



COUNSELLING, TRAINING AND RESEARCH CENTRE

ANNUAL REPORT 2015-2016

# Highlights and Outcomes

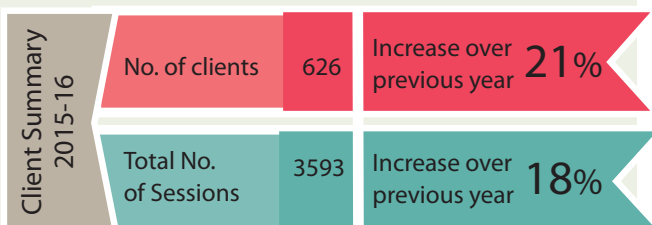
(April 2015 - March 2016)

## COUNSELLING SERVICES

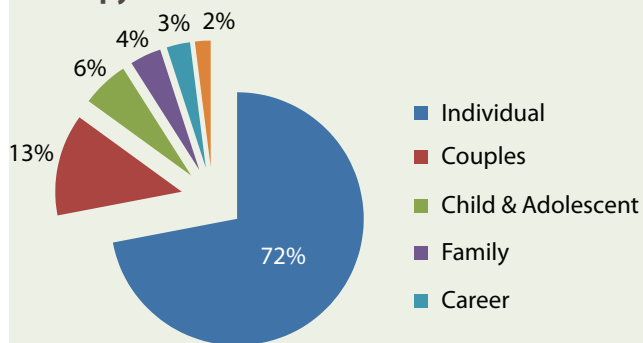
Counselling at Parivarthan follows an integrative/eclectic approach, drawing from various streams of psychology to meet the needs of our diverse clientele. Counselling facilitates personal exploration and discovery, looking at options, finding self-identity, learning self-acceptance, making choices and learning to live more at peace with self and with others.

We offer face-to-face sessions at our Centre as well as sessions on skype and telephone for clients who relocate outside of Bangalore.

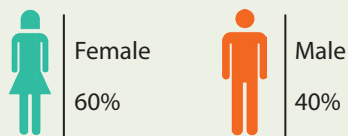
A Psychiatrist is also available for consultation at our Centre for clients who would benefit from additional consultation.



### Therapy Formats accessed at our Centre



### Gender wise Distribution of Clients:



## GROUP WORK



- GROUP PROCESS – 12 trainee counsellors of the BSIC (Basic Skills in Counselling) Programme– 10 sessions
- DRAMA THERAPY GROUP FOR WOMEN – 7 women – 10 sessions

## SUPERVISION

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	33 counsellors/ trainee counsellors	368
Group Supervision	3 groups of 5-10 counsellors	37
External Supervision	2 groups of 8 staff counsellors	42
Peer Supervision	7 staff counsellors	3
<b>TOTAL</b>	<b>76 supervisees</b>	<b>450 hours</b>

*Supervision helped me become aware of my own feelings and parallel processes / Helped me be more organized with my sessions / With more and more supervisions I became confident about sessions / I learnt a lot about myself / Supervision space supported me in my tough times too.*

## TRAINING

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

### BASIC SKILLS IN COUNSELLING (BSIC 2015-16)

12 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

*Training methodology was inclusive and so there was a lot of participation from trainees. As a result every topic was enriched by individual life experiences.*

*Individual counselling helped me to talk about things that were lying dormant which further helped me to work through them purposefully. With better awareness & acceptance of my own needs, situations, challenges, I saw myself relating better to my clients.*

The Graduation Ceremony of the 8 Counsellors who received Certificates on their successful completion of the One Year Training Programme, *Basic Skills in Counselling 2014-15* was held on August 01, 2015. Dr. Dharitri Ramaprasad, Professor, Richmond Fellowship PG College and Program Manager, Richmond Fellowship Society, 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 (October to December 2015)
- **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 - 8 trained counsellors / mental health professionals – January to April 2016

*I found this course very insightful and progressive. I have learnt a lot and gained deeper understanding into counseling effectiveness I will recommend this course to any and everyone thank you.... (CFC)*

*Handouts covered all the necessary topics & gave us ample information to process. Excellent guide to go back to.*

## 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 - August 2015 – 10 participants
- September - November 2015 – 13 participants
- January - February 2016 - 13 participants

*I'm grateful for what I'd call a life changing experience (and this inspite of my having done a lot of reading and being fairly high in self awareness) Huge thanks.*

*Had a great learning experience of self awareness & how to "listen"*

## SPECIALISED TRAINING PROGRAMMES



The following training programme was facilitated by Counsellors/Trainers from Parivarthan.

- **SUPERVISION SKILLS FOR COUNSELLORS** - A 5 Day Training Workshop for 6 counsellors/University faculty from the Maldives.

*The structure/format of the training was very interactive. It helped the participants to ask questions, visualize, verify doubts. It also kept us engaged. The activities helped to develop inside. Encourage to maintain this format/ structure.*

*Well – structured / The encouraging, enabling and safe environment created as well demonstrated that throughout, / Started with basics and developed into advance knowledge as well as skills*

## WORKSHOPS/INTERACTIVE SESSIONS

- **INTRODUCTION TO COUNSELLING** – Final year students & faculty of MSc (Integrated Clinical Psychology) from Annamalai University
- **UNDERSTANDING CHILD SEXUAL ABUSE AND IT'S IMPACT ON SURVIVORS** – Organised by Centre for Child and the Law, NLSIU, - Chairpersons and members of Child Welfare Committees in Karnataka
- **HANDLING DISCLOSURE OF ABUSE** – Staff members of PASAND and ACTS

## PARIVARTHAN OUTREACH SERVICES



Through our Outreach Services we provide onsite counselling services at the following Educational Institutions and at the Government Observation Home for Boys.

- PRIMUS PUBLIC SCHOOL – individual and group counselling sessions for students. Parents also access the service
- NATIONAL INSTITUTE OF FASHION TECHNOLOGY (NIFT) –individual counselling for the students & interactive sessions for various student groups
- NATIONAL CENTRE FOR BIOLOGICAL STUDIES (NCBS) -individual counselling for the students, research associates & staff members
- NATIONAL LAW SCHOOL OF INDIA UNIVERSITY (NLSIU) - individual counselling sessions for students
- RBANMS FIRST GRADE COLLEGE - individual counselling sessions for students
- OBSERVATION HOME FOR BOYS – individual counselling for boys in conflict with the Law

## CONSULTANCY SERVICES



As per the Sexual Harassment of Women at the Workplace (Prevention, Prohibition and Redressal) Act, 2013, Parivarthan is the NGO member on the Committee against Sexual Harassment at the Workplace for 8 Corporate Organisations

- The following Informational/Training Workshops were conducted for these organisations during the year:
  - ♦ Prevention of Sexual Harassment at the Workplace – 4 workshops for 70+ employees
  - ♦ Guidelines for Managers – 2 Workshops
  - ♦ Guidelines for the Internal Complaints Committee Members- 2 Workshops
- National Consultative Meeting on Helpline Services – at Tata Institute of Social Sciences (TISS) – Mumbai
- National Consultative Meeting on Helpline Services for the LGBT Community– at Tata Institute of Social Sciences (TISS) – Mumbai
- 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 2015-16 participated in a Group Research Project

and presented their findings on the following topics:

- Expressions of anger in young adults
- The relationship between stress reduction and creative expression
- Social challenges of being single

## PRESENTATIONS

Staff Counsellors/Trainers also made the following presentations at an International Conference On Counselling And Psychotherapy: Diversity In Training And Practice - Organised By The Montfort College, Bangalore

- SUPERVISION IN COUNSELLING: WHY IS IT ESSENTIAL? WHO IS IT FOR?
- COUNSELLOR TRAINING MODEL

## STAFF TRAINING

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

- ACCEPTANCE AND COMMITMENT THERAPY – 3 Day Training Workshop (21 hours) – Dr. Jo Nash (UK) – 14 staff counsellors
- STAFF GROUP PROCESS – 9 staff members

*The facilitation kept to a structure which was very important as there was a lot of material to cover. I liked the mix of discussion, presentation, cartoons, videos & skill practice.*

*Well-presented and clearly given, with an openness to discussion and assimilation which was very helpful.*

## CONTINUING PROFESSIONAL DEVELOPMENT



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

- INTRODUCTION TO DANCE MOVEMENT THERAPY – Katia Verrault (Netherlands) – PARIVARTHAN – 8 staff counsellors
- THE PROTECTION OF CHILDREN FROM SEXUAL OFFENCES ACT (POCSO ACT) 2012 AND JUVENILE JUSTICE ACT 2015 (JJ ACT) – GUIDELINES, LEGAL PROCESSES AND PROTOCOLS FOR COUNSELLING – Dr. Shaibya Saldanha, Kushi Kuttappa, Suja Sukumaran (ENFOLD) – PARIVARTHAN - 20 counsellors from 7

## Counselling Centres

- INTRODUCTION TO SAND THERAPY - B. N. Sharada, Manju Sapru – PARIVARTHAN – 7 counsellors
- BASIC TRAINING IN EYE MOVEMENT DESENSITIZATION AND REPROCESSING (EMDR) – EMDR ASSOCIATION – 4 staff counsellors
- MEDIATION SERVICES – Dr. Laila Ollapally – PARIVARTHAN – 8 staff counsellors
- INTEGRATING PSYCHODRAMATIC TECHNIQUES INTO AN EXPRESSIVE ART THERAPY SESSION – Jennie Kristel (USA) – PARIVARTHAN – 9 staff counsellors
- INTRODUCTION TO DANCE MOVEMENT THERAPY – Katia Verrault (Netherlands) – PARIVARTHAN – 8 counsellors
- WORLD COURT OF WOMEN AGAINST WAR, FOR PEACE – organized by VIMOHANA – 2 staff members
- CBT IN SEXUAL DYSFUNCTIONS – Department of Clinical Psychology, NIMHANS – NIMHANS – 3 staff counsellors
- PRESENTATION OF RESEARCH AND FOCUS GROUP DISCUSSION – Faculty of the Department Of Psychology, University of Miami (USA) – PARIVARTHAN -10 staff counsellors
- RESTORATIVE JUSTICE APPROACHES – Sujatha Baliga – Organised by Centre for Child and the Law (CCL, NLSIU) – 1 outreach counsellor
- INTRODUCTION TO PSYCHODRAMA – Dr. Jochen Becker-Ebel (Germany) – PARIVARTHAN -11 staff counsellors
- SHARING OF LEARNINGS – Counselling for Sexual Dysfunctions – Manisha Gokhale, Manju Sapru, Surya Vaz – PARIVARTHAN- 10 staff counsellors
- CASE BASED INTERACTIVE LEARNING IN SEXUAL MEDICINE – Dr. Sandip Deshpande – PARIVARTHAN – 13 staff counsellors

*I found the session concise and specific in sharing what the presenters had learned on dealing with matters of sexuality. I enjoyed the exercise and formulation part of it, and felt it was very useful.*

*Enjoyed it, a good blend of information, activities, processing. Energy level was maintained throughout the day.*

*Increased my familiarity with some of the concepts & tools of Expressive arts. Gave me some specific interventions I could use with my individual clients.*

*A lot of the techniques & concepts on movement that will definitely take my sessions to a new level. The Facilitator created a blend of theory and practice in an appropriate amount, being sensitive to how much of our boundaries she must push. She always reminded us to be mindful of how much a client may take.*

## HELPLINE SERVICES



The Parivarthan Counselling Helpline (PCH) offers:

- Counselling services by trained counsellors
- A free service available at convenient timings and in a number of languages
- Confidentiality and the practice of ethical codes of counselling
- Standardization in terms of protocol and documentation

The anonymity afforded by the telephone gives people the courage to talk about their insecurities and feelings. Counsellors receive calls on a variety of subjects eg, relationships, distress, work place challenges, examination anxieties, self-esteem, self-confidence, sexuality, sexual orientation, marriage problems, mental health etc.

The efficacy and quality is monitored through supervision and ongoing training of the counsellors and their willingness to learn and grow ensures that the Helpline remains dynamic and tuned in to the needs of clients.

The Helpline is now a reliable resource for those who are unable to avail face-to-face counselling at our Centre or live in areas where the access to mental health services are limited.

We had 10 committed counsellors on this service which is offered from 4 pm to 10 pm, Monday to Friday.

## ALUMNI ASSOCIATION

The Alumni Association of counsellors who completed the One Year Training Programme, BASIC SKILLS IN COUNSELLING at Parivarthan, has over 100 members who network professionally and are a support system for 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	Psychotherapist / Trainer
Ms. Vinita Shah	Counsellor / Trainer / Career Counsellor
Ms. Amita Bala	Counsellor / Trainer
Ms. Manisha Gokhale	Counsellor / Trainer / Co-ordinator – Life Skills Training
Ms. Surya Vaz	Counsellor / Trainer
Ms. Manju Sapru	Counsellor / Trainer
Ms. Maitri Gopalakrishna	Counselling Psychologist/ Trainer / Drama Therapist
Ms. Shabari Bhattacharyya	Counsellor / Trainer
Ms. Archana Ramanathan	Counsellor /Trainer
Ms. Shabnam K. Kumar	Counsellor /Trainer
Mr. Mahesh Natarajan	Counsellor
Ms. Snehal Padhye	Counsellor
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. Srividya Muralikrishna	Counsellor – Outreach Services
Ms. Nidhi Kapur	Counsellor – Outreach Services
Ms. Padma Mahadev	Life Script Facilitator
Mr. Satish Kumar A.	Executive - Accounts & Administration
Mr. Vinoth Kumar	Assistant – Accounts & Administration

## EXTERNAL SUPERVISORS

- Dr. Rathna Isaac - Clinical Psychologist
- Dr. Priya Pothan- Clinical Psychologist

## CONSULTANT PSYCHIATRIST

Dr. Bhupendra Chaudhry

## 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 (2015-2016)

Name	Occupation	Office held
Ms. Mabelle Palat	Counsellor	President
Mr. Prashant Sankaran	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. Christopher Jayakaran	Consultant Geologist	Member
Dr. Kiran Rao	Clinical Psychologist	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.
- 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.





## CONFERENCE: Counselling in India – Identity and Transformation

To commemorate and celebrate the 20<sup>th</sup> Anniversary of Parivarthan, we organized our first Conference titled **Counselling in India – Identity and Transformation**. We planned it as **A Practitioner's Conference** that reflected our work both in counselling as well as training, which focuses on experiential learning. The conference included Workshops, Panel Discussions and Poster Presentations. This residential Conference was held on August 28<sup>th</sup> and 29<sup>th</sup>, 2015 at the Ecumenical Christian Centre in Whitefield, Bangalore, an oasis of green and quiet, so rare in today's Bangalore, which added to the ethos of the Conference. There were over 120 counsellors/mental health practitioners from Bangalore, Chennai, Delhi, Pune, Mumbai, Kolkata, Kozhikode, USA, Netherlands and the UK.

The Conference began with a Keynote Address on **"Identity and Transformation"** by Dr. Shekhar Seshadri, Professor, Department of Child and Adolescent Psychiatry, NIMHANS, Bangalore. This was followed by a series of Panel Discussions, Workshops & Poster Presentations across two days. The Closing Plenary on **"Counselling, Counsellor and Client"** was delivered by Dr. Vijay Nagaswami (Psychiatrist, Psychotherapist and Author, Chennai). We also had an entertaining and thought-provoking evening with a **Play Back Theatre Performance** by Yours Truly Theatre, Bangalore. The second day of the conference also began early for some participants with **Yoga under the Trees** – led by Ms. Sangeetha Ghosh (Yoga Instructor).

### Summary of Panel Discussions

#	Topic of Panel Discussion	Participants
1	<b>Who is our client? Client Identity and Culture.</b>	<p><b>Moderator</b> Dr. Kiran Rao (<i>Former Professor and HOD of the Department of Clinical Psychology, NIMHANS</i>)</p> <p><b>Panelists</b></p> <ul style="list-style-type: none"> <li>◆ Dr. Shubhadha Maitra (<i>Professor, Centre for Health and Mental Health, TISS, Mumbai</i>)</li> <li>◆ Dr. Neena David (<i>Clinical Psychologist &amp; Consultant, Bangalore</i>)</li> <li>◆ Dr. Ashwani Kumar (<i>Psychiatrist &amp; Consultant, Delhi</i>)</li> <li>◆ Dr. Vidya Sathyanarayanan (<i>Associate Professor &amp; Clinical Psychologist, St. John's Medical College &amp; Hospital, Bangalore</i>)</li> <li>◆ Ms. B.N. Sharada (<i>Counsellor &amp; Trainer, PARIVARTHAN</i>)</li> </ul>
2	<b>Counsellor Development and Identity</b>	<p><b>Moderator</b> Dr. Kakli Gupta (<i>Clinical Psychologist, Bangalore</i>)</p> <p><b>Panelists</b></p> <ul style="list-style-type: none"> <li>◆ Dr. Poornima Bhola (<i>Associate Professor, Department of Clinical Psychology, NIMHANS</i>)</li> <li>◆ Ms. Bulbul Baksi (<i>Trainer, Supervisor, Therapist at SAMIKSHANI, Kolkata</i>)</li> <li>◆ Dr. Rathna Isaac (<i>Clinical Psychologist, Bangalore</i>)</li> <li>◆ Dr. Gayatri Bhatt (<i>Psychotherapist &amp; Trainer, PARIVARTHAN</i>)</li> </ul>
3	<b>Bridges across Professions: Counselling as a Common Denominator</b>	<p><b>Moderator</b> Dr. Rathna Isaac (<i>Clinical Psychologist, Bangalore</i>)</p> <p><b>Panelists</b></p> <ul style="list-style-type: none"> <li>◆ Dr Sunil Mohan Kumar (<i>Psychiatrist, Bangalore</i>)</li> <li>◆ Ms. Nina Nayak (<i>Social Worker, Former Chairperson of Karnataka State Commission for Protection of Child Rights</i>)</li> <li>◆ Ms. Laila Ollapally (<i>Senior Mediator and Trainer, Bangalore Mediation Centre</i>)</li> <li>◆ Dr. Nagesh Simha (<i>Medical Director, KARUNASHRAYA, Bangalore</i>)</li> </ul>

#	Topic of Panel Discussion	Participants
4	<b>Ethics and Guidelines for Good Practice: Establishing Ethical Guidelines for Counselling Professionals in India.</b>	<p><b>Moderator</b> Dr. Kiran Rao (<i>Former Professor and HOD of the Department of Clinical Psychology, NIMHANS</i>)</p> <p><b>Panelists</b></p> <ul style="list-style-type: none"> <li>♦ Ms. Arpana Joshi (<i>Assistant Professor, School of Human Ecology, TISS, Mumbai</i>)</li> <li>♦ Ms. Sangeeta Rege (<i>Social Worker &amp; Senior Research Officer, CEHAT, Mumbai</i>)</li> <li>♦ Dr. Poornima Bhola (<i>Associate Professor, Department of Clinical Psychology, NIMHANS</i>)</li> <li>♦ Dr. Elspeth Shwenk (<i>Deputy Chair-BACP and Member of the BACP Board of Governors</i>)</li> </ul>

## Summary of Workshops

#	Workshop Title	Facilitator
1	<b>Being a Supervisee – Do you get what you need? Do you need what you get?</b>	Dr. Elspeth Schwenk ( <i>Accredited Counsellor &amp; Supervisor &amp; FBACP Fellow, UK</i> )
2	<b>Gay Affirmative Counselling Practice</b>	Ms. Ketki Ranade ( <i>Assistant Professor, School of Social Work, TISS, Mumbai</i> )
3	<b>How May I Help You? Generating Goals in Couple Therapy</b>	Dr. Rathna Isaac ( <i>Clinical Psychologist, Bangalore</i> )
4	<b>Creative Movement Therapy for Children</b>	Ms. Tripura Kashyap ( <i>Co-founder/Director of Creative Movement Therapy Association of India (CMTAI)</i> )
5	<b>Online Psychotherapy and Counselling</b>	Dr. Avinash De Sousa ( <i>Consultant Psychiatrist &amp; Psychotherapist, Mumbai</i> )
6	<b>The Use of Dance/Movement Therapy: a non-verbal modality for the treatment of traumatized populations</b>	Katia Verreault ( <i>Dance Movement Therapist, Netherlands</i> )
7	<b>Why should the Feminist Lens Matter to Counsellors in India</b>	Dr. Shubhadha Maitra ( <i>Professor, Centre for Health and Mental Health, TISS, Mumbai</i> )
8	<b>An Introduction to Integral Somatic Psychotherapy</b>	Ms. Mimansa Popat ( <i>Special Educator, Somatic Experiencing Practitioner, Mumbai</i> )
9	<b>Approaching the Topic of Sexuality with Clients: the Counsellor's Concerns</b>	Dr. Shaibya Saldanha ( <i>OBGYN, Co-Founder – ENFOLD, Bangalore</i> )
10	<b>Introduction to Psychoanalytic Concepts in Clinical Practice</b>	Ms. Malika Verma ( <i>Clinical Psychologist and Psychoanalytic Psychotherapist, Kozhikode, Kerala</i> )
11	<b>Mindfulness: The Wellness Zone</b>	Ms. Phyllis Benjamin, PhD. ( <i>Licensed Professional Counsellor, Mississippi, USA</i> ) & Ms. Delta Shuman ( <i>Professional Coach &amp; Therapist, USA</i> )
12	<b>Use of Media in Counselling Adults</b>	Ms. B.N. Sharada & Ms. Manju Sapru ( <i>Counsellors &amp; Trainers, PARIVARTHAN, Bangalore</i> )
13	<b>The Embodied Counsellor: Accessing Insights through our Bodies</b>	Ms. Preetha Ramasubramaniam ( <i>Dance Movement Therapist, Chennai</i> )
14	<b>Creative Containment of Violent Projections</b>	Mr. Evan Hastings ( <i>Drama Therapist, Founder/Director of Shadow Liberation</i> )



## Summary of Poster Presentations

1. **Call For Help** – Vision and goals of Parivarthan's Telephone Counselling Helpline ( PCH Team)
2. **Models and Methods for Healing Trauma** – Understanding, identifying, assessment, best practices and therapeutic techniques for healing trauma ( Ms. Adithy – Pune)
3. **Support for People Affected by Cancer (PAC)** – Emotional support and challenges (Indian Cancer Society (ICS), Bangalore)
4. **Healing through Social Action** – Social action as a design of treatment directed primarily towards healing and recovery of women survivors of incest and CSA (RAHI, Delhi)
5. **Counselling in Urban Schools of India:** School counsellors' perception of enablers and challenges to effective counselling (Ms. Shabnam K. Kumar, Counsellor, Parivarthan)
6. **The Building of Inner Psychological Space-** Resilience in counsellor and client (The Listening Tree, Bangalore)
7. **Correlation Between Stress and Habit** – Identifying and awareness of stressors and their correlation with coping mechanisms ( Dr. Kalyani Patange and Ms. Supriya Kalbag (Counsellors, BSIC 2014-15,Parivarthan)
8. **A Trip for Transformation** – Integrated journey of the counsellors who provide onsite counselling at schools and educational institutions (Outreach Counsellors, Parivarthan)

### Acknowledgements

This celebratory milestone in the journey of Parivarthan was made possible by the contributions of the many friends of Parivarthan, the tireless efforts of the Executive Committee and staff of Parivarthan, and the support of the volunteers from the Parivarthan Alumni. We wish to acknowledge our deep appreciation and gratitude to all of those who worked to make this a successful event.

### Some Feedback .....

*Just a note to say thank you for such a well put together conference and worthy presentations. I am glad to have made it. Keeping to time was the best part and what a lovely campus. Parivarthan continues to do its work in a quiet, ethical way and I'm proud to be associated with it.*

Warm regards  
**Lakshmi Sankaran (Chennai)**  
Participant

*Thanks so much for having me at your brilliantly organized conference,,,wish i could have been there longer,,,Sure i am always there for Parivarthan ! wish u best with all your ventures,,,*

warmest,  
**Tripura Kashyap (Delhi)**  
Workshop Facilitator

*It was a true pleasure to work with you all.  
Congratulations again for a successful conference!!!*

Warm regards  
**Katia Verreault (Netherlands)**  
Workshop Facilitator

*Dear Parivarthan team,*

*Thanks for a great conference, bringing together counsellors from different disciplines, which in itself is a rare occurrence. The conference was well organised and finely orchestrated!*

*Thanks for your hospitality and facilitating a meaningful professional exchange.*

Best,  
**Dr. Shubhada Maitra (Mumbai)**  
Workshop Facilitator & Panelist

*This was an outstanding conference - You raised the bar and set something in motion. Rest now but nurture that seed & let it germinate.*

*I had a wonderful time with you guys and have not stopped singing your praises ever since I got back! I hope you are really proud of yourselves. I know I am. This was a simply fantastic conference – your planning was off the grid! Everything went well, everyone was well cared for and I know everyone left wanting more!*

*What can I say – this was marvellous and we need to do it again in a couple of years' time! I am always in your corner you know that and will do all I can to support Parivarthan!*

**Dr Elspeth Schwenk (UK)**  
Workshop Facilitator & Panelist

*Dear Parivarthan Team*

*Thank you for your appreciation! Kudos on a well thought out and executed conference!*

*In the snatches of conversations that I did have with other school counsellors from various parts of the country at the conference, I did get a sense that their lived experiences of working in schools resonated with what I had briefly presented.*

*It would be interesting to look at how this could be taken forward.*

Warm regards  
**Dr. Neena David**  
Panelist

Dear Malini

*At the outset let me once again congratulate you and the entire Parivartan family for an excellent conference. The smooth manner in which the events of the two days unfolded was a testimony to the meticulous, thoughtful planning and superbly coordinated team work. I could see that the staff and volunteers had put in hours of work to make the event such a huge success. What was so good to see was the calm, efficient and cheerful manner in which everyone did their bit!*

*It didn't seem like a first conference at all. Now that you are pros at it, looking forward to more!*

*Thanking you all for the warm hospitality and for stimulating my grey cells!*

*Best wishes and warm regards*

**Dr. Kiran Rao  
Moderator**

*Kudos to team Parivarthan!*

*Well thought over and executed conference. I could see the team in front of any particular individual. Keep it going.*

**Dr Mohan Sunil Kumar  
Panelist**

*A big, big congratulations for the core conference team at Parivarthan for pulling off a conference of this scale with such elan! :-)*

*Since I have worked on large scale conferences earlier... I know the kind of effort and detailing it takes...and it is tough!*

*Right from the theme of the conference, to the format and design, to the speakers, and of course the logistics of it all which is the hardest, I thought it all went beautifully!*

*I am so glad I could attend and be part of this conference.*

**Warm wishes,  
Akhila Doraswamy  
Volunteer & Participant (Counsellor - BSIC 2012-13)**

*Dear Malini and all of you lovely people at Parivarthan,  
The joy was mine.*

*Thanks for having me and more power to all of you.*

**Warmly,  
Dr. Vijay Nagaswami  
Closing Plenary Speaker**

## THANK YOU

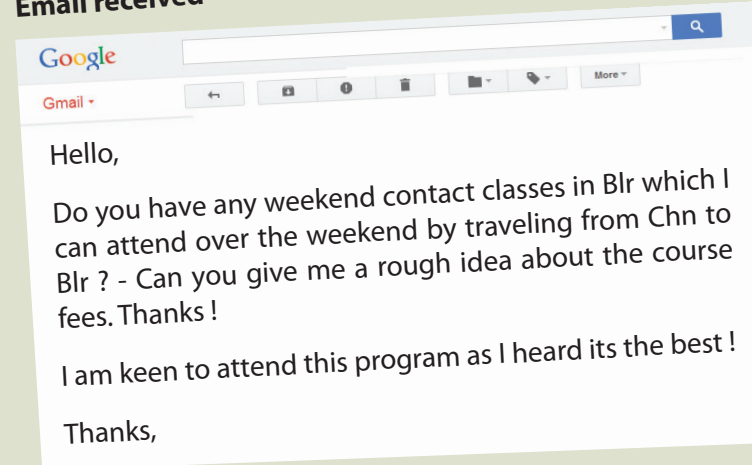
*We are grateful to our donors and well-wishers for their contributions in the past year. We acknowledge and thank our executive committee members, staff and resource persons, our trainees and clients and all who have supported us and contributed to our growth in numerous ways.*

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

Thank you!

## Email received



**PARIVARTHAN**  
COUNSELLING, TRAINING AND RESEARCH CENTRE

3310, 1st Floor, 8th Cross, 13th Main  
HAL 2nd Stage, Indiranagar, Bangalore 560008  
Tel: +91 080 25298686, 25273462  
Email: parivarthanblr@gmail.com  
Website: www.parivarthan.org