



Annual Report

2021-2022

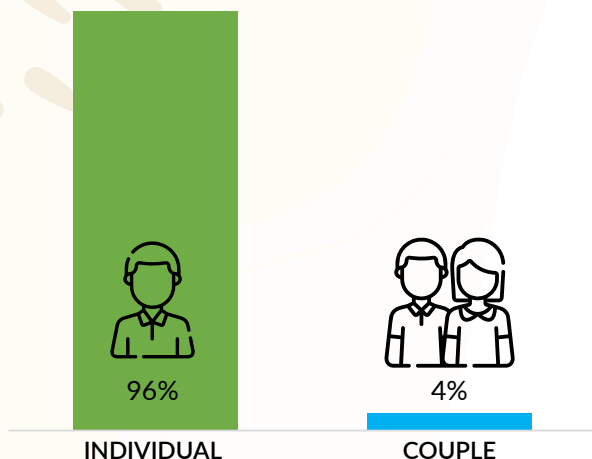


With the Covid Pandemic still overshadowing all our lives and activities, we went full time into online mode for all our services for 2021. Due to the demand for services in mental health, and without the limiting factor of physical space, we had to significantly increase the number of staff counsellors at Parivarthan.

► COUNSELLING SERVICES

Our Counselling Services continued online following an integrative or eclectic approach to meet the needs of our diverse clientele. Our counsellors also work collaboratively with other mental health professionals for the well-being of our clients.

We offered a record number of over 6150 counselling sessions from April 2021 to March 2022



GROUP WORK

- * **Drama Therapy for Children** - 8 to 12 years - 6 children - These sessions were held once a week at Parivarthan over a period of 5 weeks and was a creative process to help children manage anxiety, form and maintain relationships with other children/adults, manage emotional and behaviour challenges, make new relationships and address emotional/relational impact of the Covid-19 pandemic.

- * **Group Process** - 12 BSIC Trainees - Sessions were held in an online format and helped the trainees develop insights about themselves and process their learnings in a safe environment.

SUPERVISION SERVICES:

At Parivarthan, supervision is an integral part of both our counselling and training services and has remained an ethical cornerstone of our work. This ensures an ethical framework for the client work of both trainees and counsellors and provides an in-built support system that is so necessary for their well-being.

Counsellors at Parivarthan receive regular supervision for both individual and couple and family counselling services from both external and staff professionals.

MONTHLY SUPERVISION GROUPS:

- * Supervision and Support Services to School Counsellors.
- * Trained counsellors - Drama Methods in Therapy
- * BSIC Counsellors
- * Outreach Counsellors
- * Helpline Counsellors
- * Parivarthan Staff Counsellors - 8 groups

WEBINARS/WORKSHOPS/PRESENTATIONS

- * Workshops:
 - ◇ Coping with Grief and Loss - 4 Workshops (3 English & 1 Hindi) - Employees of Pratham Foundation
 - ◇ Coping with Stress and Self-care during the Pandemic - NGOs working with Wipro Foundation
 - ◇ Mental Health Awareness & Counselling - Employees of a Corporate Organisation
 - ◇ Thriving at Work - Employees of a Corporate Organisation
 - ◇ Handling Behaviour Issues in the Classroom - Webinar for DPSS Teachers

CAPACITY BUILDING WORKSHOPS;

Parivarthan offers workshops and training programmes to help Organisations / NGOs enhance their skills and build resilience and work more coherently as a team.

- ★ **Skills for Helpline Counsellors-** Training of Vishaka Helpline Counsellors (Hindi)
- ★ **Conversations in Drama (Mindscapes Bengaluru)-** Mindscapes is an international cultural programme that aims to support a transformation in how we understand, address and talk about mental health. Mindscapes is initiated in Bengaluru, Berlin, New York, and Tokyo, and the work will culminate in 2023. Mindscapes, Bengaluru, Conversation in Drama - involves a team of ten facilitators that undertake drama for mental health interventions with five underserved community groups in the city of Bangalore. The project includes a research objective to uncover languages of care within each context. (Led by Dr. Maitri Gopalakrishna and funded by the Wellcome Trust (UK).
- ★ **Bheetar-Bahar training programme-** A short term training programme for performing artists to be able to use personal experiences in performance in a healthy and responsible way. One of the Facilitators was Dr. Maitri Gopalakrishna and it was fully funded by The Goethe-Institut / Max Mueller Bhavan, Bengaluru.
- ★ **Rural Women's theatre project-** A series of workshops with a group of professional women Kattaikkuttu (Traditional Tamil theatre form) performers to support them in their preparation to create a performance about their personal experiences of being women theatre performers. Facilitated by Dr. Maitri Gopalakrishna and Organised by the Kattaikkuttu Sangam.
- ★ **Mental Health Oriented Workshops for Women in Science-** A series of workshops for women physicists from least developed countries to process the emotional impact of being women in a male dominated field - Dr. Maitri Gopalakrishna, organised by the International Centre for Theoretical Physics. The value of mental health-oriented workshops for this population was presented by Indo-Israel Women in STEM Conference, Bangalore.

PARIVARTHAN OUTREACH SERVICES

We continued to provide counselling services for students, staff and employees of Educational and Research Institutions, NGOs and Corporate Organisations during the year.

- ★ 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 & staff.
- ★ INDIAN STATISTICAL INSTITUTE (ISI) - individual counselling sessions for students & staff.
- ★ TIFR - INTERNATIONAL CENTRE FOR THEORETICAL SCIENCES (ICTS) - individual counselling for students, research associates & staff members
- ★ TIFR-CENTRE FOR APPLICABLE MATHEMATICS (TIFR-CAM) - individual counselling for students, research associates & staff members
- ★ ASHOKA TRUST FOR RESEARCH IN ECOLOGY AND THE ENVIRONMENT (ATREE) - individual counselling for students, research associates & staff members
- ★ UDHYAM LEARNING FOUNDATION - individual counselling for staff members
- ★ DAKSHIN FOUNDATION - individual counselling for research associates & staff members

EAP SERVICES

Several Corporate Organisations also availed of our counselling and training services during the year.

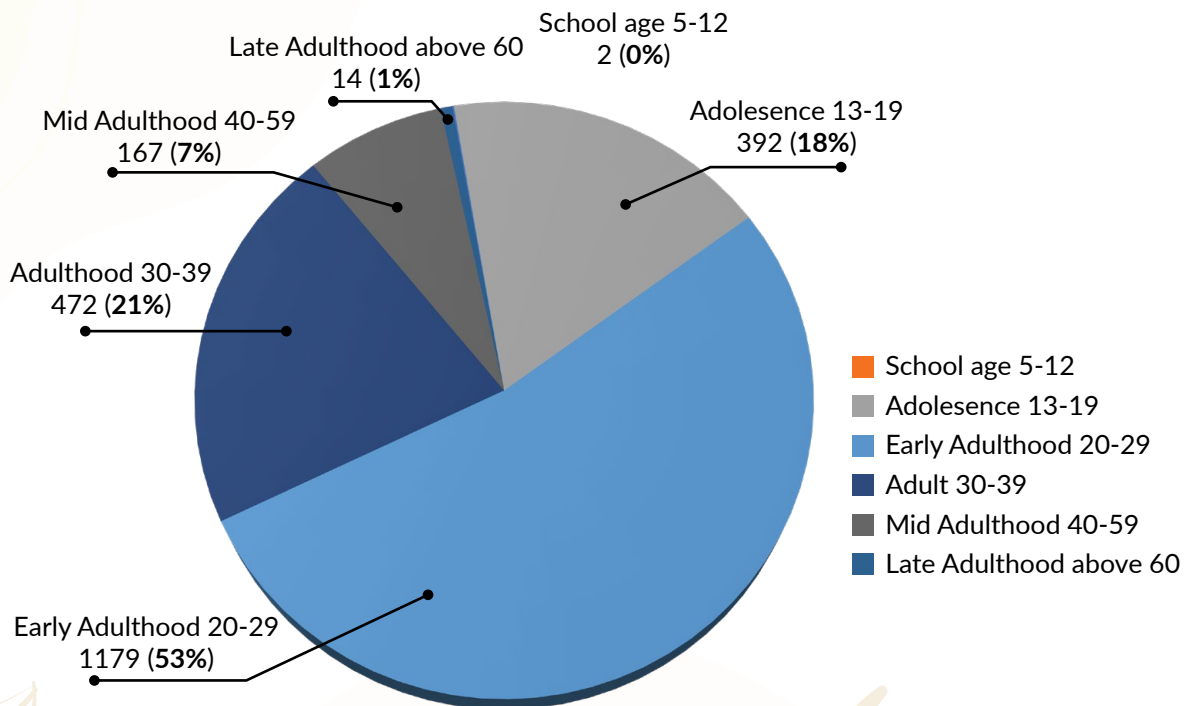
PARIVARTHAN COUNSELLING HELPLINE (PCH)

The Helpline continued to support and cater to the many callers who reached out for support and help. The rigour of the training that our Helpline Counsellors received and the protocols set in place, together with the ongoing support of Supervision and Personal Counselling have made the Helpline one of the most sought after services of our Centre.

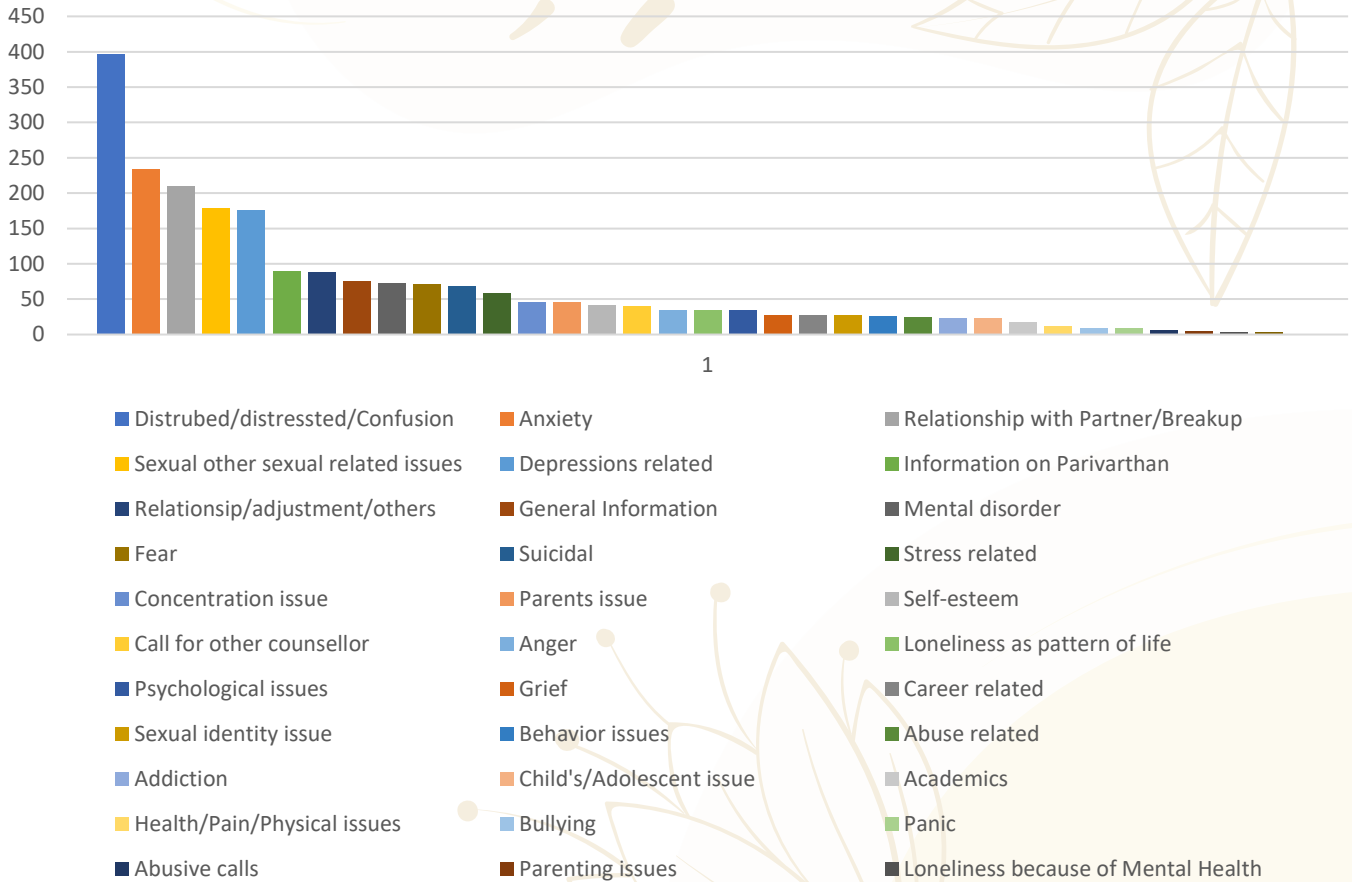
Number of Calls Received from April 1, 2011 to March 31, 2022



Age wise Call Pattern 2021-2022



Issue wise Calls 2021-2022



More information of the utilization of our Helpline Service is available on our website: <https://parivarthan.org>

RESEARCH:

- ★ **Our Qualitative Research Study** on “What Makes the Experience of Counselling Effective?” was completed this year. This study examined clients’ perceptions and experience of what has been helpful to them in therapy, via a thematic analysis of transcribed interviews. The study explored both facilitative factors, as well as any barriers to the counseling process. This has helped us enhance the therapy processes offered at our Centre.
- ★ **A Research Study** on the “Effectiveness of the Life Skills Training Programme - Module 1 on INTERPERSONAL COMMUNICATION AND LISTENING SKILLS”, which is offered 3 to 4 times each year. The main focus of this programme is the development of listening skills and interpersonal communication through self-awareness.

The objective of the study was to understand the key takeaways and the overall effectiveness of the Training programme as perceived by the participants, as well as elicit ideas from them for its further improvement.

The key benefits for participants from this programme, as reported by the participants was

- learning how to listen better and being more accepting of others,
- learning to focus on the self,
- recognising, understanding and expressing of emotions.

This was further corroborated when participants reported about the change they saw in their daily behaviour and in close relationships. as well as the impact the programme had on their personal and professional lives.

CONTINUING PROFESSIONAL DEVELOPMENT (CPD) TRAINING WORKSHOPS:

At Parivarthan it is an important requirement for our counsellors to stay updated and upskilled, and to do that our Staff facilitate and attend a variety of training programmes and workshops to enhance their skills and knowledge.

WORKSHOPS/ TRAININGS FACILITATED BY PARIVARTHAN STAFF:

- ★ Self-Care Protocol for persons affected by Coronavirus (SCP drawn from EMDR, for patients and caretakers) - Dr. Gayatri Bhatt
- ★ Case Presentations - Arjun Khera and Dr. Maitri Gopalakrishna
- ★ Introduction to Polyvagal Theory for our Helpline counsellors - Anjana Kocchar
- ★ Grounding Practices - B.N. Sharada
- ★ Workshop for Teachers, Educators and Homeschoolers on tools for social and emotional balance - Organised by the Drama School Mumbai - Dr. Maitri Gopalakrishna.
- ★ Panelist on Life Skills Development through daily life and education - Organised by The Teacher Foundation and the Life Skills Collaborative - Dr Maitri Gopalakrishna

CPD PROGRAMMES ATTENDED:

- ★ The Complexities of Complex Trauma - Conducted by Centre for Advanced Studies in Trauma & Dissociation, ISSTD
- ★ Workshops by Bangalore Society for Analytical Psychology:
 - ◇ Doorways to Dreams - Jill Fischer
 - ◇ Fairy Tales and Therapy - Lisbet Zacho
 - ◇ Wrathful Devotion - Rudolf Hoegger
- ★ Dream Embodiment Series - Robert Bosnack, Jung Platform, USA.
- ★ Managing Scepticisms in Counselling Clients - Counselling tutor - UK - Sally - Anne Armitage
- ★ Workshop on psychotropic medication-Casics for therapists- Dr. Ashlesha Bagadia, Psychiatrist
- ★ Jungian perspective talks on Anjali - Rudolf Hoegger

- ★ Certified Foundation Course, Level 1 - Systemic theory and practice in family constellation - Colette Green (Ireland] Annie Cariapa [Spanda - Bangalore]
- ★ Adverse Childhood Experiences- Counsellor Tutor-UK- Dr. Suzanne Zeedyk
- ★ Working With Addiction - Counsellor Tutor - UK - Marion Elkin - Greener
- ★ Working Inclusively with The LGBTQ+ Community - Counsellor Tutor - UK - Chloe Foster
- ★ Integral Somatic Psychotherapy - Third level - Dr. Raja Selvam (Prafulta Mumbai)
- ★ EMDR - Part 2 - EMDR India
- ★ Pandemic lessons on dealing with grief, loss and fears - Dr. Prabha Chandra and and Dr. Paulomi (NIMHANS) Conducted by Bangalore International Centre.
- ★ A Conversation about the Hidden Faces of Grief - Pallium India
- ★ Handling addictive behaviors in adolescents: A Toolkit for Educator & Therapists - Drishti, Mumbai
- ★ ACT (Acceptance & Commitment Therapy) - Getting started with the Basics - Dr.Geetanjali Natarajan.
- ★ Introductory Workshop on Mindfulness - Satya Narayan Iyer - Infinium Learning
- ★ Unpacking Power - Conversation on Reflective Practices in Psychotherapists - Green Oak Initiative
- ★ Societal Structures and Mental Health - Blue Dawn (Organised by SMART
- ★ Integral Somatic Psychology Training - Module 1. Conducted by: Prafula Centre for Psychological Wellness, Mumbai.



PUBLICATIONS

- ★ An invisible intersection: Mental healthcare for the deaf community by Madhumita Venkataraghavan and Snehal Padhye - Published by Mariwala Health Initiative in their annual journal, Reframe.
- ★ Post Traumatic Stress Disorder by Dr. Gayatri Bhatt. - Published online by SAATA South Asian Association for Transactional Analysis, June 27 2021.
- ★ Gopalakrishna, M. (2022). Practicing in an expanded paradigm: Case examples and ethical anchors for creative arts therapists working in community-based social justice contexts. *The Arts in Psychotherapy*, Volume 80. <https://doi.org/10.1016/j.aip.2022.101921>[MG1]
- ★ Gopalakrishna, M. Ravi, P., Chander, P. (forthcoming). Finding a Language to Say Goodbye Trauma-informed anti-oppression drama therapy in a school in rural South India. In Sajani, N., & In Johnson, D. R. (forthcoming). *Trauma-informed drama therapy: Transforming clinics, classrooms, and communities. SECOND EDITION* Charles C. Thomas. Springfield, Illinois.
- ★ Gopalakrishna, M. (2021). Drama Therapy and Psychiatric Care in India: Practice and Potential. *Arts Therapies in Psychiatric Rehabilitation*, 147-150. https://doi.org/10.1007/978-3-030-76208-7_19
- ★ Rao, S., Waghmare, S., & Gopalakrishna, M. (2021). Enabling the Ongoing Life of Therapeutic Theatre: A Case Study of Positively Shameless. *Journal of Dramatic Theory and Criticism*, 36(1), 161-169. <https://doi.org/10.1353/dtc.2021.0031>
- ★ Chakrabarti, O. C., Kashyap, T. K., Scoble, S., Gopalakrishna, M. G., & Cherla, N. C. (2021). *Samagama - Dialogues on the Development of Professional Creative Arts Therapy Practice, Research and Training from India*, In Eds. Cao, M., Hougham, R. Scoble, S., *Imagining Windmills* [E-book]. (1st ed., p. 24). Routledge.

PROFESSIONAL AFFILIATIONS

- Parivarthan is an Organisational Member of the British Association for Counselling & Psychotherapy (BACP), Membership No. 129337 since 2006. 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.

- Dr.Maitri Gopalakrishna is the elected founder president of the Drama Therapy India Association in July 2022
- Dr. Maitri Gopalakrishna was invited to join the Ethics Committee of the North American Drama Therapy Association in August 2021.

OUR TEAM 2021-22

► COUNSELLORS/PSYCHOLOGISTS/ SUPERVISORS:

B.N.Sharada, Dr. Gayatri Bhatt, Amita Bala, Vinita Shah, Manisha Gokhale, Manju Sapru, Dr. Maitri Gopalakrishna, Shabari Bhattacharyya, Prerna Kapur

► COUNSELLORS/PSYCHOLOGISTS/ DANCE/MOVEMENT THERAPISTS:

Sumana Hari, Mrinalini B., Supriya Kalbag, Dr. Kalyani Patange, Suma B.S, Nidhi Kapur, Pallavi Shetty, Aparna Ramakrishnan, Shweta Pannu, Kaushiki Rao, Anjana Kochhar, Rovana Verghese, Rakesh Mehar, Tejsweeta Singh, Amrita Kaur, Arjun Khera, Atmica Reddy, Lakshmi Madduri, Satya Gopal, Sanjini Kedia, Srividya Muralikrishna, Taanya Mathur, Madhumitha Venkataraman, Gayatri Abraham, Keerthana Jayaram.

► EXTERNAL SUPERVISORS:

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

► RESEARCH:

Akhila Doraswamy - Lead Researcher

► ADMINISTRATION /ACCOUNTS:

Malini Sridhar, Clarice Dass, Satish Kumar A, Iyanar Mani, Shilpa Prasad (Accountant).

► OUR BANKERS

HDFC Bank	Union Bank of India	State Bank of India
Indiranagar	HAL II Stage, Indiranagar	Indiranagar
Bangalore	Bangalore	Bangalore

► MEMBERS OF THE EXECUTIVE COMMITTEE (2021-2022)

Name	Occupation	Office held
Mabelle Palat	Counsellor	President
Prashant Sankaran	Creative Consultant	Vice-President
Lynette Nazareth	Coordinator- Centre for Academic and Professional Support, Christ (Deemed to be University),	Secretary
Meera Huddar	HR Consultant	Treasurer
Christopher Jayakaran	Consultant Geologist	Member
Dr. Kiran Rao	Clinical Psychologist	Member
Chandramohan Venugopal	Executive Director -Finance (KUIDFC)-(Retired)	Member

LEGAL DETAILS

- ★ Registered under the Karnataka Societies Registration Act 1960: No. 331:95-96 dated August 04, 1995
- ★ Registered as a WHOLLY CHARITABLE SOCIETY under Section 12A(a) of the Income Tax Act 1961: No. Trust/718/10A: Vol.A-III/P.207/96/CIT-II dated 19.1.96
- ★ Registered under Section 80G(5)(vi) 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.
- ★ Organisational Member of the British Association for Counselling and Psychotherapy (BACP), Membership No. 129337.
- ★ PARIVARTHAN COUNSELLING TRAINING AND RESEARCH CENTRE has been registered under the Trade Marks Act, 1999 in June 2017, with effect from 2011. (Trade Mark No. 2228463 / Date: 03/11/2011)
- ★ 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

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.



Donations to Parivarthan are eligible for a 50% tax exemption under Section 80G(5)(vi) of the Income Tax Act.

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



OBITUARY

Saroj Welch, co- founder of Parivarthan along with her husband, Late Carlos Welch, passed away peacefully in the USA on August 28, 2022. Parivarthan was initiated by them in 1995 with the support of their well-wishers, which comprised of colleagues, friends and people whom they had helped during their 40+ years of service in India.

Today, Parivarthan stands strong and stays true to their original goal of starting this Centre so that quality training is made available to those who wish to work in the field of counselling and providing mental health services by trained professionals. A celebration of Saroj and Carlos Welch and their contribution to the establishment and growth of mental health services in India is being planned for January 2023.