



Psychological Counselling Report – 2022-23

Name of the Psychological Counselor:

1. **Ms. Akshada Shinde:** June 2022- October 2022
2. **Ms. Pranali Parmar:** November 2022- May 2023

Number of Students Counselling: 53

Throughout the academic year from June 2022 to May 2023, 53 students acquired counseling. The total number of sessions held across the academic year is 310. The overall number of sessions comprises intakes, follow-up, check-in, distress, and crisis sessions held during the academic year.

Modes of Counseling offered:

- In-person counseling
- Online (Video call)
- Telecounseling (phone call).

Methodology of Counseling:

The counseling process is as follows:

1. When an individual reaches out for counseling, the counselor introduces themselves and sends four forms. Two Intake forms (screening the client for common issues such as depression, anxiety, trauma, substance use etc.), Risk Assessment *form* (screening for high risk factors or behaviours such as self-harm and suicide), Confidentiality and Consent form (noting their emergency contacts, consent for counselling and information about situations where confidentiality can be breached). All the tools used are standardized and measure objective scores. The client is also encouraged to ask any questions they may have regarding the counseling process.
2. An intake session is scheduled, which generally lasts for 90 minutes. Here, the counselor informs the client about the detailed counseling process, collects Case History, Mental Status Examination, Goals for Psychotherapy and similar information pertinent to their treatment. The counselor then discusses the frequency of future sessions with the client, based on the subjective and objective information acquired during the session, as well as the availability of the client.
3. A feedback form is sent to the client after the intake session to measure feedback regarding rapport, comfort level during the session and any suggestions for future sessions. The counselor incorporates this feedback for providing better treatment during future sessions.
4. After every 6 sessions, a standardized feedback form is shared with the client that helps measure objective and subjective feedback and progress made in counseling and efficiency of the psychotherapeutic intervention.
5. Once the client has achieved their goals set for therapy, the sessions are terminated and an objective feedback form is sent to collect data regarding satisfaction with the counseling process and any valuable feedback or suggestions.



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There is a detailed protocol for handling clients at High Risk for suicide. A Safety Plan is created with a collaborative process *by* the Counselor and the client, which highlights physical and emotional warning signs for suicidal ideation, provides a resource bank or toolkit for alternative coping mechanisms, emergency contact numbers (including Suicide Prevention Hotline numbers) and objects to keep at bay that reduce access and probability of risky behaviour.

1. In cases where psychopharmaceutical interventions (medications) are required, the client is referred to a Psychiatrist and counseling is provided in collaboration with the Psychiatrist, as necessary or complementary to the psychopharmaceutical intervention. In cases where family therapy sessions or relationship counseling are necessary to safeguard the mental health of the client, the concerned person/s is/are invited to join in occasions with the consent of the client.
2. In cases where the type of problems presented are outside the scope of operations or training of the Counselor, the client is informed about the same and referred to an external Mental Health Professional with expertise on the type of problem.

Broad areas of counseling: The problems most commonly faced and presented by clients included:

- Anxiety
- Social anxiety
- Academic stress
- Low mood
- Relationship issues
- Loneliness and isolation
- Study-related problems - Difficulty concentrating, lack of motivation, interest or commitment to academics due to lack of attention sustainability in online education, career-related difficulties.
- Adjustment issues
- General lack of purpose
- Depression
- Anger
- Homesickness

Outreach events:

Periodic outreach activities were conducted by Symbiosis Center for Emotional Well-Being (SCEW) to maximize reach to students, staff and faculty as well as encourage and enhance Mental Health Awareness and make Mental Health Support accessible.



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