

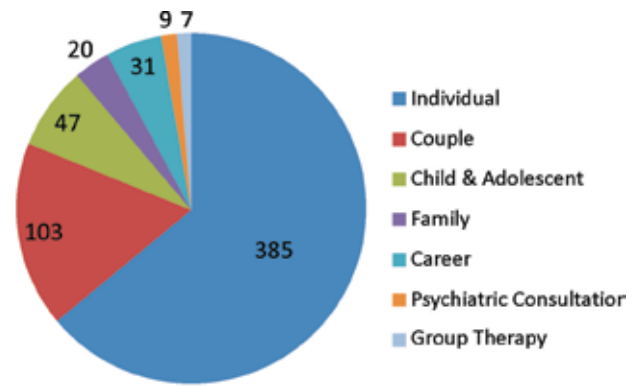


# ANNUAL REPORT 2011-12

# Highlights and Outcomes (April 2011- March 2012)

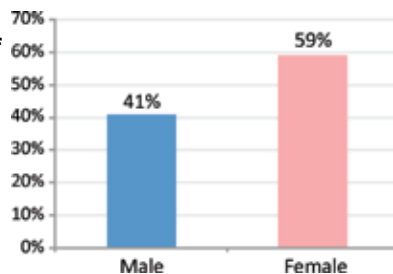
## Counselling Services

Parivathan offers counselling services by trained counsellors for children, adolescents, individuals, couples and families. A Psychiatrist is also available for consultation at our Centre and Career Counselling is offered for those having to make decisions on streams of study or career changes.

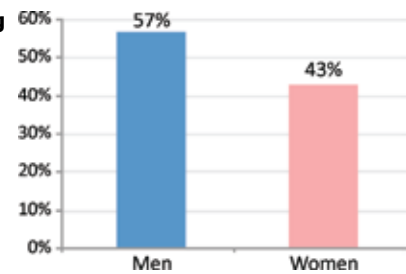


	2007-08	2008-09	2009-10	2010-11	2011-12
No. of Clients	261	415	452	478	<b>602</b>
Total No. of Sessions	1828	2157	2412	2572	<b>2840</b>

Gender wise distribution of clients



Couple Counselling Sessions were initiated by more men (57%) than women (43%)



## Supervision Services

During the year the following Supervision was offered at Parivathan:

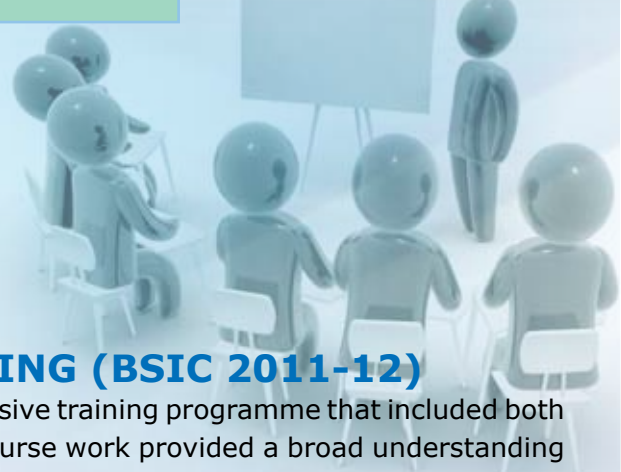
TYPE OF SUPERVISION OFFERED	NUMBER OF SUPERVISEES	NUMBER OF HOURS
Individual Supervision	39 counsellors/trainee counsellors	428
Peer Supervision	9 counsellors	6
External Supervision	10 staff counsellors	21
<b>TOTAL</b>	<b>58 supervisees</b>	<b>455 hours</b>

### TRAINING

Parivathan offers professional training in counselling and psychotherapy at both basic and advanced levels.

#### BASIC SKILLS IN COUNSELLING (BSIC 2011-12)

10 trainee counselors registered for this intensive training programme that included both the skills and theories of counselling. The course work provided a broad understanding of human behaviour and personality, as well as the nature and needs of individuals at all developmental stages. Emphasis was placed understanding the process of healing and recovery from emotional pain and distress.



### The Programme included:

- Theories of Counselling
- Counselling Skills
- Supervised Practicum
- Personal Growth and Development
- Introductory Courses on Special Areas of Counselling

*“The interactive style of training was interesting and lively... use of visual aids, brainstorming and challenge of the group created energy and held the attention effectively”*

*Theory was nicely combined with skills... content was a perfect combination of introduction, concepts, styles, skills and then actually trying it all out practically*

*Imparting skills knowledge was very, very well planned, executed and closed. It was also kept dynamic, based on the needs/priorities of the client work that was ongoing.”*

The Graduation Ceremony of the counsellors who completed the Basic Skills in Counselling 2010-11 was held on July 15, 2011. Dr. Ahalya Raguram, Professor and Head, Department of Clinical Psychology, NIMHANS was our Special Guest for the occasion. We had eleven counsellors who received their Certificates this year.

## ADVANCED TRAINING MODULES

Parivarthan offers Advanced Training Modules for trained counsellors to acquire skills to counsel both children and adolescents and also to work effectively with couples and families. The following training programme were conducted during the year:

- I. BASIC SKILLS IN COUPLE AND FAMILY COUNSELLING (CFC) – 12 trained counselors / mental health professionals
- II. BASIC SKILLS IN CHILD AND ADOLESCENT COUNSELLING (CAC) – 9 trained counsellors / mental health professionals

CFC

*“Important grounding for couple work”*

CAC

*The structure of the course was very good covering both theoretical and practical aspects”*

## LIFE SKILLS TRAINING PROGRAMMES

The Life Skills Training Programme - Module 1 is titled INTERPERSONAL COMMUNICATION AND LISTENING SKILLS. This is a Self Awareness Programme that offers both intra and interpersonal skills in listening and communication and is a 40 hour programme conducted over a period of 6 - 7 weeks.

### The following programmes were held during the year:

1. June to July 2011 - 14 participants
2. October to December 2011 - 14 participants
3. January to March 2012 - 14 participants

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*“Parivarthan has provided a setting and the ambience is such that people from all walks of life, irrespective of age come together and are encouraged to be our individual selves, relax our guard, voice our innermost feelings and thoughts, confront our insecurities and still be OK with it. There is a sense of security which is felt.”*

*The whole environment is so open, non-judgemental and accepting.*

*Felt more enriched and empowered to handle myself and my emotions.”*

The Life Skills Training Programme on PARENTING (25 hours) was held in September 2011 for 8 parents to develop skills for effective parenting and to raise their level of self-awareness.

*“It was an excellent program. It has given me a insight to lots of things. I am planning to read the material again I again so that I don't loose the focus.”*

# SPECIALISED TRAINING PROGRAMMES

- A 5 day training programme, INTRODUCTION TO COUNSELLING SKILLS was conducted for 11 Helpline and NGO Staff at Delhi. Organised by TARSHI, (Talking About Reproductive Health and Sexuality Issues)
- A 3 Day training workshop, WORKING WITH CSA (Child Sexual Abuse) for 15 counsellors/psychologists at Mumbai. Organised by The Foundation
- A 5 Day Training Programme on SUPERVISION SKILLS FOR COUNSELLORS for 14 academicians/mental health professionals at Bangladesh. Organised by the Department of Psychology, Dhaka University and Ain-o-Salish Kendra (ASK)
- SMARt Self –Awareness Programme: A 28 hour self- awareness programme for 15 trainees registered for the Foundation Course on Art Therapies. (FCAT) Organised by the Studio for Movements Arts and Therapies (SMARt)
- Counselling Skills Training, Supervision, Group Dynamics and Personal Counselling for the FCAT trainees – January – December 2012

*Felt rejuvenated. Got in touch with my inner-self through each activity. I feel I can be confident in using it professionally (Play Therapy – Mumbai)*

*I am honoured to be a part of "Parivarthan". It would be helpful if they provide such trainings at specific intervals so that we are always under their supervision (Supervision Skills – Bangladesh)*

*It was fantastic. Extremely professional and well informed on the topic. The handouts that were provided are very apt and useful. THANK YOU VERY MUCH. (Working with CSA – Mumbai)*

*Am more than satisfied. V. encouraged. Inspired. Feeling more equipped to take the plunge. Yes - feeling buoyant. (Counselling Skills – Delhi)*

# PARIVARTHAN OUTREACH SERVICES

The goal of our Outreach Services is to provide counselling services to women and children who cannot come to our Centre. Trained counsellors from Parivarthan counselled children at weekly/ bi-weekly intervals at the following Shelter Homes/School:

- BALAKIYARA BALA MANDIRA – a Government Shelter Home for Girls on Hosur Road – 172 girls from 8 to 18 years.
- BALAKARA BHAVAN – the Government Observation Home for Boys in Madiwala - 108 boys from 12 to 18 years
- PRIMUS PUBLIC SCHOOL – 373 students from 7 to 18 years

Our Outreach Services were also extended to mental health and social workers through the following capacity building training programmes /workshops:

- Two Half Day Sessions for over 180 social workers from the State *Santwana* Counselling Centres on COUNSELLING SKILLS AND GUIDELINES TO HELP WOMEN IN DISTRESS – an Initiative of the Department of Women and Child Development, Government of Karnataka (KANNADA).
- A 3 Day Training Workshop on COUNSELLING SKILLS for 20 participants from grassroots NGOs working with women at a Programme, Facilitating Women's Wellness and Justice. Organised by SAMVADA

# WORKSHOPS

- A Half Day Workshop on MANAGING EMOTIONS was conducted for 25 teachers of Primus Public School.
- Moderated a Session at a Public Meeting organized by CSMR (Campaign for Sexual Minorities and Sex Workers Rights)
- Interactive Session for 12 Final M.Sc. (Psychology) students from Annamalai University
- Presentation on SUPERVISION IN COUNSELLING: AN ETHICAL OBLIGATION at the Christ University Conference on Wellness, Counselling and Psychotherapy.
- 2 Interactive Sessions for Parents and Children of a residential Complex in Marathalli on Child Protection

# INTERNSHIP

One Month Internship by a Final Year MSW student from Ersta Skondal University College, Stockholm, Sweden.

## *Her experience...*

In March of 2012 I had the great privilege to visit Parivarthan Counselling, Training and Research Center. The purpose of my visit was to learn about counseling methods in India, specifically in an urban context. I myself am a social work student in Sweden, in my final year, and the visit has been part of a minor field study that will be the empirical base for my bachelor essay.

I had read previous research within the counseling field, stating that Western methods in many ways dominate the counseling research field and that these methods are used all over the world, among them in Asia. One important part of this research field is the critical analysis of how Western methods, and Western influenced counselors should be culturally sensitive in their practice. The general statement is that culture, in its widest sense, influences counseling and should be incorporated in the practice. Therefore I was interested in how counselors reason about this, what methods are used at Parivarthan, if most of them are from the West, are they culturally adapted, if not- is that a problem?

I felt well taken care of by Malini, who introduced me to Parivarthan and helped me get in contact with other NGOs that worked with mental health in various ways. This broadened my understanding for the context that was new to me. She also booked interviews with seven of the counselors and I ended up doing eleven interviews with them (these included follow-up interviews). I was very pleased with the interviews and ended up with a rich material. I was also able to attend a work-shop on Counseling Adolescents at Parivarthan, which was very interesting to me.

In comparison to Sweden, the system for mental health is different in certain aspects and in others not. In Sweden some mental health services are subsidized by the government and these services are therefore controlled by accreditation, licensing, and the methods are in many ways evaluated – which is not always positive, many counselors or representatives from similar professions complain about the time wasted on measuring tools and evaluations that are ineffective. On the other hand the client can access information about what a counselor or therapist is, what educational background they must have to “earn” their title and the profession is quite respected. Further, many organizations offer counseling that are less restricted by government evaluation and method terminology, they work in a holistic way and of course, like in India, we have many private practices that offer counseling, in various forms where titles like coach or therapist- are not accredited titles.

What was new to me was that the counselors at Parivarthan use many different methods, their “tool box” seems to be bigger and more pragmatic than my impression is of counseling in Sweden.

Another theme that re-occurred was the role of the family in counseling. I knew that India is a more collectivist society and that Bangalore is a city in change so it was interesting to learn what role the family plays in the client’s well-being, especially where there seems to be strong conflict within the family. In Sweden there seems to be more alternatives for the individual to break free from family, of course our value-system looks different because of how the welfare state is organized. For example many individuals live alone, parents live in services homes when they are old and individuality is important.

Of course these are sweeping generalizations, and I am no expert on counseling practices or methods. My visit to Parivarthan opened up my eyes for differences as well as similarities and reminded me of how important it is to question research, when it seems universal, understand the context in which the counseling is performed and put the individual in focus.



# CONSULTANCY SERVICES

- Parivarthan is the NGO member on the Committee for Prevention of Sexual Harassment at the Workplace for 4 Corporate Organisations and a Central Government Health Organisation.
- Educational Sessions on the Prevention of Sexual Harassment at the Workplace for the Complaints Committee and 300 Employees of a Corporate Organisation

# RESEARCH



The trainees of our One Year Training Programme, Basic Skills in Counselling 2011-12 conducted a Group Research Project as a part of the Course Requirements and presented their findings on:

- A Study of Work-Life Balance & Life Satisfaction for Working Mothers in Bangalore
- The Effect of High Intensity Exercise on Mood

# CONTINUING PROFESSIONAL DEVELOPMENT

Parivarthan places great importance on the need of updating of skills and knowledge of counsellors, together with providing opportunities for self-reflection and self growth. We therefore organized/ attended the following MEETINGS / CONFERENCES / SEMINARS during the year:

- Sexuality Issues – Ms. Maelle Challan-Belval – PARIVARTHAN
- Counselling Skills for Sexuality Issues – Ms. Maelle Challan-Belval – PARIVARTHAN
- Fund Raising through Global Giving – BANGALORE CARES
- 3 Day Residential Workshop for Parivarthan Staff on Creative Art Therapies- Organised by SMART
- Introduction To Psychodynamic Formulation – Sneha Jayagopal – PARIVARTHAN
- How to work with Dreams – Stanley Krippner – Pre-conference Workshop, CHRIST UNIVERSITY
- Case Conceptualisation – Gayitri Bhatt - PARIVARTHAN
- Shadow Liberation – Evan Hastings- SMART
- Master Practitioners Course in Neuro Linguistic Programming – Richard McHugh, ASHIRVAD
- Helpline Skills – B.N. Sharada - PARIVARTHAN
- Adolescent Development and Specific Counselling Tools for Adolescents – Roshni Kumar – PARIVARTHAN

“A facilitated forum to look at/ discuss the challenges and possibilities to address a complex topic.”

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This is a free telephone counselling service by trained counsellors for children in distress or for adults who need support on issues pertaining to children. It is available from 4 pm to 10 pm (Monday to Friday) and has been utilized by both children and adults from all over the country.

We would like to acknowledge and thank the dedicated counsellors who provide this service.

# ALUMNI ASSOCIATION

The Alumni Association of Parivarthan was started in 2011-12 with the aim of providing opportunities for counsellors certified under the One Year Training Programme, BASIC SKILLS IN COUNSELLING to network and grow professionally.

The alumni meet once a quarter, for an evening of networking over tea, followed by a talk (and Q&A) with some leading professionals in the field. This initiative has been well received by the alumni. Since the alumni are now all electronically connected it gives them a resource to tap into for professional inputs, advice and questions, as well as a forum to share their learnings and interesting readings.

## Interactions over the past year:

- Ethics in Counselling – Shabari Bhattacharyya, Counsellor/Trainer
- The Bridge from the Counsellor to the Psychiatrist - Dr. Yeshaswini Kamaraju, Child Psychiatrist

# PROFESSIONAL AFFILIATIONS

- Organisational Member of the British Association for Counselling & Psychotherapy (BACP), Membership No. 129337. We are therefore committed to BACP's ethical framework for good practice in counselling and psychotherapy, as well as its ethical guidelines in research and are subject to the professional conduct procedure currently in force.
- Parivarthan is a founding member of the Bangalore CAN Prevent Group, consisting of NGO's and professionals that are working towards the prevention of child abuse and neglect



## OUR TEAM

Ms. Malini Sridhar	Executive Director
Ms. B.N. Sharada	Counsellor / Trainer / Co-ordinator-Outreach Services
Dr. Gayitri Bhatt	Counsellor / Trainer / Co-ordinator - Basic Skills in Counselling
Ms. Amita Bala	Counsellor / Trainer / Co-ordinator- Life Skills Training
Ms. Vinita Shah	Counsellor / Trainer / Career Counsellor
Ms. Manisha Gokhale	Counsellor / Trainer
Ms. Surya Vaz	Counsellor
Ms. Manju Sapru	Counsellor / Trainer
Ms. Maitri Gopalakrishna	Counsellor / Drama Therapist
Ms. Shabari Bhattacharyya	Counsellor / Trainer
Ms. N. Parvathi	Counsellor – Outreach Services
Ms. Pushpa Kumar	Counsellor – Outreach Services
Mr. R. Ananda	Counsellor – Outreach Services
Ms. Padma Mahadev	Life Script Facilitator
Mr. Satish Kumar A	Executive - Accounts & Administration
Dr. Bhupendra Chaudhry	Consultant Psychiatrist

## Our bankers

Corporation Bank  
HAL II Stage, Indiranagar  
Bangalore

State Bank of India  
Indiranagar  
Bangalore

## Our auditors

C.V. Surender & Co.  
Chartered Accountants  
Cox Town  
Bangalore



# Members of the Executive Committee (2011-2012)

Name	Occupation	Office held
Dr. Raj K. Bammi	Chairman - Sami Labs Ltd	President
Mr. D.B. Inamdar	Agriculturist	Vice-President
Ms. Mabelle Palat	Counsellor	Member
Ms. Sangeetha Ghosh	Counsellor	Treasurer
Mr. Deepak Bhise	Creative Consultant	Member
Ms. Meera Huddar	Director - HR	Member
Ms. Lynette Nazareth	Counsellor / Trainer	Member



## LEGAL DETAILS



- Registered under the Karnataka Societies Registration Act 1960: No. 331:95-96 dated August 04, 1995
- Registered under Section 80G of the Income Tax Act: No. DIT(E)/80G@ /485/AAATP2741H/ITO(E)-2/ Vol.2010-11 dated 14.03.2011, valid from 1/4/2011 onwards till it is rescinded.
- Registered under the Foreign Contribution (Regulation) Act. No. 094420785
- Organisational Member of the British Association for Counselling and Psychotherapy (BACP), Membership No. 129337.

## THANK YOU

We are grateful to our donors and well-wishers for their contributions in the past year. We acknowledge and thank our executive committee members, staff and resource persons, our trainees and clients and all who have supported us and contributed to our growth in numerous ways.

## WILL YOU SUPPORT US?

At Parivarthan, we ensure that no one is denied a service on account of their inability to pay. We do not compromise on our standards or quality of work regardless of the monetary returns. Over the years, many individuals and organisations have supported us financially, making it possible for us to help people in need. We can continue our work with people who cannot afford to pay, only if people like you support us.

Donations are eligible for a 50% tax exemption under Section 80G of the Income Tax Act.

**Thank you!**



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