and interventions are tailor-made according to the client's contact door. I start the counselling sessions with a person-centred approach to help the client gain trust

by creating a non-judgmental environment in the process to help them to vent out his/her problems. First, two sessions go with collecting information and later I mostly use Rational Emotive Behavior Therapy and Cognitive Behavior Therapy to help the client gain insight and awareness about their irrational thoughts and emotions that in turn helps them cope well with their difficulties. In most of the sessions, the client found helpful when they were able to realize who their thoughts were affecting their feelings and actions. Few clients were finding it helpful to start the healing process through their childhood memories that were already been collected in the beginning of the sessions to diagnose their problem. They were able to connect how their past were affecting the present and this awareness helped them to cope well with the pain and difficulties. Home works in the third stage of counselling process, also helped clients to know that certain things are in their control and that they can take the responsibility to change themselves, accept themselves.

### **Need for the counselling:**

The most common problems faced by the clients are family issues, relationship issues, anxiety and need to work towards self-development/ improve one's self-esteem. Clients find it difficult maintain relationships due to unexpressed emotions, lack of accepting oneself due to high expectations set by the society and themselves from being influence by the peers and having inner conflicts between their real and ideal self. Client needs to be aware of their core beliefs and values that they had hold on to because it affects their decision making and the way they look at the world around them. The importance and need for self-care should also be emphasize among the college students. Therefore, it is important for students to feed themselves with good nourishing thoughts and be aware of their emotional status and feelings all the time.

Workshops or programs can be conducted about self-care emphasizing more on practicing few simple things to imbibe it in their daily life that helps enhancing overall well-being and not something that is done today and then forget tomorrow. Workshops about becoming aware of unhealthy beliefs and values that shape the way they perceive their world around them and helping them to analyse and evaluate those beliefs unbiased.

## **Report on the Problems faced by Students- by student counsellor B**

Problems Faced by the Students:

- Relationships Problems With Family And Friends
- Poor Adaptability to change in the Environment
- Habits and Behaviours that cause Self Harm
- Poor Coping Strategies to Stress
- Childhood Abuse
- Sexual Abuse
- Parents with Poor value System
- Expression of Emotions
- Poor Communication Process
- Personality Development
- Substance Abuse
- Career Guidance
- Exam anxiety
- Social Acceptance
- Self-Esteem, valuing self
- Commitment in relationships
- Depression
- Phobias
- Aggression
- Handling emotions
- Problems with sleep cycle
- Addictions

### **Approaches Taken:**

Behaviour Therapy, Transaction Analysis, Gestalt Therapy.

### **Activity report: Counselor C**

work with clients who have emotional disturbances, stress related problems, interpersonal challenges, issues related to work life balance, issues with addiction, clients with family issues, personality disorders, and psychotic clients who are in remission. I take a decision to work with a client based on the TA concept the “three P’s” (Crossman, 1966). I choose to work with a client if I can offer enough protection, permission and potency in the therapeutic process. I inform and advise clients about their possible conditions and help them in finding a psychiatrist or a treatment centre nearby to their location at a condition where I cannot help them. As I don’t have an in-house service setting, I refer the clients who abuse alcohol, or other substances. I extend a helping hand in finding the care and treatment facilities for such clients and follow up with then contact person of the referred setting. Some of the clients referred to such settings might comeback after their medical treatment and I work with such clients after having a deliberation with their medical care provider. Most of my clients are self-referred and they come to me through word of mouth communication by my colleagues, clients, etc. Few of them are referred by medical doctors, family members of clients, and by other alternate therapists such as physiotherapists, yoga therapists, and naturopathy practitioners.

I consult 4 to 5 clients per day and I visit the centre twice a week. Each session will be for about 1 hour to 1 hour 15 minutes. I use behavioural, emotional, and health indicators to assess the progress and transformation of clients and of course fulfilment of their contract is used a bench mark for termination. Clients, in general, report a better social control, improved living conditions, mental wellbeing and success in the goals set by them in their life.

### **Report by Counselor D:**

I have been using the counselling cell for the past four years and about 80% of my clients are students, both from under-graduation and post-graduation. The kind of problems that are brought to the sessions are academic pressures, family problems, poor self-esteem and peer conflicts. Sometimes students also complain of insomnia, suicidal ideation and depression. The other 20% are working class and married couples. Some of their complaints are divorces, extra marital affairs, unemployment and work pressure. With my qualification as a psychotherapist, I am able to help them find solutions to problems that seems to be unmanageable and continue to motivate them to face their problems. I have found success in empowering my clients and making them take decisions and be independent and confident. Being a psychotherapist I focus on exploring their past childhood experiences and help them to re-experiences those trauma in

the present and heal those unfinished business. This has seemed to have worked really well as my clients have mentioned feeling new, light and peaceful within them.

Some of the learning that I have gained as a psychotherapist, is the importance of confidentiality, to gain a good rapport between and my clients and to be patient. In a client and counsellor relationship which is unique the most important aspect is to gain their trust. When that isn't achieved then there is a high chance of them not returning to the sessions. I have at least 8 to 10 clients who has been coming regularly to me for the past 2 to 3 years. I am currently seeing close 50 sessions per month and most of the clients are through referrals.

New provision: Counseling room has been equipped with white magnetic board and other necessary furniture.

### **Future plans for consideration:**

1. MCJ Counseling services can be extended to different parts of Chennai,
2. Schools can be contacted for having MCJ counseling centers and free services can be given to students of respective schools and space can be reserved inside the campus.
3. Awareness programs/ training programs through MCJ Counseling centre
4. Testing and assessmesnt centres can be attached along with counseling centres.

