

## **COUNSELLING CENTRE, SJC, TRICHY.**

### **Psychological Counselling**

**Counselling**...is a process that opens the doors of one's mind to talk to a Professional helper leading to the emergence of self-knowledge, truth, freedom and self-actualization

#### **Objectives**

Professional Counselling in St.Joseph's College is an innovative initiative with the objectives of

- 1) Helping the students to manage their psychological problems more effectively and develop unused and underused opportunities more fully
- 2) Helping the clients to become independent and manage their lives well
- 3) Capacity building of Mind in Higher Education for Human development through the various programmes offered.

Counselling centre is committed to help, boys and girls who in their youth, go through an emotional roller coaster during their developmental stages of life. College boys and girls, in their anxiety to grapple with problematic situations, more often than not oscillate between healthy and unhealthy behaviors. In these untraveled terrains, students, staff and parents-both voluntary and involuntary are given both individual and group counseling on a regular basis.

#### **Focus Areas: Problems Faced by the Clients**

- Lack of concentration in studies
- Conflict with parents and friends
- Lack of motivation, Mood disorders, Depression, Anxiety, Phobia
- Emotional issues, Fear, Anger, Inadequacy, Low Self-esteem issues,
- Interpersonal Living, Peer pressure, Friendships and
- Problems related to Alcohol, Sexuality, Sleep disorders,
- Career guidance, Study Skills
- Psychosomatic symptoms and Stress management, Time Management etc.

***Total Number of Clients: Individual & Group = 400 - 450 clients (Yearly)***

**Referrals**

- Referrals are made by the Principal, Deputy Principal, and Heads of the Departments, Hostel Wardens, Mentors and teachers and parents.

**Valued Outcome**

- Nurturing psychological healing, health and development in personal/ professional/ social life.

**Figure 1:** Group Counselling and Dynamics

