

Report on Basic Counseling Skills training - Staff

Date: 23rd October 2019, 19th February 2020

Venue: Heber Hall Guest Room

This report captures the training session offered for the staff member who had undergone basic counseling course first level which is a 10 weeks course. Main objective of this training was to enable the staff to apply their learning in the college setting. Teachers can identify the psychological distress at the earliest and can reach and refer the needy students. Moreover, basic counselling skills not only train them as a teacher but as a whole person so that they can handle their own personal issues and emotions with psychological understanding.

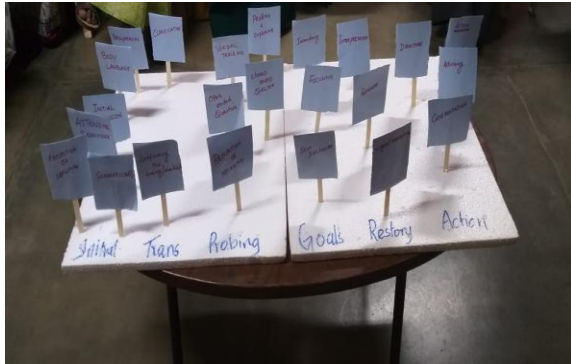
Student counsellor was the facilitator. This program focused only on the hands on training with role play, activities and case discussions. Emphasis was given on the signs of distress, basic counselling skills and referral.

First batch staff member were trained on 23rd October 2019 on the counselling skills and the stages of counselling. They were asked to make a triad and practice the counselling skills. Moreover, activity on the stage of counselling was practiced.

Case discussion was practiced, staff was encouraged to share stories of the students whom they have met and helped psychologically. Case conceptualization was taught and practiced by the staff.



Second training session was held on 18th February for the second batch counselling staff. The same training methods were practiced. They were asked to make a triad and practice the counselling skills. Moreover, activities on the stages of counselling, case discussion were practiced; staff was encouraged to share stories of the students whom they have met and helped psychologically. Case conceptualization was taught and practiced by the staff.



Feedback and Outcome:

Feedback was collected from the group. Herewith, I want to attach few

“Of course the course was very useful. That is why I have chosen to move to the next stage and also to attend this training. In fact, I am able to relate to the reactions of the students based on what I learnt in the course. I feel I need to think twice before jumping into conclusion and also to be more patient and Understanding. Thanks a lot for the inputs received from the training offered by you.”

- Dr. Hannah Fredrick
Asst. Prof. Commerce Department

I came with the very interest of mine and you gave me more than I ever imagined. From the Day 1 I got to know the nuances of brain working and the innumerable things going through in the adolescent students. I was thrilled in the days that followed and in fact wanted for the WoW Wednesday.

It shaped me, where I try to understand my students by what they are going through which I could not comprehend otherwise. This training made us to apply the learning in our relationship with students.

I thought I was a matured teacher but after this course and training only I got to know the meaning of the word CARING and HELPING. Now when a student approach with a problem I listen to them patiently and try to recollect the things I learnt from the class, only then I respond to them with suggestions.

The best part is " It is working out and I see them solved and being happy, me too"Thank you mam for the wonderful knowledge you shared in and out of the class.

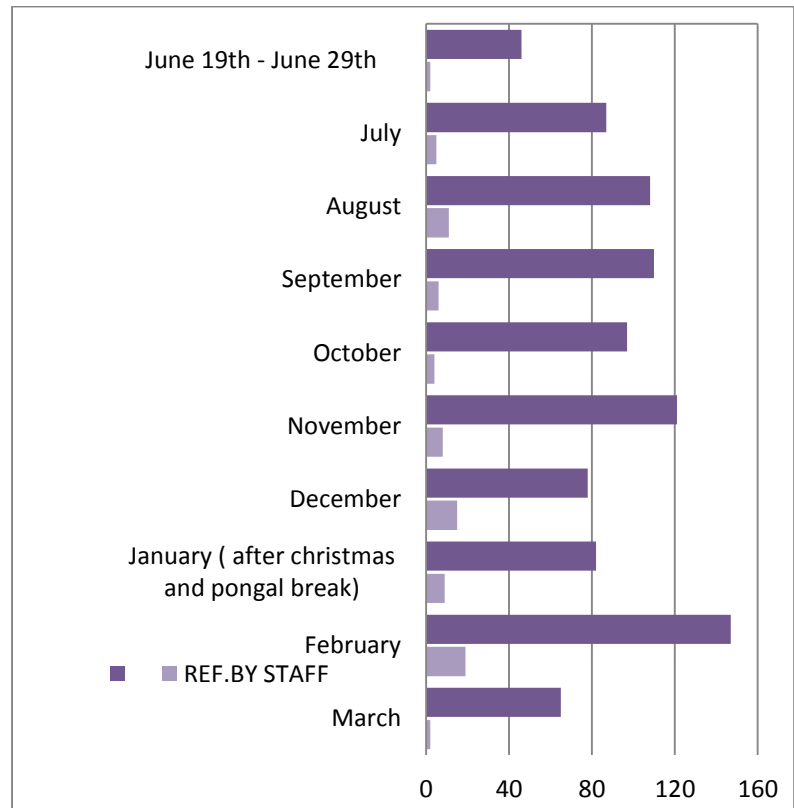
Looking forward for future training.

--

Thanks and Regards,
Dr. Lavanya Suja T
Asst. Prof, BCA Department

Outcome:

MONTH Intake		REF.B Y STAFF
June 19th - June 29th	46	2
July	87	5
August	108	11
September	110	6
October	97	4
November	121	8
December	78	15
January (after christmas and pongal break)	82	9
February	147	19
March	65	2
TOTAL	941	81



After the initiative of Basic Counselling Course and its training, the staff referral to counselling service had started to come. Initially in the academic year of 2018 – 2019 the number of referral was only through Disciplinary committee and 2 students were referred by the staff. The above graph indicates the increase to 81 through the staff referral during the academic year 2019 – 2020.

Moreover, Number of staff who had sought personal counselling help was 23 last year compared to 82 this academic year which is a sure progress in the mental health awareness among the teaching faculty. Furthermore, trained teachers do advocate for psychological helping seeking behavior during their personal and class room contact with the students.