



COUNSELLING, TRAINING AND RESEARCH CENTRE

ANNUAL REPORT 2014-2015



# Highlights and Outcomes

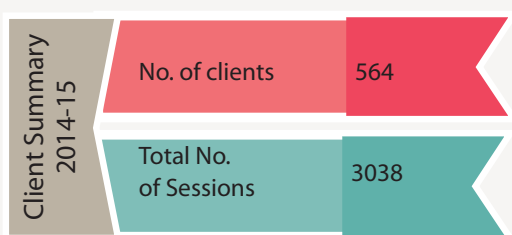
(April 2014 - March 2015)

## COUNSELLING SERVICES

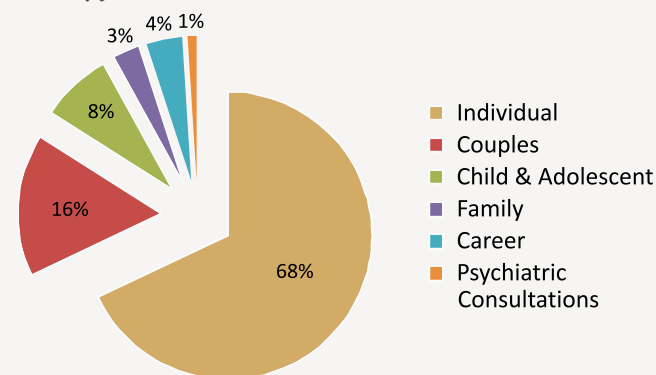
Parivarthan offers counselling services by trained counsellors for adults, children, adolescents, couples and families. Career Counselling is offered to assist in decisions on streams of study or career changes.

A Psychiatrist is also available for consultation at our Centre for clients who would benefit from additional consultation.

We also extend our services on both skype and telephone for clients who relocate outside of Bangalore.



### Therapy Formats accessed at our Centre



### Gender wise Distribution of Clients



### GROUP WORK:

#### ❖ Group Process



- ♦ 10 trainee counsellors of the BSIC (Basic Skills in Counselling) Programme – 10 sessions
- ♦ 15 trainees of the FECAT (Foundation Course in Expressive and Creative Art Therapies) – 8 sessions

- ❖ Group Work for Team Building/Group Facilitation – 6 members of WHaQ (A Support group for Lesbians, Bisexual and Transgenders))

## SUPERVISION

Working under supervision is an ethical requirement for both trainee counsellors and fully qualified counsellors to ensure and develop a system that promotes accountability for our work, accountability to our clients and within our profession.

Counsellors at Parivarthan receive regular supervision for both individual and couple and family counselling services from external professionals.

We also provide supervision (both individual and group) to trained counsellors.

TYPE OF SUPERVISION OFFERED	NUMBER OF SUPERVISEES	NUMBER OF HOURS
Individual Supervision	61 counsellors/ trainee counsellors	627
Group Supervision	5 groups of 4-9 counsellors	77
External Supervision	10 staff counsellors	55
Peer Supervision	8 staff counsellors	7
<b>TOTAL</b>	<b>106 supervisees</b>	<b>766 hours</b>

## TRAINING

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

### BASIC SKILLS IN COUNSELLING (BSIC 2014-15)

10 trainee counsellors were selected for the intensive training programme that included:

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

Supervision was where most of my learning happened. The copious notes were just words that only came alive when the supervisor connected them with certain aspects of clients.

The course was experiential rather than theory based. What helped most was growth through personal work. Towards the end of the course I could see the co-relation between what was happening in sessions when I was counsellor vis-a-vis when I was counselee.

The Graduation Ceremony of the 10 Counsellors who received Certificates on their successful completion of the One Year Training Programme, Basic Skills in Counselling 2013-14 was held on August 09, 2014. Dr. Corrine Kumar, Founder and International Coordinator, Courts of Women, was the Special Guest for the occasion.

## 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 programmes were conducted during the year:

- ⦿ BASIC SKILLS IN COUPLE AND FAMILY COUNSELLING (CFC) – This is a 70 hour training module, with weekly training sessions held over 10 weeks and covers both theory and skills to counsel couples and families.- 11 trained counsellors / mental health professionals (June to August 2014)
- ⦿ BASIC SKILLS IN CHILD AND ADOLESCENT COUNSELLING (CAC) - This is a 84 hour training module that is offered once a week over a period of 12 weeks and is an experiential programme - 9 trained counsellors / mental health professionals – January to April 2015

Well structured and planned course. Good balance of theory, role plays, personal sharing and client experience.(CFC)

Hands on training was very helpful. There was space for understanding each media and our resistance and how to cope with it. Especially if we are stuck at any point of time (CAC)

## LIFE SKILLS TRAINING PROGRAMMES



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

The following programmes were held during the year:

- ⦿ June/July 2014 – 13 participants
- ⦿ October/December 2014 – 11 participants
- ⦿ January/March 2015 - 14 participants

Each sessions made me think and reflect and learn something about myself.

I have a very wonderful feeling with in me that I have taken the first step towards my journey of self-awareness with your help. All thanks to the Centre and the Facilitators.

As a follow-up to the journey of self-awareness that begins in the first module of self-awareness, the Life Skills Training Module II on INTERPERSONAL RELATIONSHIP SKILLS is offered to enhance personal relationships and to develop relational skills. The following programme was held during the year:

- ❖ September 2014 – 10 participants

## SPECIALISED TRAINING PROGRAMMES



The following training programmes/ workshops were facilitated by counsellors and trainers from Parivarthan.

- ⦿ SELF-AWARENESS; COUNSELLING SKILLS TRAINING; SUPERVISION OF TALK THERAPY PRACTICUM; GROUP PROCESS FACILITATION at the Foundation Course in Expressive and Creative Arts Therapies (FECAT)- A One Year Training Programme initiated by Studio for Movement Arts & Therapy (SMArT) -15 trainees – June 2014 to April 2015
- ⦿ INTRODUCTION TO PLAY THERAPY - A 3 Day Intensive Workshop for 17 mental health professionals at Mumbai, organized by Komalsparsh- October 2014
- ⦿ INTRODUCTION TO COUSELLING SKILLS - A 5 day Training at a 3-Month Certificate Course in Facilitating Women's Wellness and Justice, conducted by the Baduku Community College (Samvada, Bangalore, September 2014)

The handouts were informative and structured. It gave clear information about the process of Play Therapy (Play Therapy - Mumbai)

## WORKSHOPS/INTERACTIVE SESSIONS

- ⊙ PARENTING AND FAMILY THERAPY – One Day Workshop for 14 counsellors/caregivers from BOSCO Home for Street Children
- ⊙ SKILLS FOR HELPLINE COUNSELLING – Half Day workshop – 10 counsellors
- ⊙ COACHING- AN INTEGRAL WORKSHOP – A 2-DAY WORKSHOP – 5 counsellors
- ⊙ LIFE SKILLS FOR STUDENTS – Half Day Workshops sponsored by UGC conducted at National College for 200 BA Psychology students from 5 colleges
- ⊙ INTRODUCTION TO COUNSELLING – PhD students at the National Centre for Biological Studies (NCBS)
- ⊙ DEALING WITH ISSUES RELATED TO CHILD SEXUAL ABUSE – 40+ parents of a Residential Complex
- ⊙ PREVENTION OF SEXUAL HARASSMENT AT THE WORKPLACE -
  - ◆ Guidelines for the Internal Complaints Committee– 4 Companies
  - ◆ Guidelines for the Managers – 2 Companies
- ⊙ SAFE, SENSIBLE & SECURE – An Interactive Session for parents and teachers of Golden Beads, a pre & primary school.
- ⊙ INTRODUCTION TO PARIVARTHAN SERVICES AND CROSS CULTURAL ISSUES – 10 students & 3 Faculty of the University of Miami, USA
- ⊙ TRAINING OF TRAINERS – LIFE SKILLS – 10 staff members of the Department of Psychology, Mount Carmel College

The Workshop was very useful in getting some understanding of different types of harassment. The training definitely helps at looking at harassment from different contexts.

## INTERNSHIP



Internships are offered to select Post – Graduate Students.

Ms. Savera Srinivasan, a 2nd Year Student of M.Sc. Applied Psychology at Pondicherry University was an intern at Parivarthan Counselling, Training and Research Centre from December 08, 2014 to January 08, 2015.

## PARIVARTHAN OUTREACH SERVICES



Through our Outreach Services we provide counselling services at the following Institutions:

- ⊙ PRIMUS PUBLIC SCHOOL –141 individual and group counselling sessions & 2 group sessions for all the students of Stds. 5 & 9
- ⊙ NATIONAL INSTITUTE OF FASHION TECHNOLOGY (NIFT) – (October 2014 to March 2015)- 19 individual counselling for the students & 2 group sessions for 62 students
- ⊙ NATIONAL CENTRE FOR BIOLOGICAL STUDIES (NCBS) –256 individual counselling for the students & staff members & 3 group sessions
- ⊙ NATIONAL LAW SCHOOL OF INDIA UNIVERSITY (NLSIU) - (October 2014 to March 2015)- 109 individual counselling sessions

## CONSULTANCY SERVICES



- ⊙ Parivarthan is the NGO member on the Committee against Sexual Harassment at the Workplace for 8 Corporate Organisations
- ⊙ Member of the Steering Committee for the Facilitating Women's Wellness and Justice PG-Certificate Course, conducted by Baduku Community College (Samvada) and accredited by the Centre for Lifelong Learning (Tata Institute of Social Sciences).

## RESEARCH



As a part of the Course Requirements, the trainees of our One Year Training Programme, Basic Skills in Counselling 2014-15 participated in a Group Research Project and presented their findings on the following topics:

- ⊙ Correlation between Stress and Habit
- ⊙ The Relationship between Discrimination and Emotion

## CONTINUING PROFESSIONAL DEVELOPMENT

Staff of Parivarthan also organized and/or attended the following WORKSHOPS / MEETINGS / CONFERENCES / SEMINARS during the year to enhance their learning:

- ⊙ TRAUMA AND DISSOCIATION - Ms. Adithy (Pune)- PARIVARTHAN (1 Day Workshop – 10 counsellors)

- ⊙ COUNSELLORS CONVERSATIONS ON CSA – Ms. Snehal Padhye- PARIVARTHAN (Interactive Session – 18 counsellors)
- ⊙ COUNSELLING FOR MENTAL HEALTH ISSUES – Dr. Kiran Rao – PARIVARTHAN (Interactive Session - 7 staff counsellors)
- ⊙ THE SATIR TRANSFORMATIONAL SYSTEMIC THERAPY TRAINING PROGRAM, LEVEL 2 - 5 Day Training organised by Dept. of Psychology, Christ University (3 staff counsellors)
- ⊙ SELF-INJURIOUS BEHAVIOURS - AWARENESS, UNDERSTANDING AND ASSESSMENT – Organised by Dept of Psychology, NIMHANS (1 Day Workshop- 3 staff counsellors)
- ⊙ SHARING OF LEARNINGS FROM THE SATIR TRANSFORMATIONAL SYSTEMIC TRAINING - Dr. Gayitri Bhatt, Mr. Mahesh Natarajan & Ms. Sangita Unni - PARIVARTHAN (Interactive Session – 8 counsellors)

## STAFF TRAINING



Parivarthan places great importance on the need of updating of skills and knowledge of our staff counsellors. The following training programmes were organized to enhance their skills as well as providing opportunities for self-reflection and self- growth:

- ⊙ A TRAINING PROGRAMME ON REFLECTIVE SUPERVISION – Dr. Elspeth Schwenk, an independent BACP Accredited Counsellor, Senior Accredited Supervisor and Trainer and External Examiner (UK) (7 staff counsellors)
- ⊙ ADVANCED COURSE IN COUPLES THERAPY – Dr. Rathna Isaac – 10 staff counsellors
- ⊙ GROUP SUPERVISION FOR COUNSELLORS – Ms. Ruth Palmer and Ms Susan Bostrom –Wong, Jungian Analysts, C.G. Jung Institute of San Francisco. USA – 11 staff counsellors
- ⊙ STAFF GROUP PROCESS – Monthly Sessions – 9 staff members

I enjoyed the supervision. Particularly how they processed the dreams and drawing was insightful. The focus on underlying relationship dynamics between counselor & client was also interesting. (Group Supervision)

A lot of work and practice needs to go from my side to put theory into practice and feel confident - actually need to try out the frameworks/reflect - have got the tools to do this though (Advanced Course in Couples Therapy)

## HELPLINE SERVICES

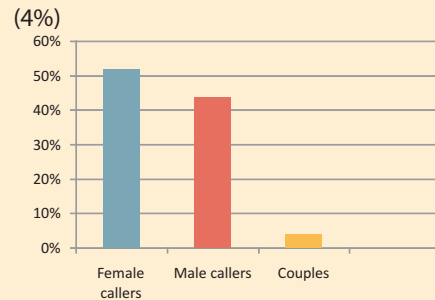


Our Helpline Services are free for both adults and children and is serviced by trained counsellors. Counselling services are available by telephone to help deal/cope with callers immediate/pressing concerns and for those clients who cannot come to our Centre.

### A brief analysis of the calls received over the past year:

- ❖ The maximum number of calls were received on Friday (21.50%), followed by Monday (20.40%)

- ❖ Female callers (52%) Male callers (44%) and Couples (4%)



- ❖ Calls were usually made for issues relating to self (79%)

- ❖ A majority of the calls were from Karnataka (85%) though calls were received from Delhi, UP, MP, Maharashtra and Tamil Nadu.

- ❖ Nature of calls pertained to sexuality, stress, anxiety, abuse, relationships, parenting, etc

## ALUMNI ASSOCIATION

The Alumni Association of counsellors who completed the One Year Training Programme, BASIC SKILLS IN COUNSELLING at Parivarthan, has 94 members who network and meet to share, learn and support each other.

## 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 counseling and psychotherapy, as well as its ethical guidelines in research and are subject to the professional conduct procedure currently in force.

## 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. Vinita Shah	Counsellor / Trainer / Career Counsellor
Ms. Amita Bala	Counsellor / Trainer
Ms. Manisha Gokhale	Counsellor / Trainer
Ms. Surya Vaz	Counsellor / Trainer
Ms. Manju Sapru	Counsellor / Trainer
Ms. Maitri Gopalakrishna	Counsellor / Trainer / Drama Therapist
Ms. Shabari Bhattacharyya	Counsellor / Trainer
Ms. Archana Ramanathan	Counsellor / Trainer
Mr. Mahesh Natarajan	Counsellor
Ms. Shabnam K. Kumar	Counsellor
Ms. Sangita Unni	Counsellor- Centre & Outreach Services
Mr. R. Ananda	Counsellor/Trainer – Outreach Services
Ms. Sumana Hari	Counsellor – Outreach Services
Ms. Veena Balasubramaniam	Counsellor – Outreach Services
Ms. Sushree Mishra	Counsellor – Outreach Services
Ms. Padma Mahadev	Life Script Facilitator
Ms. Sophie Christopher	Process Group Facilitator
Mr. Satish Kumar A.	Executive - Accounts & Administration
Dr. Bhupendra Chaudhry	Consultant Psychiatrist

## EXTERNAL SUPERVISORS

- ♦ **Ms. Sanika Chandran** – Clinical Psychologist
- ♦ **Dr. Rathna Isaac** - Clinical Psychologist
- ♦ **Dr. Kakli Gupta** - Clinical Psychologist
- ♦ **Dr. Priya Pothan**- Clinical Psychologist

## 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 (2014-2015)

Name	Occupation	Office held
Ms. Mabelle Palat	Counsellor	President
Mr. Deepak Bhise	Creative Consultant	Vice-President
Ms. Sangeetha Ghosh	Counsellor/Yoga Instructor	Treasurer
Ms. Lynette Nazareth	Associate Director - Wellness & Work-Life Solutions	Secretary
Ms. Meera Huddar	HR Consultant	Member
Mr. Prashant Shankaran	Management Consultant	Member
Mr. Christopher Jayakaran	Consultant Geologist	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.
- ⊙ An Internal Complaints Committee is constituted under the Sexual Harassment of Women at the Workplace (Prevention, Prohibition and Redressal) Act, 2013. – No complaints were received during the year

## 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.

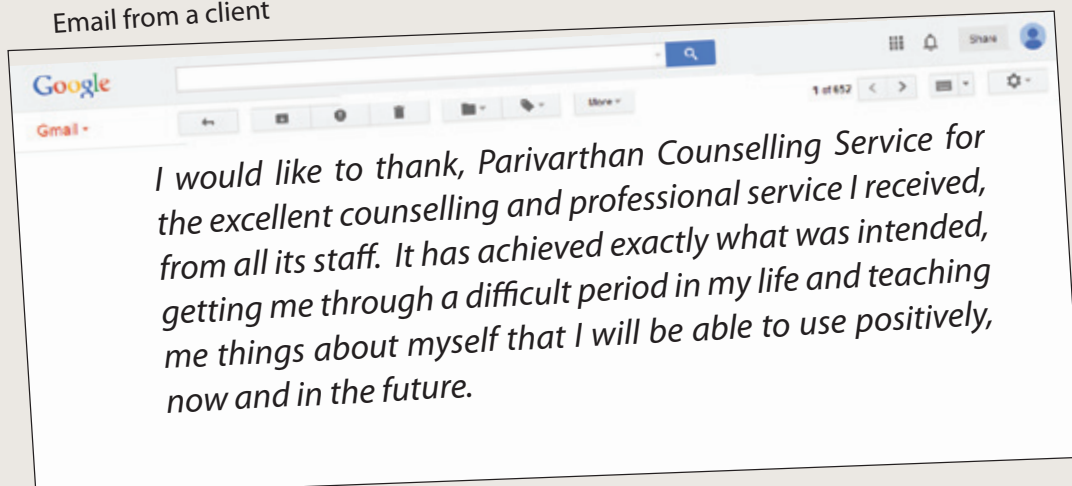
Donations are eligible for a 50% tax exemption under Section 80G of the Income Tax Act.

**Thank you!**

## 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.

Email from a client





# COUNSELLING IN INDIA

## A Practitioner's Conference

### Counselling in India - A Practitioner's Conference

Non-medical psychological services are beginning to gain more importance in the changing Indian landscape. Individuals, families and organisations are all reaching out to these services in greater numbers and with greater diversity. Yet, what constitutes professional, ethical psychological counselling is still a debate here. Equally, there is a dearth of locally generated and recorded knowledge and practice that can contextualize this field in India.

Parivarthan Counselling, Training and Research Centre has been a stable name associated with quality services and training in the field of Professional Counselling in India for the last 20 years. We would like to celebrate our 20th anniversary with a coming together of practitioners. We envision this conference as a space to come together, share our practices, brainstorm and build networks.

### Conference Theme

The theme of the conference is "Transformation and Identity". We plan to have several workshops and brain storming sessions using experiential and interactive methods besides panel discussions and poster presentations. Our aim is to explore the theme as relevant to the profession of counselling in India, the counsellor and the client.

### Counselling in India: Identity and Transformation

#### The profession

- ❖ How do we view the profession in relation to other mental health professions in India?
- ❖ What constitutes professional counselling? What must be the basic guidelines for ethical practice?
- ❖ What are some considerations specific to our cultural context? How do our social and political realities influence the profession?
- ❖ What are some tried and tested interventions? What are some newer or evolving trends?
- ❖ What are our hopes for the future?

#### The counsellor

- ❖ Who is a professional counsellor? What are we called to do?
- ❖ How does the counsellor influence the counselling process?
- ❖ How do we evaluate the usefulness of the practice?
- ❖ What constitutes appropriate training and professional development?

#### The client

- ❖ Who are our clients? What can we learn from our clients?
- ❖ What does transformation mean for the client? What kind of changes does the client look for through counselling?
- ❖ What are some considerations specific to our cultural context? How does the client relate to the counsellor?

#### Dates:

**August 28 & 29, 2015**  
**(Friday and Saturday)**

#### Venue:

**Ecumenical Christian Centre**  
**Whitefield, Bangalore 560 066**

#### Conference Website:

<http://www.parivarthan.org/conference/>



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