

Thank you!
Never
expected to
have discovered
so much about
myself. The
support has
been simply
wonderful.

- Client (Counselling)

ANNUAL REPORT 2007 - 08

INVITED PRESENTATIONS

What set the year 2007-08 apart were the presentations that were made by the counsellors and trainers of Parivarthan Counselling, Training and Research Centre at the following International Conferences:

COUPLES THERAPY IN INDIA - LEARNINGS & CHALLENGES.

Workshop presentation at The International Conference on Psychology and Mental Health - organized by the Department of Mental Health and Social Psychology, NIMHANS, (National Institute of Mental Health and Neuro Sciences), Bangalore, July 26 to 28, 2007.

LIFE SKILLS AS AN INTRODUCTION TO COUNSELLING.

A two day institute presented at The First Conference of the South Asian Association of Transactional Analysts (SAATA), Coimbatore, September 26 - 27, 2007.

SEXUAL MYTHS VERSUS SEXUAL REALITIES - Workshop

ENCOUNTERS AT THE BOUNDARY - Conversation Session

MINDFULNESS - Conversation Session

Presented at The International Conference: *Building Bridges for Wellness through Counselling and Psychotherapy*, organized by the Sampurna Montfort College, Bangalore, JANUARY 08 to 11, 2008.

COUNSELLING SERVICES

Counselling Services at the Centre are provided in a private and confidential setting to explore the difficulties that clients face in their personal, work-related and social spheres. It has been our experience that more and more people are now approaching the Centre to get clarity and work towards finding solutions.

	2005-06	2006-07	2007-08
Clients			
Individual	108	134	181
Couples	15	22	40
Family	11	12	17
Children & Adolescents	5	16	13
Career	9	9	10
TOTAL	148	193	261
No. of Sessions	1262	1327	1828

THE CIPLA-PARIVARTHAN OUTREACH INITIATIVE

Over a hundred children and adolescents availed of our counselling services through our Outreach Projects at BALAKIYARA BALA MANDIRA - a Government Remand Home for Girls, ASHRAYA - an Orphanage, APSA - a Shelter for Street Children and SATHI - an NGO working with runaway children.

An informational session on Alcohol and Substance Abuse was held for 20 women from a slum in ANNASANDRA PALYA.

TRAINING

Professional training is offered in counselling and psychotherapy at our Centre at both basic and advanced levels.

Basic Skills in Counselling (BSIC)

The 7 trainees in counselling underwent a very structured and intensive training schedule. In order to prepare them to work as professional counsellors in private, social or corporate settings, this training includes both skills training and counselling theories. Trainees have to undertake supervised practicum, book and project presentations. Their professional development is further enhanced with personal counselling and group therapy. They are also introduced to research methodology by presenting a group study on any topic related to mental health or counselling. The studies undertaken last year were:

- Regression Therapy
- Telephone Counselling

The Graduation Ceremony of the counsellors who completed the Basic Skills in Counselling 2006-07 was held on July 04, 2007. Dr. Kiran Rao, Professor & Head of Department, Dept. of Mental Health and Social Psychology, NIMHANS, was our Special Guest.

Methodology: excellent!/
it's a healthy mix of
theory (classroom)
practical (verbatim) &
experiential
(counseling)/three
supervisors in a group
gave us more
information, which make
it go into depth of the
subject.

- Trainee, BSIC 2007-08

Advanced Training Modules

We offered the following advanced training modules:

- Basic Skills in Child and Adolescent Counselling - 10 trained counsellors
- Basic Skills in Couples and Family Counselling - 8 trained counsellors
- Advanced Training in Transactional Analysis - 12 trainees

Very useful, quite a few new skills introduced. Got an opportunity to practice these through role plays. Lot of thought/discussion on it happened during the training which was helpful.

- Trainee, Couple and Family Counselling

Handouts were excellent & covered all aspects of child & adolescent counselling. Theory was dealt with while keeping the discussion going & never allowed to get boring/dry or monotonous. Our opinions and feedback were valued in a very open minded atmosphere.

- Trainee, Child and Adolescent Counselling

“

Brilliant, excellent. Have had a whale of time in discovering me, my beliefs, my rigidity, what takes me on and above all in rendering a helpful assistance for acceptance of my self.

- Participant, LST I

”

LIFE SKILLS AND HUMAN DEVELOPMENT EDUCATION

These programmes are designed for those individuals to enhance their quality of life through self-awareness. The Modules offered were:

- Interpersonal Communication and Listening Skills (LST I) - 4 programmes
- Interpersonal Relationship Skills (LST II) - 1 programme

Over 44 individuals participated in the above programmes during the year, of which 10 were visually challenged.

WORKSHOPS

We conducted 12 need based workshops over a total of 47 hours in both English and Kannada. The topics covered were Listening Skills, Introduction to Counselling Skills, Gender Sensitisation, Career Choices, Managing Emotions, Career Opportunities for Women and Communication Skills. Participants of these Workshops were police personnel, NGO staff, students, parents and teachers.

CARE FOR THE CARE PROVIDERS:

This programme is offered to staff and volunteers who work in NGOs and schools. The goal is to help them become aware of their personal and emotional needs and learn skills to take care of these needs. This in turn enables them to become more effective in working with the children in their care.

The staff of ABC Nursery School, the staff of SATHI, an NGO working with runaway children and community mobilisers of SANGAMA, an NGO working with sexual minorities were participants of this programme during the year.

It was really worth to have programme in our school. As a parent and as a teacher I learnt a lot. I feel every school, i.e. teachers need this kind of programme.

- Teacher, ABC Nursery School

CONSULTANCY SERVICES

During the year we undertook the following consultancy assignments:

- Supervision of clinical work of 4 teachers from Bhutan, who were undergoing a training in child and adolescent guidance and counselling at the National Institute for Public Cooperation and Child Development (NIPCCD), Bangalore
- A needs assessment study and report on the caregiving standards and psychosocial processes of 13 NGOs in Andhra Pradesh for Groupe Developpement, South Asia, Kolkata
- Supporting the teachers of Kangaroo Kids, Indiranagar, Bangalore on emotional and developmental issues in children
- External supervision for the counsellors of PPC Worldwide - India, Bangalore, a leading global provider of Employee Assistance Programmes (EAP).
- Parivarthan is the NGO member on the Committee against Sexual Harassment at the Workplace for the Central Government Health Scheme (CGHS), Bangalore.

Letter dated 3/7/07 received from Moku Biswa, Counsellor, BLES Goldhap, a refugee camp in Bhutan. He attended a Counselling Skills Training Programme at Parivarthan from June to August 2006.

Greetings to you and all the Parivarthan family from Biswa. Be not surprised to receive a letter after 1 year back. All Parivarthan family is lively in my eyes. Because of conditions like, lack of technical facilities eg cyber and other barriers like time factor, I could not contact you people. I don't know how but I feel entangles getting cleared up day to day in my counselling work. I personally am making use of the techniques learnt there.

Once again I thank all the Parivarthan family for imparting valuable skills and physical support during our stay over there. Please convey my good wishes to other participants, those who attended the Life Skills training, if you make a contact with them. Once again I thank you all.

*Sincerely yours
Moku Biswa*

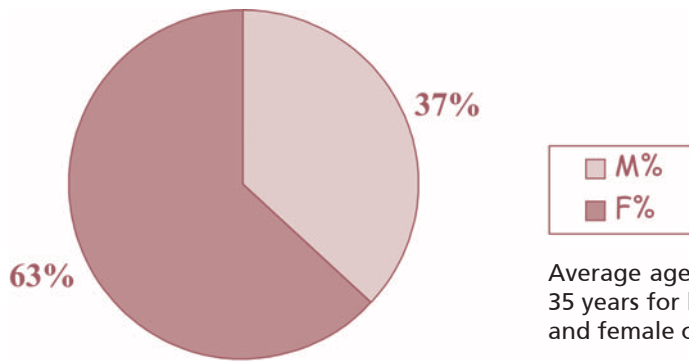
PROFESSIONAL AFFILIATIONS

- Organisational Member of the British Association for Counselling and Psychotherapy (BACP), Membership No. 129337.
- Parivarthan is a member of the Bangalore CAN Prevent Group, consisting of NGOs and professionals that are working towards the prevention of child abuse and neglect.

VISITS/INTERACTIVE SESSIONS

- Basil Joseph, PEEL ADDICTION ASSESSMENT and REFERRAL CENTRE, Canada
- Roop Sen & Uma Chatterjee, GROUPE DEVELOPPEMENT, Kolkata
- Prabha Nagaraja, TARSHI and Arpita Das, THE SOUTH AND SOUTHEAST ASIA RESOURCE CENTRE ON SEXUALITY, Delhi
- Tinsley Goad, GUIDESTAR INTERNATIONAL, UK
- Saras Bhaskar, CHENNAI COUNSELLORS FORUM, Chennai
- Anuja Gupta, RAHI, Delhi
- Wendy Laughlin & Jan Rippin, Trainers/ Supervisors, UK

Gender wise distribution of clients

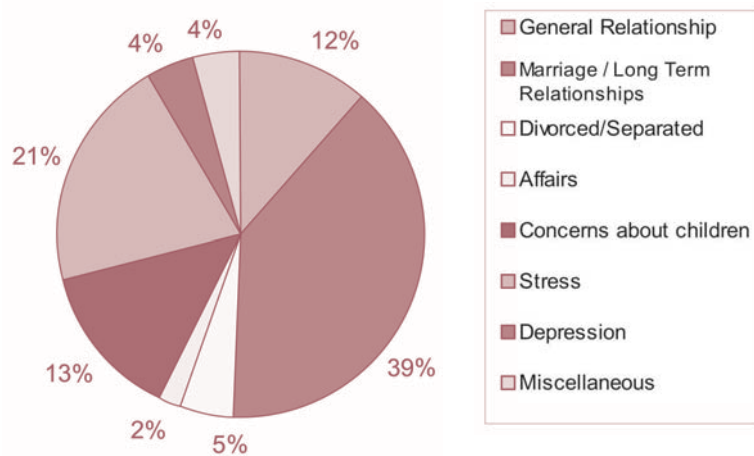


Average age was 35 years for both male and female clients

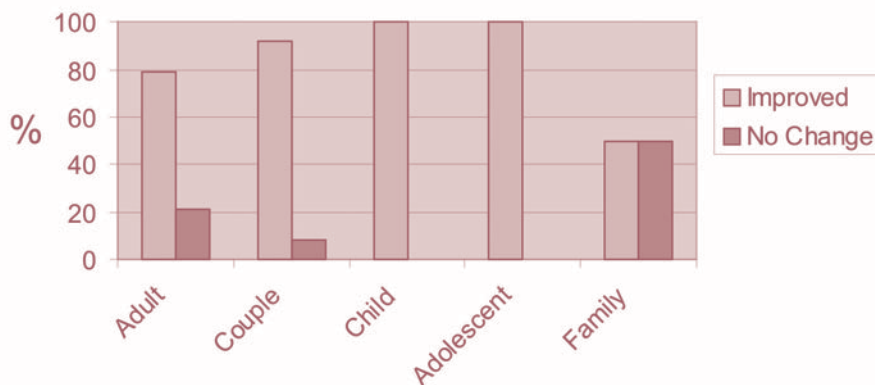
RESEARCH

As part of the presentation on Couples Therapy in India, we conducted a study on the demographic patterns for utilisation of our services by couples and individuals with relationship issues. The study period was from January 01, 2005 to March 31, 2007. Some of the main findings are summarized here.

Presenting problems



Outcome of therapy



As a trained counsellor, I will feel confident to use all this information as tools - to help me in conducting the Assessment Interview at my Workplace.

- Counsellor - CPD

CONTINUING PROFESSIONAL DEVELOPMENT

At Parivarthan, we value the continuing education and the professional development of staff and offer this service to other counsellors as well. Both external and peer supervision is made available every month at our centre and we are grateful to the professionals who conducted the following professional development workshops during the year.

TOPIC	FACILITATOR
Understanding Mental Illness	Dr. Neville Misquitta, Psychiatrist (India)
Depression Hidden under a Mask: Clinical Examples with adults as well as Children	Dr. Kakli Gupta, Clinical Psychologist (India)
A Discussion on the Use of Psychological Assessments in Clinical Practice	Dr. Kakli Gupta, Clinical Psychologist (India)
Introduction To Art Therapy For Adult Clients	Ms. Jackie Chandani, Creative Art Therapist, (USA)
An Introduction To The Har-Tuv Psychotherapy Method	Mr. Avi Har-Tuv, Psychotherapist (Jerusalem)
Addiction Counselling	Mr. Ercan Bekat - Counsellor (Australia)
Sexuality & Working With Adolescents	Mr. Ercan Bekat - Counsellor (Australia)
Telephone Counselling	Mr. Dennis-Grant Thistle, Counsellor/ Trainer (India)
Solution Focused Brief Therapy	Mr. Dennis-Grant Thistle, Counsellor/ Trainer (India)
Working With Groups	Ms. Charlotte Daellenbach & Ms. Sara Gurnsey, Psychotherapists, (New Zealand)
LGBTI Issues	Ms. Grace Poore, Writer, Producer, Activist (USA) Member of the International Gay and Lesbian Human Rights Commission (IGLHRC)
Pathways To Integration - Fine-Tuning Practice	Ms. Gayitri Bhatt – Counsellor / Trainer (India)
Practice Issues in Counselling	Dr. Arpana Inman, Assistant Professor, Counseling Psychology (USA)

NEW SERVICES/PROGRAMMES

Parivarthan now offers the following services:

Psychological Assessments

Conducted by a clinical psychologist, these assessments are helpful for understanding the emotional and intellectual life of an individual and acts as valuable input. This process leads to recommendations for treatment and also provides the individual/family members with greater insights. This service is offered for children, adolescents and adults.

Psychiatric Consultation

A psychiatrist is now available for consultation by appointment at our Centre. Referrals by counsellors who practice outside of Parivarthan are also welcome.

Stepping Stones - A Programme for Adolescents (Age: 12 to 16 years)

This is an experiential programme, planned and adapted by trained professional counsellors to help adolescents, both boys and girls, transition from childhood to adulthood. The programme provides information and allows participants to explore and understand the changes that they face.

This programme consists of a series of 5 Modules that will work towards empowering the adolescent with both knowledge and skills to navigate through this often traumatic developmental stage. Each Module is complete in itself and will cover various aspects of the challenges faced by the adolescent.

Members of the Executive Committee (2006-2008)

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

OUR TEAM

Ms. Malini Sridhar	Executive Director
Mr. Dennis-Grant Thistle	Coordinator-Training & Counselling Services
Ms. B.N. Sharada	Counsellor / Trainer & Head of Kannada Services
Dr. Gayitri Bhatt	Counsellor / Trainer
Ms. Amita Bala	Counsellor / Trainer
Ms. Vinita Shah	Counsellor / Trainer
Ms. Manisha Gokhale	Counsellor / Trainer
Ms. Meera Ravi	Counsellor
Ms. Brinda Jacob-Janvrin	Counsellor / Movement Therapist
Ms. Padma Mahadev	Counsellor
Mr. Santha Kumar	Group Therapist
Mr. Mohan Kumar	Executive - Accounts and Administration (up to December 31, 2007)
Mr. Ramesh Chinaiah	Assistant - Accounts & Administration (from January 01, 2008)

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 received from Avi Har-Tuv, Psychotherapist, Jerusalem, Israel

It was a big joy for me to work with the people of Parivarthan. I know that each of you is thoroughly dedicated to your work and constantly aspires for professional excellence.

During that session with you, I had a great sense that each one of you worked with both your minds and with your hearts and that created a beautiful experience for all of us.

Please share this mail with all the members of the staff of Parivarthan, and I am looking forward to individual correspondence with those of you who would want to share of their experiences in the clinic and who would want to ask more questions.

*Fondly,
Avi Har-Tuv*

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(R)/I-624/W-2/2006-07 dated 21.07.2006, valid up to 31.03.2009.
- * Registered under the Foreign Contribution (Regulation) Act. No. 094420785



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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!