

WHAT WE DO

COUNSELLING

A **counsellor** is an agent of change, healing and growth in a collaborative relationship with the client. The counsellor's role is to facilitate the client's work in ways that respect the client's values, personal resources and capacity for self-determination. At Parivarthan, our counsellors are highly trained, undergo regular supervision and personal therapy, and hone skills through continuous professional development, to best meet the needs of clients.

Counselling at Parivarthan follows an integrative / eclectic approach, drawing from various streams of psychology to meet the needs of our diverse clientele. It is a skilled and principled use of a professional relationship to facilitate personal exploration and discovery, looking at options, finding self-identity, learning self-acceptance, making choices and learning to live more at peace with self and with others.

- **Individual Counselling:** is offered to individuals who face various psychosocial concerns such as emotional difficulties, relationship related issues and work related problems. Individual counselling is also offered to individuals who wish to become more self-aware and enhance their overall well-being.
- **Children/Adolescent Counselling:** is offered for emotional or behavioural concerns and to support them in their age appropriate psycho-social development.
- **Couples Counselling:** is available for individuals and couples who wish to work on their relationship issues to promote healthy, functional relationships. We also help couples work through difficult phases of their relationships.
- **Pre-marital counselling** is offered as a specialised service for couples, who are about to undertake the journey of marriage.
- **Family Counselling:** is available for families with interpersonal and relational problems within their family dynamic.
- **Career Counselling:** is available for students and young adults, experiencing dilemmas in making decisions regarding educational streams and career choices. This includes psychometric tests to assess the interests, aptitude/ability and personality profile of the individual. A report is then presented with suggested career /

academic options, also addressing emotional issues that may be triggered by this decision making process.

- **Psychiatric Services:** A *psychiatrist* is available for consultation and/or assessment at our Centre, as recommended by the counsellor.
- **Group Therapy/Support Groups:** These are facilitated for a variety of issues, relevant to the group and to learn issue-related coping strategies. Groups act as supportive networks, where individuals of the group experience an enhanced sense of belongingness, connectedness and empowerment as a part of the group learning process.
- **LGBTQ Counselling:** Parivarthan identifies itself as an LGBTQ affirmative organisation. Individual, couple and group counselling services are offered to interested members of the LGBTQ community.

To make an appointment to meet with a counsellor at our Centre, please call 080 25273462 or 25298686 between 9.30 am and 5.00 pm, Monday to Saturday.

PARIVARTHAN COUNSELLING HELPLINE (PCH)

Parivarthan offers a **free telephone counselling helpline** aimed at providing immediate counselling support to children and adults by trained counsellors and operates from 4.00 pm to 10.00 pm from Monday to Friday.

Counselling is offered in several languages and we receive calls from varying educational, social and economic strata. Callers usually have issues related to examination anxiety, sexuality, anxiety, depression, self-image, loneliness, relationships, etc.

Widespread availability of mobile phones makes mental health care accessible even in remote areas via the helpline.

OUTREACH SERVICES

Parivarthan believes in networking with other NGOs in the mental health sector to extend our services in counselling and training through outreach programmes at the community and grassroots levels. In collaboration with other NGOs, our outreach programmes have been dedicated to vulnerable populations

such as runaway street girls, survivors of abuse and violence, the visually challenged, children with disabilities and the rehabilitation of children in conflict with the law.

We have ongoing outreach programmes with a number of national educational institutions, schools and colleges.

SERVICES TO ORGANISATIONS

Employees Assistance Programmes (EAP) Services are provided to address issues related to work related stress, workplace conflict, work performance, sexual harassment, etc to name a few.

• Counselling Services:

- **Onsite:** Our trained counsellors provide counselling service at the organisation's premises.
 - **Offsite:** Our counsellors conduct therapy sessions for employees at our Centre at Indiranagar, Bangalore.
 - **Hotline/Online:** Given the busy work schedule of many employees, Parivarthan offers emergency and crisis counselling services through telephone and Skype.
-
- **Training / Educational Sessions:** We offer training modules grounded in principles of human development and organisational development to improve individual well-being, job satisfaction of employees and workplace productivity of organisations. Some examples of commonly conducted training and education modules include, but are not limited to, Interpersonal & Communication Skills, Team Building, Stress Management, Anger Management, Conflict Management, Assertiveness Training, Substance Abuse, Awareness and Prevention of HIV/AIDS, Gender Sensitivity, Domestic Violence and Abuse, and Prevention of Sexual Harassment at the Workplace



WHO WE ARE

Parivarthan Counselling, Training and Research Centre is a registered, non-profit society with no religious affiliation, that provides multimodal services in the field of mental health.

In the Indian context, though counselling is still a relatively new field, Parivarthan is a well recognised Centre for counselling services and for training in both counselling skills and life skills, for over 20 years. True to our name, we believe in *transformation* - transformation of our clients towards positive mental growth and transformation of the mental health landscape in India at large. In the absence of an external accreditation body to monitor counselling in India, Parivarthan firmly believes in our ethical responsibility to provide quality practice with well-trained counsellors.

Parivarthan is also one of the few mental health organisations in the country that has secured an organisational membership (Membership No. 129337) with the *British Association for Counselling and Psychotherapy (BACP)*. The BACP is the all-governing body for ethical counselling and psychotherapy practice in the UK. Parivarthan stands by the strong ethical code recommended by the BACP, namely the *Ethical Framework for Good Practice in Counselling and Psychotherapy, the Ethical Guidelines for Researching Counselling and Psychotherapy* and the *Professional Conduct Procedure*.

We provide services in the following domains:

- **Counselling**
- **Training**
- **Workshops & Conferences**
- **Research**
- **Consultancy**

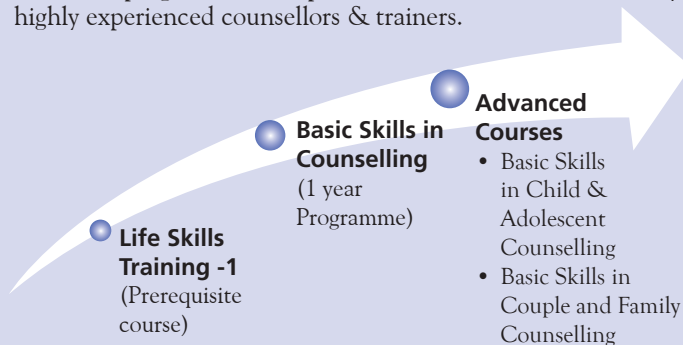


3310, 1st Floor, 8th Cross, 13th Main,
HAL II Stage, Indiranagar, Bangalore 560 008. India
Tel: +91 080 2529-8686, 2527-3462.

Email: parivarthanblr@gmail.com Website: www.parivarthan.org

TRAINING

Parivarthan offers a number of training programmes on a regular basis – in the domains of counselling skills, life skills and personal awareness & growth. Our Counselling Training programmes include the One Year flagship programme, Basic Skills in Counselling & the follow-up advanced programmes. All these programmes are planned & executed/facilitated by highly experienced counsellors & trainers.



Besides this, we also deliver need based training modules to organisations/NGOs interested in addressing their target problems and concerns.

LIFE SKILLS TRAINING

The Life Skill Training programmes unfold over four to eight weeks and are offered in both English and Kannada. Participants include professionals from corporates & NGOs, doctors, lawyers, teachers and non-professionals such as students, homemakers, as well as persons in between careers, and across a wide age range.

Module I – Interpersonal Communication and Listening Skills: The aim of this Training Programme is to improve the quality of life of the individual through personal growth using pertinent tools for self-awareness and the development of basic communication and listening skills. This Module is a pre-requisite for the One Year Training Programme, Basic Skills in Counselling, that the Centre offers in June each year.

Module II – Interpersonal Relationship Skills: This is a follow-up of the Module I and focuses on “self and the other” and imparts skills that would help participants be more effective in different relationships, viz. at home, in the workplace or in their social circles.

Parenting Skills - This Programme aims to equip parents with knowledge, raise their level of awareness about their actions and develop skills that will enable them to be effective in their parenting.

COUNSELLING SKILLS TRAINING

Basic Skills in Counselling (BSIC): This is a one year programme designed for individuals who wish to train to be counsellors and for professionals who wish to acquire counselling skills for use in their work as health professionals, social workers, teachers, HR professionals or administrators.

It offers training in counselling skills, an introduction to counselling theory and frameworks for working with specific issues. The emphasis is on experiential learning involving integration of theoretical knowledge with practical skills. The Programme is designed to promote both professional development and personal growth.

Advanced Training in Counselling: Parivarthan offers advanced training in the field of counselling for trained counsellors/mental health professionals, who are actively involved in counselling in private practice or organisations. The training modules are held in two to six month modules (part-time) and will include both theory and skills in the content.

Some of the modules offered include:

- Basic Skills in Child and Adolescent Counselling
- Basic Skills in Couple and Family Counselling
- HIV/AIDS Awareness and HIV/AIDS Counselling
- Narrative Therapy
- Brief Therapy
- Working with Differences
- Bereavement Counselling

Certificates are awarded on successful completion of specified course requirements for all the above training programmes.

Need Based Training Modules: Need based training modules are tailor-made to suit the needs of various corporate, governmental, non-governmental organisations and educational institutions. Currently, the following training programmes are offered on a regular basis in both English and Kannada:

- Care for the Care Providers
- Communication Skills for the Workplace



WORKSHOPS AND CONFERENCES

Workshops: Workshops are conducted for institutions, corporate and non-corporate organisations. They range from one to ten days duration. In the past, our workshops have covered the following topics: Conflict Resolution, Team Building, Basics of Transactional Analysis (TA-101), Stress Management, Mentoring, Leadership Training, Effective Parenting, Pre-marital Counselling, Counselling for Survivors of Child Sexual Abuse, Self-Exploration Retreats and Creativity Workshops for Children.

Specialised workshops are also designed and conducted based on the clients’ pre-requisites.

Conferences: *Counselling in India - A Practitioner’s Conference* was conducted on the theme of “Transformation and Identity” to celebrate 20 years of Parivarthan with a coming together of practitioners. Under this conference, several experiential and interactive workshops, brainstorming sessions, panel discussions and poster presentations were conducted for over 120 practitioners.

Our plan is to conduct such Conferences as an ongoing effort to network with other organisations and practitioners across the country, and also endeavour to work towards forming an Ethical Body for the Counselling Profession in collaboration with other organisations and professionals in the field.



RESEARCH

Parivarthan recognises the importance between the circularity of research and practice in the field of counselling and psychotherapy. We seek to formulate an empirically sound, research base to develop a deeper understanding of how counselling and practice can operate in the Indian context. Some of our research projects over the years include:

- Expressive art therapies
- Premature termination of therapy - Client factors
- Awareness of Counselling - a sample study of middle and upper-middle class of their awareness of counselling and other support systems
- Demographic patterns for utilisation of services by couples and individuals with relationship issues

CONSULTANCY

Parivarthan provides professional development training, individual and group supervision and consultation to counsellors, mental health professionals and counselling organisations. Our services include clinical skills, service delivery and organisational effectiveness.

We also offer consultancy services pertaining to the Sexual Harassment of Women at the Workplace (Prevention, Prohibition and Redressal) Act 2013 and to be the External/ NGO Member on the Internal Complaints Committees.

WHAT SETS US APART

What makes the Parivarthan experience unique is the strict and uncompromising adherence of ethical guidelines for counselling and psychotherapy. We deeply respect the confidentiality of our clients and ensure that clients are provided the dignity that they deserve, when they take the courageous first step of seeking help. Our emphasis on the personal and professional development of our counsellors helps us guarantee clients premium counselling services.

FEES

The fees for all of our services are set on a sliding scale. At Parivarthan, no one is denied counselling or training services due to financial constraints. Regardless of monetary returns, we do not compromise upon the standards or quality of services provided.

WE INVITE DONATIONS

As we are a non-profit society, our services are supported by donations from well-wishers that make it possible for us to help the less fortunate. Donations made to Parivarthan are exempt under Section 80G of the Income-Tax Act. We are also registered under the Foreign Contribution (Regulation) Act.



PARIVARTHAN
COUNSELLING, TRAINING AND RESEARCH CENTRE

3310, 1st Floor, 8th Cross, 13th Main,
HAL II Stage, Indiranagar, Bangalore 560 008. India
Tel: +91 080 2529-8686, 2527-3462.

Email: parivarthanblr@gmail.com Website: www.parivarthan.org