

## The Sophia J.N.Heredia Counseling Centre

### Report 2019-2020

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*Jennie Mendes\**

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Unlike trends observed in previous years, there was an increase in the number of appointments booked in the present year, indicating the increase in stressors that students currently face. It could also be a direct consequence of more awareness around mental health.

The month of June saw the start of the academic year, which is why it was relatively slower, with fewer appointments. The counsellors Ms Deepika Bhandari and Ms Avanti were introduced to the various everyday workings, and the setup of how events, meetings would be planned for the upcoming period. The counsellors were acquainted with the process of setting up appointments, the time period given to each appointment, along with the confidentiality clause being reiterated. **Further, the new addition of providing attendance to desiring students was also discussed.** (Introduced for the first time) Following these, the counsellors drew up attendance slips, as well as appointment booking posters for the information of students all around college. In addition, expectations were set, and the counsellors were provided with the required access to the computer laboratory, library and resources at the Women's Centre as well as Counselling Centre.

The Centre designed an **intake form** to be filled by all clients (sample form at the end of the report)

**The number of first time and follow-ups was the highest so far with 160 last year (2018-19) and a 406 for this year. (2019-20)**

- *Co-ordinator: Sophia-J.N.Heredia Counselling center & Dalmia Prof Emeritus*



## Personal & Career Counselling

### First time sessions & follow-ups

| No                | Month     | No of appointments |
|-------------------|-----------|--------------------|
| 1                 | June      | 13                 |
| 2                 | July      | 63                 |
| 3                 | August    | 33                 |
| 4                 | September | 40                 |
| 5                 | October   | 24                 |
| 6                 | November  | 26                 |
| 7                 | December  | 53                 |
| 8                 | January   | 64                 |
| 9                 | February  | 61                 |
| 10                | March     | 29                 |
| <b>TOTAL: 406</b> |           |                    |

- Details are maintained as daily logs.

### Orientation program for class groups

The purpose of the orientation talk is to familiarize staff and students with the counselling centre and its activities: the services it provides and the ways in which these services can be assessed by the students. Additionally suggestions were taken from the students about topics they would like covered as part of group sessions to be able to better plan group interventions and understand the issues that students are dealing with. The rounds proved to be very effective and acted as an icebreaker between the counsellor and the students seeking counselling while giving an idea what to focus on.

FYJC Arts & Science (All divisions)

SYJC Arts & Science (All divisions)

FYBA & FYBSc (All divisions/groups)

SYBA & SYBSc (All divisions/groups)

TYBA & TYBSc (five groups)

FYBMM/SYBMM/TYBMM



BSc IT (FY/SY/TY)

## Bonding Sessions

FYBA Div. A & B Sociology

FYBA Education

FYBA Economics

TYBA Sociology SM

TYBA Education DM

Hostel groups (2)

**\*\* Bonding sessions will be more effective if taken by the respective teacher as she too would be able to create a rapport with her/his students**

**Mental Health Sessions/Workshops = (14)**

| <b>No</b> | <b>Month</b>     | <b>Class</b>                              | <b>Topic</b>   |
|-----------|------------------|---|--|
| <b>1</b>  | <b>July</b>      | <b>SYJC</b><br><br><b>TYBA</b>            | <b>1. 4 career talks</b><br><b>2. Time management</b><br><b>3. Goal setting</b><br><b>4. Mental health first aid</b> |
|           | <b>August</b>    | <b>BMM</b><br><b>TYBA</b><br><b>FYBSc</b> | <b>1. Stress Management</b><br><b>2. Career options for Sociology</b><br><b>3. How we make choices</b>               |
|           | <b>September</b> | <b>BMM</b>                                | <b>1. Relationship issues</b><br><b>2. Goal setting</b>  |
|           | <b>October</b>   | <b>FYBA</b><br><b>(Education)</b>         | <b>1. Challenges in Counselling</b>  |
|           | <b>November</b>  | <b>TYBA</b>                               | <b>1. Resilience</b>   |
|           | <b>December</b>  | <b>FYBSc</b>                              | <b>1. Depression</b>   |

*Amendes*

|  |  |                  |  |
|--|--|------------------|--|
|  |  |                  | <b>2. Personality</b>  |
|  | <b>January</b>                         | <b>SYBA</b>      | <b>1. Careers in Counselling</b>                             |
|  | <b>February</b>                        | <b>TYBA</b>      | <b>1. Prejudice</b><br><b>2. Film discussion: Article 15</b> |
|  | <b>GROUP SESSIONS / Support groups</b> |                  |  |
| <b>1</b>   | <b>TYBA</b>                            | <b>1.5 hours</b> | <b>1 session (7 students)</b>                                |
| <b>2</b>   | <b>FYBMM</b>                           | <b>1.5 hours</b> | <b>1 session (10 students)</b>                               |
| <b>3</b>   | <b>SYBA</b>                            | <b>1.5 hours</b> | <b>1 session (6 students)</b>                                |
| <b>4</b>   | <b>FYBSc</b>                           | <b>2.5 hours</b> | <b>2 sessions (13 students)</b>                              |
| <b>5</b>   | <b>FYBA</b>                            | <b>1.5 hours</b> | <b>1 session (5 students)</b>                                |
| <b>Some of the workshops/sessions were based on the inputs from teachers</b> |  |                  |  |

- **Dates & names of students who participated are available at the centre**

For the first time the addition of **bimonthly support groups** were set on decided dates. Any student from the college was welcome to attend these groups. There was one major area that the groups focused on. In roughly an hour and a half long session, the clients were given a safe space to express their thoughts, feelings, concerns and some coping strategies to deal with the issue will also be discussed. The expectation is that this will help the group to form stronger bonds and be able to look to their peers for social support **\*8 bimonthly support group sessions were held**

A **research idea** was proposed and approved just before the start of the Diwali break. It was observed that many of the clients who came in for counselling were struggling with issues of social support and had undergone adverse childhood experiences. The resulting emotional and behavioural difficulties had not been addressed until they started counselling but had a significant impact on their functioning and everyday life. The therapist hypothesized that Group therapy could be an effective intervention strategy with the clients. The research suggested was testing out the effectiveness of a group therapy module with people who had similar issues. There would be a pre-test and post-test assessment conducted to compare and contrast the results obtained from the study. (Study results to be submitted in December 2020).

*Mendes*

## **Family Sessions**

### **\*17 family sessions and 7 meetings**

13 family sessions were held to discuss the seriousness of their daughter's psychological problem. Parents were very receptive and cooperative

4 additional meetings along with parent and BMM faculty and Principal were held.

7 meetings were held with the BMM dept to discuss students with serious personal problems.

## **Life Coaching**

**Ms Rupa Kothari** a trained Life Coach and an ex-student volunteered to help FYJC students. Her program commenced in November.

**She held 4 orientation sessions and 18 coaching sessions for students every Thursdays & Fridays.**

### **Important dates.**

June 7<sup>th</sup> Interview for the post of a counsellor (selected Ms Deepika Bhandari)

June 10<sup>th</sup> Ms Jennie Mendes visited St Xavier's College to study their structure of the counselling cell and their career counselling services.

June 25<sup>th</sup> Interview for the post of a counsellor (selected Ms Avanti)

July 24<sup>th</sup> Session by Ms Leina Braga on the American transfer program

Dec 5<sup>th</sup> Ms Jennie Mendes attended the IRCTC Principals workshop on childhood depression

Feb 5<sup>th</sup> Pearl Academy conducted psychological testing (Career Assessment) for 388 SYBA students

March 3<sup>rd</sup> 30 TYBA students attended a free workshop organized by Ms Tuba of Pearl Academy.

Jan 17<sup>th</sup> On all Fridays 11.20 to 12.25 sessions on **Reclaim your Art: Reinventing ourselves with drawing and painting** were held by Prof Medha Rajadhyksha . On an average 10 to 13 students attended



## SOPHIA-J.N.HEREDIA COUNSELING INTAKE FORM

Name: \_\_\_\_\_ Age \_\_\_\_\_

Personal Mobile Number: \_\_\_\_\_

Emergency (Parent/Guardian) Contact Number: \_\_\_\_\_

Emergency Contact (Parent/Guardian) Email id: \_\_\_\_\_

Current Address:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Emergency (Parent/Guardian) Contact Address:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Reason for seeking therapy:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**NO – SUICIDE CONTRACT**

*Alexander*

I, \_\_\_\_\_, hereby agree that I will not harm myself in any way, attempt suicide, or die by suicide.

Furthermore, I agree that I will take the following actions if I am ever suicidal:

I will call \_\_\_\_\_ if I believe that I am in immediate danger of harming myself.

Signature \_\_\_\_\_

Date:

*Appendix*