



**DCT'S**  
**DHEMPE COLLEGE OF ARTS AND SCIENCE**  
**MIRAMAR PANAJI GOA**  
**2022-2023**



**SESSION ON COUNSELLING PROCESS**  
**Organised by Department of Psychology**

An online session on ‘Counselling Process’ was organized by the Department of Psychology of Dhempe College of Arts and Science, Miramar – Goa on 9<sup>th</sup> January 2023, at 1 pm to 2 pm for TY.BA Psychology students. It was attended by 15 students. The main aim of the session was to help the student know the role of counselling and its importance. The resource person for the session was Ms. Lourdes T. Botelho, College Counsellor of Dhempe college of Arts and Science.

The counsellor explained the students various stages of counselling i.e. relationship building, problem assessment, and goal setting and so on. Several case studies were given to provide a brief insight into the counselling process and help the students to understand better how the counsellor deal with the challenging situation. She further explained the various qualities of a good counsellor.



At the end of the session mock counseling session was held to give students idea about the actual process of counselling. Overall the session was very informative and interactive and students got a deeper understanding on counseling and its importance.

(Mrs. Lourdes Botelho)  
College Counsellor