



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.

✓ 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 and mediate early in mental health issues.

'Peer Counselling for Adolescents'

14th - 23rd December, 2015

Sr. No.	Name	Class	14/12/15	15/12/15	16/12/15	17/12/15	21/12/15	22/12/15	23/12/15
✓ 01	Madhuri Shreedh Marathe	TYBA	Marathe	Marathe	Marathe	Marathe	Marathe	Marathe	Marathe
✓ 02	Melancy Da Cunha	TYBA	Marathe	Marathe	Marathe	Marathe	Marathe		
✓ 03	Alba Maria Fernandes Silveira	TYB A	Silveira	Silveira	Silveira	Silveira	Silveira	Silveira	
✓ 04	Pratiksha Parvatkar	TYBA	Parvatkar	Parvatkar	Parvatkar	Parvatkar	Parvatkar	Parvatkar	Parvatkar
✓ 05	Aarshi Naqvenkar	T.Y.B.A.	AR	AR	AR	AR	AR	AR	AR
✓ 06	Alisha De Souza	TYBA	De Souza	De Souza	De Souza	De Souza	De Souza	De Souza	De Souza
✓ 07	Diksha Singh Bohara	TYBA	Bohara	Bohara	Bohara	Bohara	Bohara	Bohara	Bohara
08	Sofia Phamrani	SYBA	Phamrani	Phamrani	Phamrani	Phamrani	Phamrani		
09	Melvin A Gracias	SYBA	M.A. Gracias	M.A. Gracias	M.A. Gracias	M.A. Gracias	M.A. Gracias	M.A. Gracias	
10	Harsha Prakash	SYBA	Prakash	Prakash	Prakash	Prakash	Prakash	Prakash	
✓ 11	Maitreyi Sawant	FYBA	Sawant	Sawant	Sawant	Sawant	Sawant	Sawant	Sawant
✓ 12	Ajeeta Lakdawala	TYBA	Lakdawala	Lakdawala	Lakdawala	Lakdawala	Lakdawala	Lakdawala	Lakdawala
13	Sitara Hazareth	FYBA				Hazareth	Hazareth	Hazareth	
✓ 14	Sonal Padhyay	FYBA				Padhyay	Padhyay	Padhyay	
15	Amrita Singh	S.Y.B.Sc.	Ammy	Ammy		Ammy	Ammy	Ammy	

⊛ Additional practice sessions were conducted on 11/01/16, 18/01/16 and 28/01/16

Additional
with
2016



**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.