



Dempo Charities Trust's

DHEMPE COLLEGE OF ARTS & SCIENCE
Miramar, Panaji-Goa

Certificate Course in Counselling for Alcohol Problems

Course objectives

1. To develop an understanding about the basics of de-addiction counselling, including its theory and practice
2. To develop an understanding about the role and responsibilities of a counsellor in de-addiction settings
3. To develop the key skills for an effective counselling relationship
4. To develop an understanding about different styles of counselling

Course contents

Module 1: Looking forward to being a counsellor

Module 2: Introduction to Mental Health and Mental Illness

Module 3: Core skills in De-Addiction Counselling

Module 4: The Counselling Process-From initiation to termination

Module 5: Special Considerations in the Counselling Process

Module 6: Approaches to counselling

Module 7: Learning Review

Course outcome

- Participants will develop an understanding of fundamentals of counselling process and building the counselling relationship.
- .Participants will acquire the counselling skills and intervention strategies to perform counselling in a safe environment.

- Participants will develop the ability to practice skills, and handling clients competently and professionally.

Certificate Course in Counselling for Addiction Alcohol Problems

Sr.No	Name	Mobile No.	Designation	27-12-2018	28-12-2018	29-12-2018	31-12-2018
1	Nandini Cardoso	9923106321/2448321	School Counsellor	Nandini	Nandini	Nandini	Nandini
2	Dr. Aayesha Sameer	7259218475	MA Wellness Counselling student	Aayesha	Aayesha	Aayesha	Aayesha
3	Farhat Jahan Khan	7378502673	Counsellor in College	Farhat	Farhat	Farhat	Farhat
4	K. C. Cherian	8999395319/9223550434	Intern at Chaitanya Institute of Mental Health	K. C. Cherian	K. C. Cherian	K. C. Cherian	K. C. Cherian
5	Durga P. Chari	7798226170	Intern at Dir. of Women & Child Devlp.	Durga	Durga	Durga	Durga
6	Madhuri S. Marathe	9049262831	Intern at Dir. of Women & Child Devlp.	Madhuri	Madhuri	Madhuri	Madhuri
7	Ankita Anil Hoble	9765795724	Team Member at Childline	Ankita	Ankita	Ankita	Ankita
8	Vinita Vishram Gadekar	7767911997	Team Member at Childline	Vinita	Vinita	Vinita	Vinita
9	Shweta Fernandes	9730507550	Counsellor	Shweta	Shweta	Shweta	Shweta
10	Renalda Pereira	7767047449	Student, Heart to Heart <small>counseling center, Madhav</small>	Renalda	Renalda	Renalda	Renalda
11	Jessica Pereira	8412972462	Team Member at Childline	Jessica	Jessica	Jessica	Jessica
12	Deepali Dinesh Kamat	8007359451	School Counsellor	Deepali	Deepali	Deepali	Deepali
13	Arleta Perpetua Veloso DeSouza	9823285907	PGDC&G Student	Arleta	Arleta	Arleta	Arleta
14	Shreya Borker	8390978584	Counsellor Supervisor, GEDC	Shreya	Shreya	Shreya	Shreya
15	Krutika Deepak Mandrekar	9158701220/9284238500	Intern at Dir. of Women & Child Devlp.	Krutika	Krutika	Krutika	Krutika
16	Shama Parvin Sayed	9284197235	Intervention Officer(Beyond Boundries)Sangath	Shama	Shama	Shama	Shama
17	Priyanka Rodrigues	7720947400	Student, M.A. in Psychology, Carmel College	Priyanka	Priyanka	Priyanka	Priyanka
18	Pratiksha Pandurang Parvatkar	9158519233	Intern Counsellor, Forensic Dept. GMC	Pratiksha	Pratiksha	Pratiksha	Pratiksha
19	Preetha Mathew	9158992707	Counsellor, Antarman	Preetha	Preetha	Preetha	Preetha
20	Tanushri Sharma	7798772922	Counsellor, Antarman	Tanushri	Tanushri	Tanushri	Tanushri
21	Rupali Mohbe	9522555703	Counsellor, Antarman	Rupali	Rupali	Rupali	Rupali
22	Madhura Joshi	9404432320	Counsellor, Antarman	Madhura	Madhura	Madhura	Madhura
23	Sharika Fernandes	9822128745	Counsellor, Antarman	Sharika	Sharika	Sharika	Sharika
24	Glenda Fernandes	9822259495	Student, T.Y.B.A, St. Xavier's College	Glenda	Glenda	Glenda	Glenda
25	Yogita L. Dhani	8888289271	Student, T.Y.B.A, St. Xavier's College	Yogita	Yogita	Yogita	Yogita
26	Komal Bodke	7875233294	Student, T.Y.B.A, St. Xavier's College	Komal	Komal	Komal	Komal
27	Anita alias Sushanti Sudesh Kavlekar	9011072079	Counsellor, NGO	Anita	Anita	Anita	Anita
28	Kimberley	8806513922	Counsellor, Chowgule College, Margao	Kimberley	Kimberley	Kimberley	Kimberley
29	Bhagyashri Bhagyalaxmi Teli	9871508672	Coun]lor, Sanjivani College, Kopergaon	Bhagyashri	Bhagyashri	Bhagyashri	Bhagyashri
30	H. Choudhary	9871613348		H. Choudhary	H. Choudhary	H. Choudhary	H. Choudhary
31	Utkarsha Naik	9049283163	1st COUNSELLOR, SANGATH.	Utkarsha	Utkarsha	Utkarsha	Utkarsha
32	Anagha Damle	9112188737	Student	Anagha	Anagha	Anagha	Anagha



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Panaji, Goa**

Certificate Course in 'Counselling for Alcohol Problems'

Objectives:

- To develop an understanding about the basics of de-addiction counselling, including its theory and practice.
- To develop an understanding about the role and responsibilities of a counsellor in de-addiction settings.
- To develop the key skills for an effective counselling relationship.
- To develop an understanding about different styles of counselling.

Report: The Department of Psychology in collaboration with Sangath, Porvorim – Goa, organized a certificate course in 'Counselling for Alcohol Problems' from 27th to 31st December 2018 at Dhempe College. The total duration of the course was 24 hours. Dr. Mukta Karamadi, Head of Department of Psychology coordinated the course.

Dr. Abhijit Nadkarni, a Hon Consultant Psychiatrist and Co-Director Addictions Research Group, Sangath and Ms. Urvita Bhatia, a clinical psychologist and counsellor from Sangath and Prof. Richard Velleman from University of Bath, United Kingdom, were the resource persons.

The course included the following topics:

- Module 1: Looking forward to being a counsellor
- Module 2: Introduction to Mental Health and Mental Illness

- Module 3: Core skills in De-Addiction Counselling
- Module 4: The Counselling Process-From initiation to termination
- Module 5: Special Considerations in the Counselling Process
- Module 6: Approaches to counselling
- Module 7: Learning Review

Presentations, Group discussions, Demonstrations, Role-plays, Group exercises and Case studies were used to deliver the course contents.

A total of 29 participants which comprised of teachers, students, counsellors and social workers from all over Goa, benefitted from the course.

Outcome:

The participants developed an understanding of the fundamentals of the counselling process and building of the counselling relationship and acquired counselling skills and knowledge of intervention strategies to carry out counselling in a safe environment. The participants also developed the ability to practice skills, and the handling of clients competently and professionally.

