



COLLEGE OF EDUCATION
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BETHLEHEM, PA 18015

June 15, 2009

To Whom It May Concern:

It is with great pleasure that I write this letter of recommendation in strongest support of Parivarthan's application to the 2009 Awards Scheme for Excellence in Counselling and Psychotherapy Practice offered by the British Association for Counselling and Psychotherapy, designed to recognize, reward, and celebrate innovation and excellence in the field of talking therapies.

I first became aware of Parivarthan and the work that this center does in July 2007 when I heard them present at the International Conference hosted by NIMHANS in Bangalore. In hearing about the trainings in counseling theories and skills as well as the professional counseling services they offer. I was thrilled to be invited to interact with the staff and partake in a case conference with them at their center. Given that counselling continues to be a new phenomenon in India, I was very impressed with the range of clients and the breadth of issues that this center dealt with. The counselors seemed well trained, were committed to receiving ongoing supervision, and genuinely concerned about reaching out to the local community. Since their inception in 1995, they have developed multiple trainings and workshops, conducted significant outreach, and reached out to a wide range of clients that include children, adolescents, and adults. Their annual report shows a strong trajectory with there being over a 100% increase in client services from 2006/7 to 2008/9. This is remarkable.

As a stand-alone counselling center, not attached to any Educational or Medical Facility Parivarthan has proved to be an innovative leader in the field of counselling. In catering to both beginning and advanced clinicians and trainees both nationally and internationally, Parivarthan has established itself as a solid training site and counselling center. The services that Parivarthan offers are comprehensive, culturally sensitive, and attuned to the needs of the local community. They are to be commended for this given the cultural climate and stigma that surrounds the field of counselling in India.

Parivarthan's leadership, passion, and commitment to providing ethical training and practice to the local community makes them an outstanding candidate for this award. They truly represent excellence in the field of talk therapies. As such, I give them my highest recommendation! If you need additional information, please feel free to contact me at agi2@lehigh.edu. Thank you for considering my letter of support.

Sincerely,

Arpana G. Inman, Ph.D.

Associate Professor and Training Director, Counseling Psychology