



WHO WE ARE

Parivarthan Counselling, Training and Research Centre is a registered, non-funded, non-profit society established in 1995, with no religious affiliation, that offers counselling services by trained professionals to anyone in emotional distress or requiring support to navigate mental health issues.

True to our name, we believe in transformation - transformation of our clients towards positive mental growth and transformation of the mental health landscape in India at large. Parivarthan firmly believes in its ethical responsibility to provide quality practice with well-trained and experienced counsellors.

Recognising the need to work under a Regulatory Body, and in the absence of a Parent Body for Counselling in India, Parivarthan applied and was granted an Organisational Membership of the British Association of Counselling and Therapy (BACP) in June 2006. We therefore work by the strong ethical code recommended by the BACP, namely the Ethical Framework for Good Practice in Counselling and Psychotherapy, the *Ethical Guidelines for Researching Counselling and Psychotherapy* and the *Professional Conduct Procedure*.

We provide services in the following domains:

Counselling

Training

Workshops & Conferences

Research

Consultancy

Counselling Helpline

Outreach Services

SERVICES

COUNSELLING

A *counsellor* is an agent of change, healing and growth in a collaborative relationship with their client. The counsellor's role is to facilitate the client's work in ways that respect the client's values, personal resources and capacity for self-determination. A counsellor at Parivarthan is highly trained, undergoes regular supervision and individual therapy, and hones skills through continuous professional development to best meet clients' needs.

Counselling at Parivarthan follows an integrative or eclectic approach, drawing from various schools of thought of psychology to meet the needs of our diverse clientele. It is a skilled and conscientious use of a professional relationship to facilitate personal exploration and discovery, looking at options, finding self-identity, learning self-acceptance, making choices and learning to live more at peace with oneself and others.

- **Individual Counselling:** is offered to individuals who face various psychosocial concerns such as emotional difficulties, relationship-related issues and work-related problems. Individual counselling is also provided to individuals who wish to become more self-aware and enhance their overall well-being.
- **Child/Adolescent Counselling:** is offered for emotional issues or to address behavioural concerns in children and adolescents and to support their age-appropriate psycho-social development.
- **Couples Counselling:** is available for individuals and couples who wish to work on their relationship issues to promote healthy, functional relationships. We also help couples work through the difficult processes in the relationship.

Pre-marital counselling is offered as a specialised service for couples about to undertake the journey of marriage.

- **Family Counselling:** is available for families with interpersonal and relational problems within their family dynamic.
- **Career Counselling:** is available for students and young adults experiencing dilemmas regarding educational streams and career choices. This includes psychometric tests to assess the Interests in different professions, Aptitude/Ability and Personality Profile of the individual. A report is then presented with suggested career /academic options, addressing emotional issues that this decision-making process may trigger.
- **Group Therapy/Support Groups:** are facilitated for various issues relevant to the group and to learn issue-related coping strategies. Groups act as supportive networks, where individuals of the group experience an enhanced sense of belongingness, connectedness and empowerment as a part of the group learning process.
- **LGBTQIA+ Counselling:** Parivarthan identifies itself as an LGBTQIA+ affirmative organisation. Individual, couple and group counselling services are offered to interested members of the LGBTQIA+ community.

To make an appointment for in-person
(at our centre) or online counselling,
please email us at

information@parivarthan.org

or call at

080-25273462 or 25298686

or +91-8050003136

between 10 am to 5 pm

(Monday to Friday)

and 10 am to 1 pm

(on Saturdays)

PARIVARTHAN COUNSELLING HELPLINE (PCH)

Parivarthan offers a **free telephone counselling helpline** aimed at providing immediate counselling support to anyone in distress by trained counsellors.

Counselling is offered in several languages, and the callers are from varying educational, social and economic strata. Calls are received from many locations on varied issues like examination anxiety, sexuality issues, anxiety, depression, self-image, loneliness, relationship distress, identity issues, etc.

The widespread availability of mobile phones makes mental health care accessible even in remote areas via the helpline.

Helpline Number:

7676602602

**Timings: 1 pm to 10 pm
from Monday to Friday.**

OUTREACH SERVICES

Parivarthan believes in networking with other NGOs in the mental health sector to extend our counselling and training services through outreach programmes at the community and grassroots levels. In collaboration with other NGOs, our outreach programmes have been dedicated to vulnerable populations such as children in conflict with the law, runaway street girls, survivors of abuse and violence, the visually challenged, children with disabilities and the rehabilitation of male and female prisoners.

We have ongoing outreach programmes with several national educational institutions, schools and colleges.

SERVICES TO ORGANISATIONS

Employee Assistance Programmes (EAP) Services are provided to address work-related stress, workplace conflict, work performance, and sexual harassment, to name a few.

- **Counselling Services:**
 - Onsite: Our trained counsellors provide counselling services at the organisation's premises.
 - Offsite: Our counsellors conduct therapy sessions for employees either online or at our Centre at Indiranagar, Bangalore.
 - Helpline: Given the busy work schedule of many employees, Parivarthan offers emergency and crisis counselling services through the telephone Helpline.
- **Need-Based Training Modules:** Need-based training modules are tailor-made to suit the needs of various corporate, governmental, and non-governmental organisations and educational institutions. Currently, the following training programmes are offered regularly in both English and Kannada.
- **Care for the Care Providers:** From our experience of working with the staff of various NGOs and professionals in the service industry, we realize that it is important to support these professionals by providing psycho-education [developmental aspects] with regard to the target populations that they work with, teach skills for improved communication and listening, and more importantly to help them understand and address some of their own personal issues that affect their holistic well-being. This enables them to provide better care and also helps to avoid burnout, which happens quite frequently in these professions.

RESEARCH

Parivarthan recognises the importance of the circularity of research and practice in the field of counselling and psychotherapy. We seek to formulate an empirically sound research base to understand better how counselling and practice can operate in the Indian context. The overall aim is to study variables associated with the counselling process and outcome to enhance our understanding of how these variables inform the work that is done at our Centre and promote professional growth.

Some of our research projects over the years include:

- “What makes the Experience of Counselling Effective?” – A Qualitative Study that explored both facilitative factors as well as barriers to the counselling process.
- A Research Study on “The Effectiveness of the Life Skills Training Programme- Module I - *Interpersonal Communication and Listening Skills*. The objective of the Study was to understand the key takeaways and the overall effectiveness of the Training Programme
- “Attachment and the Therapeutic Relationship” – A Study on the role of both client and therapist perspectives in terms of how they influence aspects of the therapeutic relationships, namely the working alliance and the real relationship.

This Research Paper was presented at the Society of Psychotherapy Research (SPR) Conference in Amsterdam in June 2018.

- The Trainees of our One Year Training Programme, Basic Skills in Counselling, conduct Group Research Projects each year on mental health and counselling related issues in India as a part of their Course Requirements.

WHAT SETS US APART

What makes the Parivarthan experience unique is the strict and uncompromising adherence to ethical guidelines for counselling and psychotherapy. We deeply respect our clients’ confidentiality and ensure they have the dignity they deserve when they take the courageous first step of seeking help. Our emphasis on our counsellors’ personal and professional development helps us guarantee clients premium counselling services.

FEES

The fees for all of our services are set on a sliding scale. At Parivarthan, no one is denied counselling or training services due to financial constraints. Regardless of monetary returns, we do not compromise the standards or quality of services.

WE INVITE DONATIONS

As a non-profit society, our services are supported by donations from well-wishers that make it possible for us to help the less fortunate. Donations made to Parivarthan are exempt under Section 80G of the Income-Tax Act.

CONTACT US



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