



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.