

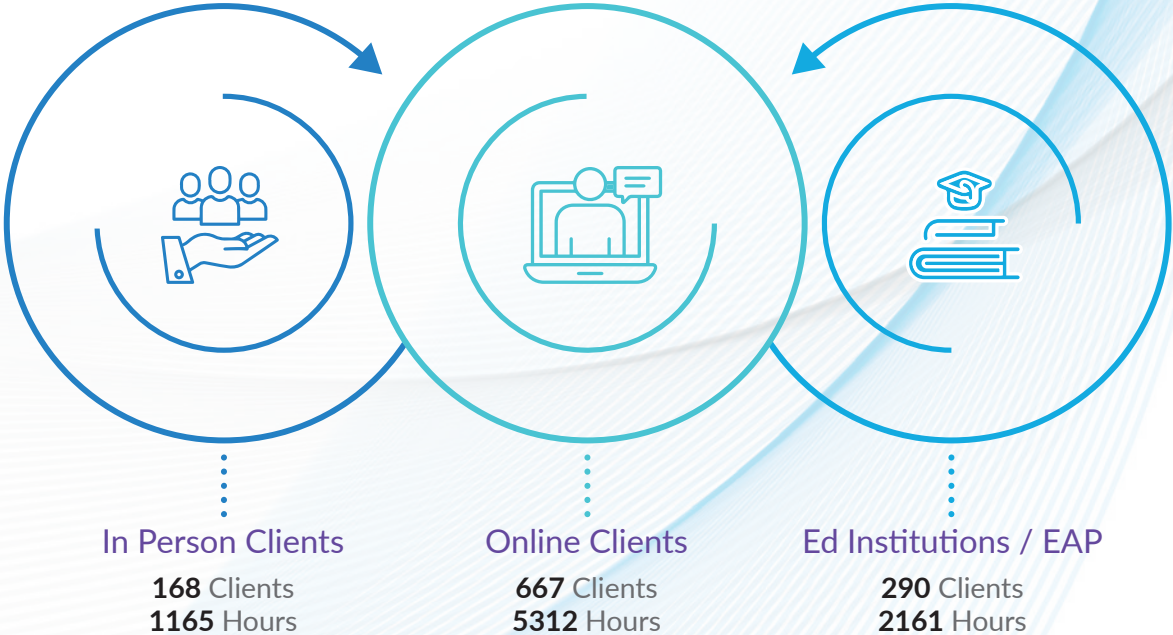
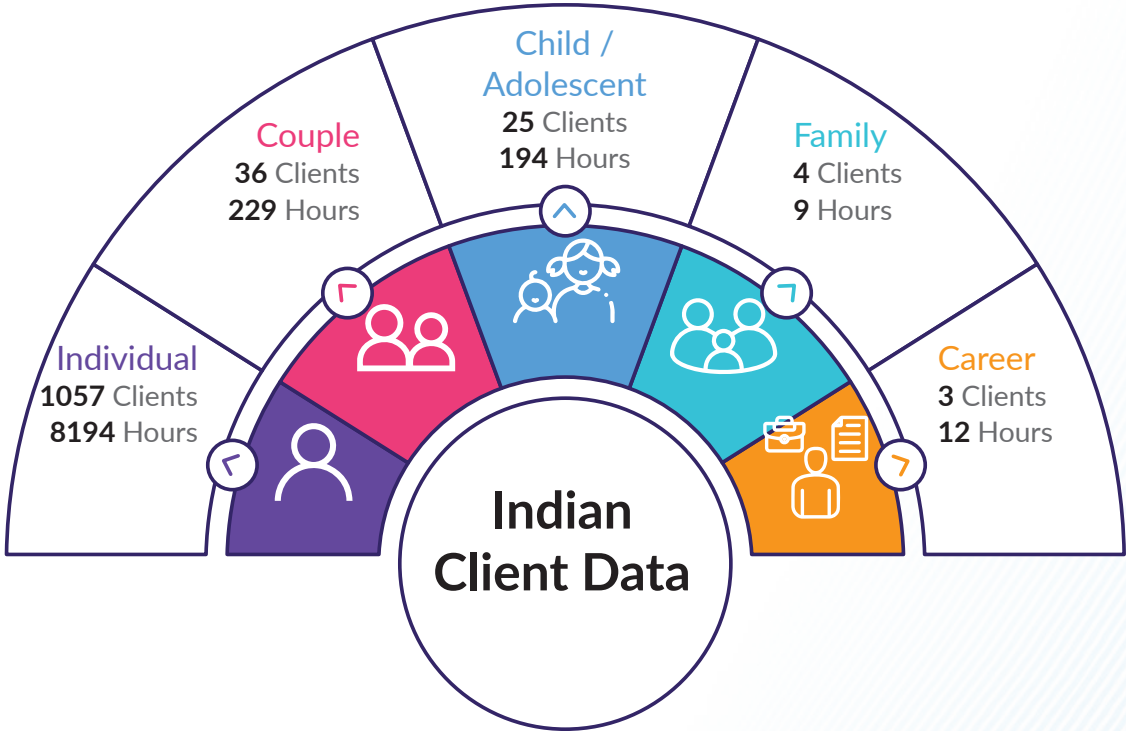


Annual | **2023**
Report | **2024**

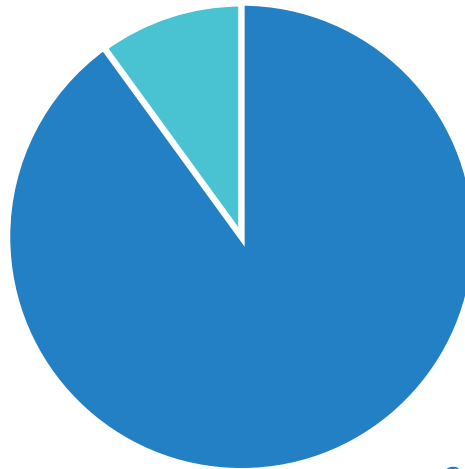
COUNSELLING SERVICES

Counselling Services at Parivarthan are offered by only trained and experienced counsellors who follow 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.

Our observation from the data below is that the average number of sessions attended for most individual and couple sessions was 7, which helps to confirm that the clients engaged in the process.



India and Abroad Clients



- 90% India
- 10% Abroad

Group Work

Group Process – 12 BSIC Trainees – Sessions were held in-person and the feedback indicated that the in-person process was preferred by all the trainees as it helped them increase their self-awareness and their learnings.

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.

We also saw an increase in request from Counsellors / Psychologists for Supervision Services from our trained Supervisors, which encourages us that more professionals are now seeking to work under Supervision, which is an ethical requirement of the profession.

Counsellors at Parivarthan receive regular supervision for Individual, Couple and Family counselling services from both external and staff professionals.

Monthly Supervision Groups:

- BSIC Counsellors
- Educational and EAP Counsellors – Outreach Services
- Helpline Counsellors
- Parivarthan Staff Counsellors – 7 groups

WEBINARS / WORKSHOPS / PRESENTATIONS

Workshops:

- Conflict Resolution – Staff and Students of the National Centre for Biological Sciences (NCBS)

CAPACITY BUILDING WORKSHOPS/TRAINING:

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

A Capacity Building Workshop on Listening Skills was offered online for 28 hours over 6 weeks – for 10 staff members of Indiahikes, an organization that organizes and leads treks for children, adolescents and adults.

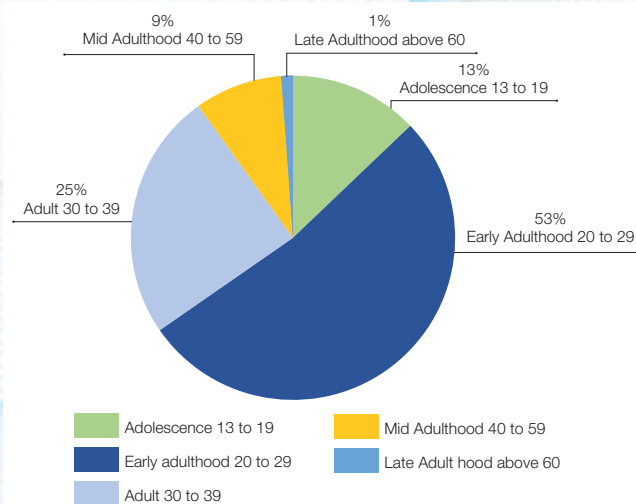
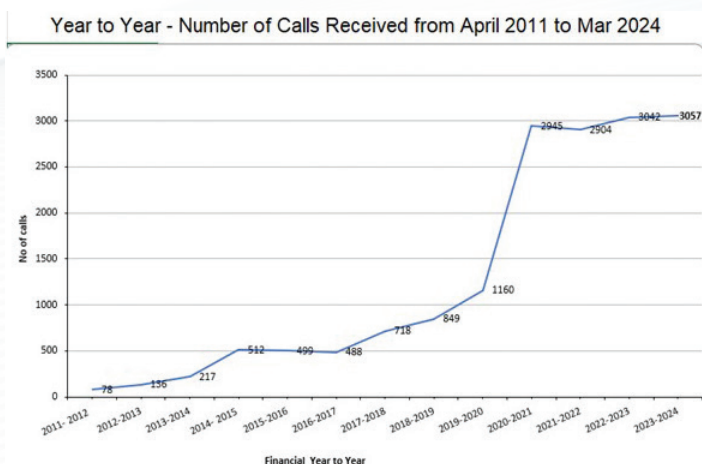
PARIVARTHAN OUTREACH SERVICES

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 (Onsite & Online) for the students, research associates & staff members
- NATIONAL LAW SCHOOL OF INDIA UNIVERSITY (NLSIU) - individual counselling (Onsite & Online) sessions for students & staff.
- INDIAN STATISTICAL INSTITUTE (ISI) - individual counselling sessions (onsite) for students & staff.
- TIFR - INTERNATIONAL CENTRE FOR THEORETICAL SCIENCES (ICTS)- individual counselling (online) for students, research associates & staff members
- ASHOKA TRUST FOR RESEARCH IN ECOLOGY AND THE ENVIRONMENT (ATREE) - individual counselling (online) for students, research associates & staff members
- CENTRE FOR CHILD AND THE LAW (CCL) – individual counselling for children in conflict with the law at the Observation Home for Boys, Bangalore
- UDHYAM LEARNING FOUNDATION – individual counselling (online) for staff members
- CENTRE FOR LAW AND POLICY RESEARCH – individual counselling (online) for staff members
- EAP SERVICES – counselling services (online) for Corporate Organisations
- BENGALURU DR. B.R. AMBEDKAR SCHOOL OF ECONOMICS (BASE) - individual counselling (Onsite & Online) for the students, research associates & staff members
- NGUVU COLLECTIVE, BENGALURU – individual counselling (online) for staff members

PARIVARTHAN COUNSELLING HELPLINE (PCH)

Our Telephone Counselling Helpline grows from strength to strength with a dedicated team of counsellors who are available for callers in distress.



Call Summary April 2023 - March 2024	
No. of Calls Logged In	3057
No. of Shifts when No Calls Received	9
No. of Bad Line / Cut Lines	121
Repeat Calls (Either Client has mentioned or Counsellor Identified as Repeat Caller)	1054
Calls for Parivarthan (Information / Appointment / Referred)	252

Other Observations from Data Analysis April 2023 - March 2024
<p>No. of Male Callers remain more than Female Callers</p> <ul style="list-style-type: none"> Male to Female Caller Ratio Approximately 69:31
<p>Maximum Number of Callers Received from Age Group Early Adulthood (20 to 29 years)</p> <ul style="list-style-type: none"> 53% of the Total Calls from Age Group (20 to 29 years) 25% of Total Calls from Age Group (30 to 39 years) 13% of Total Calls from Age Group (13 to 19 years)
<p>Major Reasons of Calls are</p> <ul style="list-style-type: none"> 'Disturbed / Confused' 16%, followed by 'Relationship Breakup' 11%, 'Sex Related Issues' 10%, and 'Anxiety and Others' 10%
<p>Languages Used</p> <ul style="list-style-type: none"> English 65%, Hindi 27%, Mixed Hindi 5%, English 7% Other languages were Kannada, Tamil, Telugu, Bengali, Haryanvi

RESEARCH:

The BSIC Trainees conducted research studies and presented their findings on the following topics as a part of their course requirements:

- Dressing as an Expression of Self
- Exploring the Experienced, Challenges, Support Systems and Motivations of Parivarthan Helpline Counsellors
- Exploring the Felt Experiences of Emotional and Mental Health of Pet Owners

CONTINUING PROFESSIONAL DEVELOPMENT (CPD) TRAINING WORKSHOPS:

As it is an important requirement for our counsellors to stay updated and upskilled, our Staff counsellors facilitate and attend training programmes and workshops to build on their knowledge base and learn new skills.

Workshops, Trainings, Presentations by Parivarthan Staff Counsellors:

- Infidelity – a Workshop for 15 Parivarthan staff / trained counsellors, facilitated by Dr. Rathna Isaac
- Education, Training and Supervision in Working with Trauma and Dissociation - Symposium Presentation on at 1st Trauma Conclave, Asian CBT Congress, organised at AIIMS, New Delhi
- Corporate Mental Health Related Webinars – organised by Santulan EAP Services Ltd and InnerSight Counselling & Training Services LLP
- Using the Relationship with Our Cells and the Internal Ecosystem to Bridge Inner Connection and Outer Expression within the Field of Dance Movement Psychotherapy - Organised by: Korean Dance Therapy Association. A similar Workshop was organised by World Arts Embodiment Forum.
- Gestalt therapy – Training – Organised by Wellspring NLP Integrated
- DMP group for trans men – 3 Workshops – Organised by Sappho for Mental Health, Aneka and UTH-Delhi
- Workshop / presentation to the arts therapies network – Organised by CNWL NHS – BEYOND CRISIS
- Workshop on working with Gender and sexuality for Masters students – Organised by the University of Roehampton
- Queering DMP - Organised by the University of Roehampton
- Foundation- gender and sexuality - Organised by the University of Roehampton
- Body politics and intersubjectivity - Organised by the University of Roehampton

- Foundation reflective practice and research - Organised by the University of Roehampton
- Queering DMP - Organised by Expressive Movement Therapy Department, Pune University
- Contemporary approaches to therapy – Organised by ADMP and UKCP
- Dance facilitation in social contexts – Organised by University of Roehampton
- Dance together project – Organised by Amici Dance Company
- Stress Management – 2 Workshops for a Corporate Organisation
- ISP 1, 2 & 3 Study Groups (Practice) - Assisting Resource- Organised by Integrated Somatic Psychology
- Mindscapes International Summit on Mental Health and the Arts - Organised by the Wellcome Trust in Bangalore
- European Federation of Drama Therapy Conference - Organised by the European Federation of Drama Therapy in Netherlands
- Global South Arts and Health International Convening - Organised jointly by the Global South Arts in Health Fellowship and Jameel Arts and Health Lab in Cairo
- Foundation course for creative arts therapies - Dance therapy trainer - Organisation - Studio for movement arts and therapies
- Swayam - community arts project - Dance therapy trainer and supervisor - Organisation - Studio for movement arts and therapies

CPD Workshops / Webinars / Training Programmes Attended by Parivarthan Staff:

- EFT-Emotion Focused Therapy - Webinar/ Workshop organised by PARC, Bangalore
- Geometry of the Divine: A Window into the Cosmos and Self - Webinar organised by Bangalore Society of Analytical Psychology
- The Healing Power of Dignity in the Treatment of Complex Trauma & Dissociation - Online Conference organised by International Society for the Study of Trauma & Dissociation.
- Distinguishing PTSD and Complex PTSD – CPD by Lou Leventz - organized by Counsellor Tutor, UK
- Understanding the Role of Humour in Counselling- CPD by Sore Christine - organized by Counsellor Tutor, UK
- Working with Clients with Depression – Workshop by Sally Anne Armitage - - organized by Counsellor Tutor, UK
- Counselling Queer Clients – Workshop by Innersight Counselling and Training LLP
- POSCO Explained - Organised by: Indian Association of Dance Movement Therapy
- Creative Exchange - Organised by: Creative Movement Therapy Association of India
- Perinatal loss – Session by Dr. Geetha Desai – Organised by The Green Oak Initiative
- Sex & Intimacy – Workshop by Dr. Sandip Deshpande- Organised by The Parc
- Inclusive Methodologies Workshop 1 – Conceptual issues in research with people marginalised by gender or sexuality – Organised by UCL
- 'Sensitivity' in Qualitative Research; Positionality and Power - Dr Rishita Nandagiri – Organised By UCL
- Beyond Radical Symposium – Inclusion and diversity- Organised by AHRC
- Trans health and systems – Organised by Queer Britain
- Not the first trans man – Organised by UCL
- Transference, Countertransference and Reenactment in therapy – Webinar - Organised by International Society for Study of Trauma and Dissociation (ISSTD)
- Relational Aspects of Therapy- Webinar - Organised by International Society for Study of Trauma and Dissociation (ISSTD)

- EMDR and Dissociation -An Introduction to Progressive approach – Webinar - Organised by International Society for Study of Trauma and Dissociation (ISSTD)
- Sesame Method of Drama Therapy – Training - Organised by the Arts Therapists CoLab in Pune
- Somatic experiencing training – Organised by The healing circle in collaboration with Trauma institute, New York.
- Managing Mental Health Online: Reflections on body and space in therapeutic work.

PUBLICATIONS

- Gopalakrishna, M. Ravi,P., Chander, P. (2024). Finding a Language to Say Goodbye Trauma-informed anti-oppression drama therapy in a school in rural South India. In Eds. Sajani, N., & In Johnson, D. R., Trauma-informed drama therapy: Transforming clinics, classrooms, and communities. SECOND EDITION Charles C.Thomas. Springfield, Illinois.
- Gopalakrishna, M, & Seshadri, S. (2023), The curative in the Creative: Theatre in Mental Health Practice, ICC Quarterly. Autumn 2023. India International Centre.

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 it's ethical guidelines in research and are subject to the professional conduct procedure currently in force.

OUR TEAM 2023 - 2024

Counsellors / Psychologists / Supervisors:

B.N. Sharada, Dr. Gayitri Bhatt, Amita Bala, Vinita Shah, Manisha Gokhale, Manju Sapru, Dr. Maitri Gopalakrishna, Purna Kapur, Supriya Kalbag, Dr. Kalyani Patange

Counsellors / Psychologists / Dance Movement Therapists:

Sumana Hari, Nidhi Kapur, Pallavi Shetty, Srividya Muralikrishna, Shweta Pannu, Kaushiki Rao, Suma S. Belawadi, Anjana Kochhar, Aparna Ramakrishnan, Rovana Verghese, Rakesh Mehar, Tejsweeta Singh, Amrita Kaur, Atmica Reddy, Lakshmi Madduri, Sanjini Kedia, Taanya Mathur, Gayatri Abraham, Roy Sinai, Pinky Chakraborty, Keerthana Jayaram, P. Ramalakshmi, Nishtha Sabharwal, Priya Nambiar, Chinmayi Ramaiah, Madhumita V.

External Supervisors:

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

Research:

Akhila Doraswamy – Lead Researcher

Administration / Accounts:

Malini Sridhar, Vivek Varma, 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
Bengaluru	Bengaluru	Bengaluru

MEMBERS OF THE EXECUTIVE COMMITTEE (2023 - 2024)

NAME	OCCUPATION	OFFICE HELD
Mabelle Palat	Counsellor	President
Christopher Jayakaran	Consultant Geologist	Vice-President
Lynette Nazareth	Coordinator - Centre for Academic and Professional Support, Christ (Deemed to be University)	Secretary
Meera Huddar	HR Consultant	Treasurer
Anjali Nair	Coach	Member
Dr. Poornima Bhola	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)

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.



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