

WHO WE ARE

Parivarthan Counselling, Training and Research Centre is a registered, non-profit society, with no religious affiliation. Our services include:

- **Counselling:** for children, adolescents, individuals, couples and families.
- **Training:** in the field of counselling, human development and life skills.
- **Workshops:** for the development and enhancement of individual, family, group and organisational functioning.
- **Research:** in the area of mental health.
- **Consultancy:** in all of the above areas.

Parivarthan is an Organisational Member (Membership No. 129337) of the British Association for Counselling and Psychotherapy (BACP). As an Organisational Member of BACP, Parivarthan is bound by its Ethical Framework for Good Practice in Counselling and Psychotherapy, the Ethical Guidelines for Researching Counselling and Psychotherapy and subject to the Professional Conduct Procedure for the time being in force.

WHAT WE DO

COUNSELLING

A counsellor at Parivarthan is available to the client as a facilitator for change, healing and growth. Counselling is a process of empowerment – helping individuals to be in charge of themselves and their relationships.

The Centre follows an integrative/eclectic model of counselling:

- **Individual Counselling:** is offered to individuals who are dealing with emotional, social, work related or family related issues.
- **Couples Counselling:** is available for individuals and couples struggling with or wanting to enhance their relationship.
- **Family Counselling:** is available for families with interpersonal and relational problems.
- **Career Counselling:** is available for those young (and not so young) people who are at a crossroad, having to make decisions on streams of study or careers that will be most suitable for them.
- **Pre-marital Counselling:** to help couples sort out issues that may impact their marital relationship.
- **Psychological Assessment:** is helpful for understanding the emotional and intellectual life of an individual and acts as a valuable input for greater insights. This service is offered for children, adolescents and adults.
- **Psychiatric Services:** a Psychiatrist is available for consultation at our Centre.
- **Support Groups:** for personal growth are also available.

All of the above services are offered by prior appointment

Services to organizations:

Employees Assistance Programmes (EAP) Services are provided to address workplace related conflict, work performance issues, harassment issues, stress caused by workplace/personal issues, etc.

Counselling Services:

1. **Onsite:** trained counsellors at the organisation's premises.
2. **Offsite:** at our Centre in Indiranagar, Bangalore

3. **Hotline / Online:** though at Parivarthan we believe that the counselling relationship between the counsellor and the client is crucial to the counselling process, we do offer Telephone / Online Counselling in crises situations.

Training / Educational Sessions:

We offer training modules that cover various human development areas, e.g. 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, Handling and Preventing Sexual Harassment, etc.

TRAINING

Training is provided in counselling, life skills and other related areas for both professionals and non-professionals. Individuals or organisations that wish to incorporate counselling techniques into their repertoire of skills will also find the training courses useful.

Life Skills Training

These programmes unfold over four to eight weeks and are offered in both English and Kannada. Participants include professional from both Corporates and NGOs, homemakers, doctors, lawyers, teachers and students from over 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.

Basic Skills in Counselling

This is a one year programme for those professionals who wish to acquire counselling skills for use in their work as health professionals, social workers, teachers, HR professionals, administrators or counsellors. It offers training in counselling skills and an introduction to counselling theory. 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 counsellors who are actively involved in counselling in their own practice or in 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

These training modules are tailor-made to suit the needs of various corporate, governmental, non-governmental organisations and educational institutions.

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 SEMINARS

Workshops are conducted for institutions, corporate and non-corporate organisations. They range from one to ten days duration.

Topics covered include: 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.

OUTREACH SERVICES

In collaboration with other NGO's our outreach programmes extend our counselling and training services to runaway street girls, battered and abused women, the visually challenged, children with disabilities and for the rehabilitation of male and female prisoners.

RESEARCH

The Centre aims to develop a wide knowledge base in counselling and related services that will ultimately benefit both clients and mental health professionals.

CONSULTANCY

The Centre provides continuing professional development programmes, supervision and consultancy services to counsellors and other mental health professionals. Areas targeted include clinical skills, service delivery and organisational effectiveness.

We also serve as the NGO Representative on Committees against Sexual Harassment in the Workplace and offer related consultation services to organizations.

YOUTH AND CHILD HELPLINE

080-6533 3323

4.00 pm to 10.00 pm - Monday to Friday

The Helpline provides an accessible and confidential service by trained counsellors for children and adolescents who are in distress or are facing traumatic or stressful situations. It is also available to adults who are looking for support in dealing with children in distress.



**Youth
and Child
Helpline
080 6533 3323**

HOW TO REACH US

To make an appointment, call (080) 2529-8686 or 2527-3462 between 09:00 am and 5:00 pm on a weekday and before 1.00 pm on Saturday. Some basic information is collected before an appointment is given.

FEES

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

PROFESSIONALISM AND CONFIDENTIALITY

What makes the Parivarthan experience unique is the respect that we have for the confidentiality of our clients and our belief that the supervision, ongoing training and professional development of our staff is essential to the practice of counselling. This enables us to ensure that our services are of the highest quality.

Donations made to Parivarthan are exempt under Section 80G of the Income-Tax Act.

We are registered under the Foreign Contribution (Regulation) Act. Our services are supported by well-wishers that make it possible for us to help people in need.

Parivarthan
COUNSELLING, TRAINING AND RESEARCH CENTRE

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