

## **ALL ABOUT PSYCHOLOGICAL COUNSELING:**

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**Counseling Psychologist**

### **What is Psychological Counseling?**

It is a psychological empowering process to encourage individuals, experiencing distress, feel the inability to handle or manage the issues, problems and the stress of day to day life--be it Academic, Career or Personal.

It helps to take control of their lives while working through issues and problems that pushes them to experience low self esteem and thereby lose confidence in their abilities.

Counseling is a Voluntary option. It is all about helping people to Help Themselves through interaction with a trained and experienced Professional. It helps to gain perspectives on Thinking, Feeling (Emotions) Behavior and Relationships.

### **Who are called the "COUNSELLORS"?**

Counseling Psychologists who are professionally qualified in Psychology and Counseling are known as counselors.

They are committed to Ethical guidelines.

They are Warm, accepting and non-Judgmental

They Help for Personal Growth.

### **How does Counseling work?**

The client in need meets the Counselor either on his/her own or through referrals. The Counselor actively listens and helps the client with non-judgmental suggestive solutions to the concerns. The number of sessions may vary from person to person, depending on the intensity. Follow up is done till such time the counselor feels satisfied with the progress and improvement. Thereafter the sessions are discontinued. There is no Emotional attachment developed. No records or information is used against the individuals, especially the students, either being in or out of the institute anytime. .Choice is with the client too in case he/she prefers to discontinue for any reason.

All information shared in the sessions is kept confidential.

Acute and symptoms of Mental Health issues are immediately referred to Psychiatrists and Mental Health Professionals. Follow up counseling is done, if the need is felt.

### Process of Psychological Counseling at IISc:

**Strong Network** is being worked out to coordinate with the Health Centre, Chair Persons, Faculties, Staff and the Student Council. Referrals can be made from any corner and they will be attended to on priority.

**Awareness articles** will be posted periodically on the webpage of the Centre.

**Queries** will be answered through an exclusive Blog, on the web page.

**Help line Boxes** are planned to be kept in each department. This will be maintained by CCS through the Peer Support group from each department.

Help line of the centre will be open from 11am to 4pm, from Monday to Friday. Calls can be made on 2293 2990.

During weekends and after 4 PM, Counselor can be contacted through mobile 99453 21422 in emergencies or if any individual feels desperate otherwise the contact can be through mail and wait for the appointment.

Mail id: [counsellor@admin.iisc.ernet.in](mailto:counsellor@admin.iisc.ernet.in); [nalini.bng@gmail.com](mailto:nalini.bng@gmail.com)

These apart:

### Individual One-on – One Counseling:

Individuals can voluntarily meet with the Counseling Psychologist at CCS with prior appointment to avoid over lap of time.

### Group Counseling: Planned at Three Levels.

1. Interaction with the students in the respective departments.
2. Peer Support Group across the departments to be established. This group will meet once a fort night or a month along with the counselor to discuss on the issues and arrive at probable solutions or approaches to address the issues
3. Peer Group support at Faculty level from all the departments. Interested faculties can volunteer to form a support group. Students with Horizontal and vertical mobility can approach the faculty who they prefer to talk to widen their perspectives or find a way to get helped.

Referral Counseling: Referrals from Departments and Health Centers will be attended to with prior appointments.

### What Counseling is 'NOT'?

No instant Solution

No Magic readymade answer or solution available with the Counselor

## **Not an advice giving or preaching service**

### **What does counseling provide?**

It provides a supportive service that helps to create a safe emotional environment in which an individual can explore and share the difficult situations on personal and or Academic issues. In the process widen the perspective of thinking to find a different approach to the issue.

Provides guidance and help to understand, accept and overcome emotional issues, problems and concerns, some which may be long standing.

Fears, anger, abandonment, rejections, trauma, and confusion can all be examined and clarified through reflective approach during the counseling sessions.

Helps individuals to understand their potential, overcome low self esteem, inferiority complex and helps to increase the self confidence.

### **Approaches to Psychological counseling in practice at the centre:**

Cognitive Behavior Therapy

Rational Emotive Behavior Therapy

Invitro –Virtual Reality Therapy

Transactional Analysis

Details of therapy can be had in person.