

Dempo Charities Trust's DHEMPE COLLEGE OF ARTS & SCIENCE Miramar, Panaji-Goa

Department of Psychology: Non-Conventional Course

✓ **Course title:** Peer Counselling for Adolescents

√Course Objectives:

• To empower adolescents with the basics of counselling so that they can recognize and mediate early in mental health issues.

• To tackle stigma in mental health by encouraging open dialogue.

- To dispel myths about mental health conditions.
- To encourage individuals to seek professional help for mental health issues.
- \checkmark No. of course hours: 20

Content

Inauguration

Session 1 Adolescents and mental health: Relevance of Peer Counselling

Participant introductions

Mindfulness meditation with practice

The counselling process

Session 2 Basics of counselling: Asking open ended questions, summarizing and

paraphrasing

Practice (starts with mindfulness)

Session 3 Basics of counselling: Empathy, Active listening, being non-judgemental Practice (starts with mindfulness)
Basics of counselling: Respect, Confidentiality, Self - care
Session 4
Practice (starts with mindfulness)
(role plays/ panel discussion/ anecdotes with active feedback)
Preventing Suicide: Myths and false beliefs
Session 5 Exploring warning signs for suicide
Practice (starts with mindfulness)
Common psychiatric conditions

Session 6

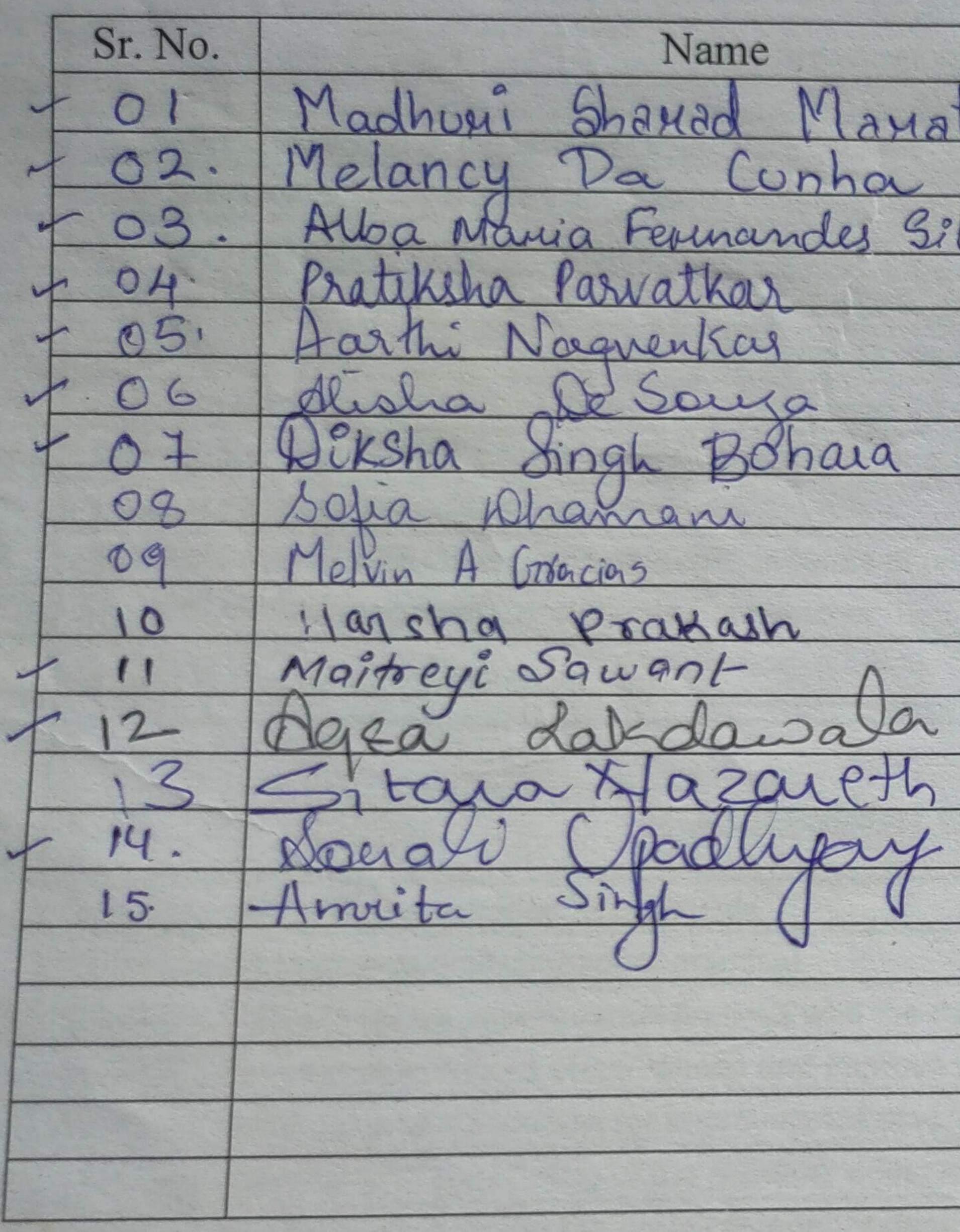
Seeking help: Local Resources, NGOs, therapists

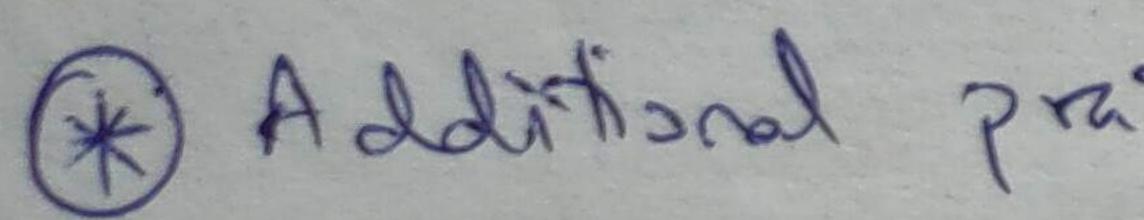
Questions and practice

Session 7 The way ahead

Course Outcomes:

Participants (adolescents) will develop the basic skills of counselling and will be able to recognize andmediate early in mental health issues.

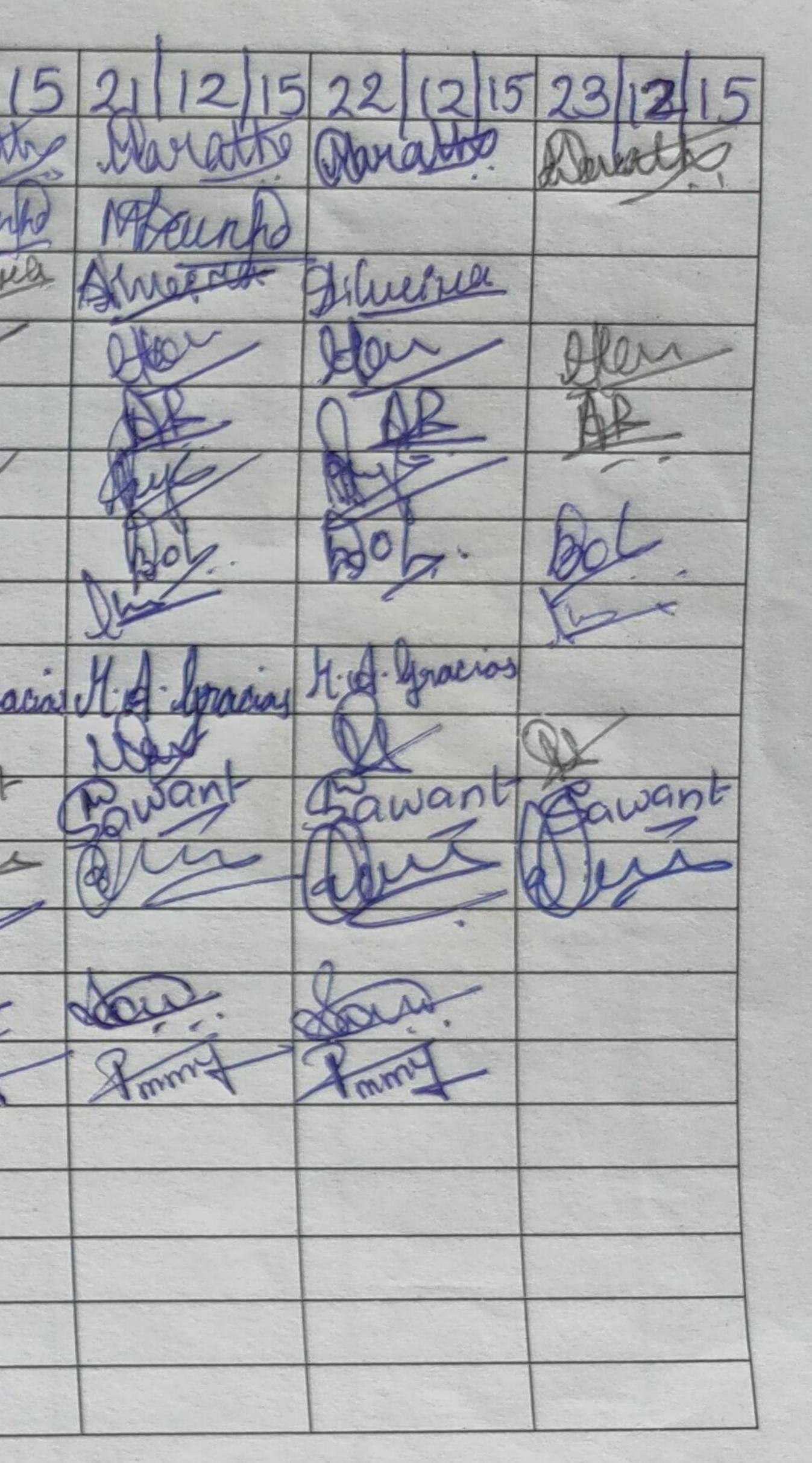




Participant Attendance Non-Conventional Course by the Department of Psychology 'Peer Counselling for Adolescents'

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14th – 23rd December, 2015





Dempo Charities Trust's Dhempe College of Arts and Science Panaji, Goa

Department of Psychology (Non-Conventional course)

Peer Counselling for Adolescents

The department of Psychology conducted a 20 hour non-conventional course titled, 'Peer Counselling for Adolescents', from 14th December, 2015 to 28th January, 2016. The course coordinator was Mr. Aresh Naik (Asst. Prof. – Psychology). The faculty for the course were Dr. Ravindra Agrawal (consulting psychiatrist – Manipal Hospital), Mrs. Meischa Cholera (practising psychologist) and Mr. Aresh Naik.

The objectives of the course were to empower adolescents with the basics of counselling so that they can recognize and mediate early in mental health issues, to tackle stigma in mental health by encouraging open dialogue, to dispel myths about mental health conditions, and to encourage individuals to seek professional help for mental health issues.

The course looked to equip the participants with basic counselling skills such as active listening, asking open-ended questions and summarizing. The participants were also provided inputs on effective suicide prevention and common psychiatric illnesses. The course was designed to be a mix of theory and practice sessions in which the participants worked on imbibing the counselling skills that were discussed. A total of 14 students from various streams attended the course.