



Institution's Innovation Council Saurashtra University Rajkot

“Counselling Overview”

3rd August, 2024

At

Seminar room, Department of social Work,
Saurashtra University, Rajkot

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Saurashtra University – IIC

The university is dedicated to instruction, research, and extending knowledge to the public (public service). Ministry of Education (MoE), Govt. of India has established 'MoE's Innovation Cell (MIC)' to systematically foster the culture of Innovation among all Higher Education Institutions (HEIs). The primary mandate of MIC is to encourage, inspire and nurture young students by supporting them to work with new ideas and transform them into prototypes while they are informative years. Saurashtra University is one the Organization that have constituted the IIC to foster the vision of MoE and be a part for the promotion and development of innovation ecosystem.

Event Schedule

11:00AM	• Welcome
11:10AM	• Awarness Session
12:45PM	• Q & A
01:00PM	• Closing Ceremony

Event Registration Link

bit.ly/SUSEC-COVER

Brief about Event

Department of Social Work, in collaboration with the SU Startup and Entrepreneurship Council and IIC Saurashtra University, were organized an event titled "Counselling Overview".

The sir explained the meaning of counselling and how it has evolved from informal advice in ancient societies and religious practices to a formal profession based on psychological science. In the 19th century, early interests in mental health were sparked by practices like phrenology and mesmerism, and the Industrial Revolution highlighted the need for career guidance. Influential figures such as Sigmund Freud and Carl Rogers played key roles in shaping therapeutic methods during the early 20th century. By the mid-20th century, professional organizations were established, leading to the creation of licensing and certification standards. In the 21st century, counselling has expanded to include diverse approaches, the use of technology, and a greater focus on promoting overall mental wellness.

Counselling plays a vital role in addressing mental health concerns, offering emotional support, and enhancing coping skills. It helps individuals manage significant life transitions like adolescence, career changes, retirement, and relationship shifts. In crisis situations, counselling provides immediate support, aids in trauma recovery, and helps in suicide prevention. It also encourages personal growth through self-discovery, goal-setting, and improving relationships, ultimately contributing to a higher sense of satisfaction and well-being in life.

Counselling comes in various forms, each designed to address specific needs. Individual counselling focuses on one-on-one support, while group counselling provides a collective therapeutic environment. Family counselling aims to resolve family dynamics, and career counselling assists with professional guidance. Other types include educational counselling for academic concerns, marriage counselling for relationship issues, rehabilitation counselling for recovery, substance abuse counselling for addiction, and grief counselling to help cope with loss. Each type is tailored to specific challenges, promoting mental and emotional well-being. The counselling process involves several key steps, beginning with establishing a therapeutic relationship, followed by assessment and diagnosis. Goals are then set, and intervention strategies are applied to address the client's needs. The process concludes with termination and follow-up to ensure progress. Common counselling techniques include Cognitive-Behavioural Therapy (CBT), Psychodynamic Therapy, and Humanistic Therapy, while other approaches like Gestalt Therapy, Solution-Focused Brief Therapy (SFBT), and Mindfulness-Based Therapy are also widely used to meet individual client needs.

The primary goals of counselling include empowering clients, improving mental health, resolving specific issues, fostering personal growth, and building effective coping strategies. Ethical considerations are critical to ensure client safety and trust, focusing on confidentiality, professional boundaries, informed consent, and cultural competence. Counsellors also face challenges such as client resistance, managing countertransference, navigating ethical dilemmas, and staying updated with evolving practices. Addressing these challenges ensures effective and respectful care in the counselling process. Case studies demonstrate the real-life application of counselling techniques, such as Cognitive-Behavioural Therapy (CBT) for behaviour modification, Humanistic Therapy for personal growth, Family Counselling to resolve conflicts, and Career Counselling for professional

guidance. Various scenarios, like handling resistance, managing countertransference, facing ethical dilemmas, and staying updated with new practices, highlight common challenges in counselling. In social work, counselling is essential for holistic support, promoting mental health, facilitating personal growth, crisis intervention, and enhancing professional competence. Integrating counselling into social work ensures clients receive comprehensive, compassionate care to overcome challenges. The students learned this from the speaker.

Key Points

During the session, below mentioned points were discussed

- Evolution of Counselling
- Historical Milestones
- Types of Counselling
- Counselling Process
- Common Techniques & goals of Counselling
- Challenges in Counselling
- Real-Life Applications
- Importance in Social Work
- FAQs related to Counselling?

Outcome

The students learned that counselling has evolved from informal advice-giving to a professional practice rooted in psychological science, offering essential support for mental health, personal growth, and life transitions. They explored various types of counselling, including individual, family, career, and grief counselling, tailored to address specific challenges. The counselling process involves relationship building, assessment, goal-setting, intervention, and follow-up. Techniques like Cognitive-Behavioral Therapy (CBT) and Humanistic Therapy are commonly used. Ethical considerations such as confidentiality and cultural competence are vital. Overall, counselling plays a key role in social work, providing holistic support and addressing mental health and personal development needs.

About the Speaker/Chief Guest



Dr. Iqbal Sama Regional Head - Gujarat
Aga Khan Education Service, India








Counselling Overview

Department of Social Work, in collaboration with the SU Startup and Entrepreneurship Council and IIC Saurashtra University, is organizing an event titled "Counselling Overview."

Date
03 August, 2024

Time
11.00 AM onwards

Venue
Seminar room
Department of social Work,
Saurashtra University, Rajkot

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Speaker
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Aga Khan Education Service, India

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