

Vineeta Ganju

I completed my one year Basic Counselling Certificate Course in June of 2006. My experience of the course was twofold. As a trainee, undergoing a rigorous training schedule, I have this to say:

The Course content was extremely detailed and the topics covered gave me a well rounded understanding of Counselling. I would rate it on par with the best available anywhere.

The work expected as well as the inputs from the training sessions were intense in both quality and quantity and of an exceptionally high standard. At the risk of sounding clichéd, excellence was the expected baseline. At the same time there was a deep strain of compassion for human foibles . Generous doses of humour were an extra bonus

The subject matter imparted was thoroughly researched . As a student, I received handouts every session which were disseminated in the group. This not only gave me diverse perspectives in approaching issues, but also helped me imbibe the content matter at a deeper level. This was interspersed with hands-on practice sessions in a group which made the course stimulating and extremely enjoyable, besides honing my skills under the watchful guidance of the Trainers. The Verbatim & their Supervisions were very exacting and minutely scrutinized. This helped immensely in keeping the cardinal requirements of good counselling - empathy in action as well as a watchful awareness of one's own responses – consistent. Conceptual understanding as well as practical sessions of all that was taught also continuously emphasized the importance of acceptable boundaries that a Professional Counsellor was required to maintain.

The level of professional ethics maintained by the trainers was of a very high standard. Both in the training process as well as in the personal one-on-one counselling sessions.

On a more personal level, all I can say is that I have started on a journey within myself. In the one year at Parivarthan, I had clarity on many issues: “personal baggage” that I was not aware I carried. It made me undergo some extremely painful and intense personal moments, but the catharsis was worth it. It gave me the courage to let go of a lot and heal deeply buried pain, to honour & value myself – possibly for the very first time. The journey has been an enriching experience and I would never have had the gumption to endure it without the patient, warm and supportive encouragement of my counsellor. Thank you Parivarthan for empowering me to find myself and in the process, make me a “good enough” Counsellor to enable my clients do the same ..There is always something new around the corner, which I now have been enabled to look for and learn from. Thank you for imparting the skills to attempt to live life both **mindfully** as well as with **unconditional acceptance**.

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Class of 2006

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