



**ANNUAL
REPORT
2016-2017**

Highlights and Outcomes

(April 2016 - March 2017)

COUNSELLING SERVICES



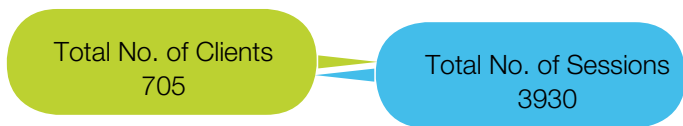
Counselling is a process that provides a safe and confidential space to be heard, reflect and develop clarity, gain insights and perspective on the challenges faced. Counselling is for everyone, and can be particularly helpful when things seem difficult

or overwhelming. It helps facilitate change, enhance connection and personal growth for a more fulfilling life.

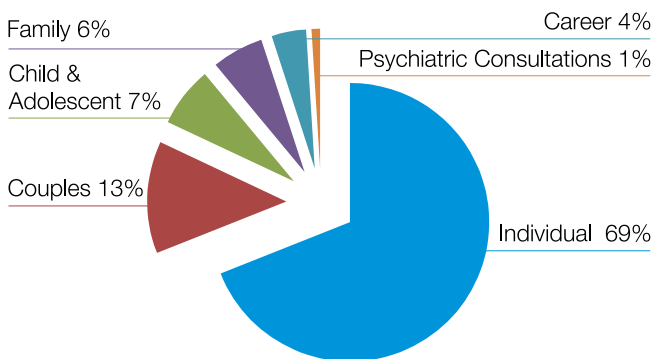
Counselling at Parivarthan follows an integrative or eclectic approach to meet the needs of our diverse clientele. We offer face-to-face sessions at our Centre, as well as sessions on skype and telephone for clients who relocate outside of Bangalore.

A Psychiatrist is also available for consultation at our Centre for clients who would benefit from additional consultation.

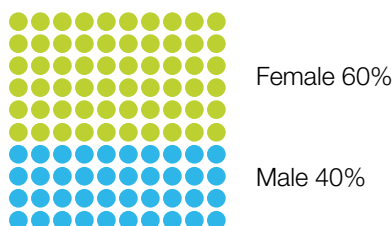
Client Summary 2016-17



Therapy Formats accessed at our Centre

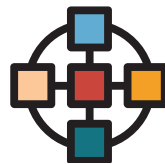


Gender wise Distribution of Clients



GROUP WORK

Groups provide a dynamic and stimulating way to learn about self and relationships. Groups provide support and challenge to help participants make an honest self-

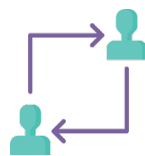


assessment and explore their patterns of thinking, feeling and behaving. In a safe and confidential environment of a group, participants can express themselves, experiment with new behavior and benefit from reactions and the feedback they receive from others. The group allows participants

to discover how they relate to others and how others are affected by them.

- ❖ **BSIC Group Process** – This was conducted for 12 trainee counsellors of the Basic Skills in Counselling Programme for 10 sessions
- ❖ **Personal Growth Group** – This process was attended by 7 participants and covered 8 sessions

SUPERVISION



Supervision is an ethical requirement for both trainee counsellors and fully qualified counsellors. Parivarthan adheres to a supervision practice that enables and promotes the ethical

and professional delivery of both counselling and training services.

Counsellors at Parivarthan receive regular supervision for individual, couple and family counselling services from external professionals.

We also provide supervision (both individual and group) to trained counsellors.

TYPE OF SUPERVISION OFFERED	NUMBER OF SUPERVISEES	NUMBER OF HOURS
Individual Supervision	39 counsellors/ trainee counsellors	595
Group Supervision	4 groups of 4-12 counsellors	88
External Supervision	2 groups of 8 staff counsellors	60
	7 staff counsellors - Individual sessions	20
TOTAL	79 supervisees	763 hours

TRAINING



Parivarthan offers professional training in Counselling and Psychotherapy at both basic and advanced levels, as well as Life Skills to enhance self-awareness and personal growth.

BASIC SKILLS IN COUNSELLING (BSIC 2016-17)

This intensive training is offered to a maximum of 12 trainee counsellors each year. The Programme includes:

- ❖ Theories of Counselling & Counselling Skills
- ❖ Introductory Courses on Special Areas of Counselling
- ❖ Supervised Practicum
- ❖ Personal Growth and Development

Feedback

I have done several courses and been through many learning modules, yet I can confidently say that this Course has been a life-changing experience. This is because the structure of the Course, in terms of how so many pieces are brought together so lovingly and caringly, epitomizes the field and purpose of counselling to me

The methodology was enriching – a lot of learning about both theories and counselling skills.

The handouts were concise and informative, I also appreciate that there was a bibliography at the end, which reinforced my faith in Parivarthan, in terms of ethical practice

The Graduation Ceremony of the 7 Counsellors who received Certificates on their successful completion of the One Year Training Programme, Basic Skills in Counselling 2015-16 was held on September 03, 2016. Dr. Mohan Sunil Kumar (MBBS, DPM-NIMHANS), Co-Founder and Director, Augmenta Health (P) Ltd. was the Special Guest for the occasion.

ADVANCED TRAINING MODULES

Parivarthan offers Advanced Training Modules for trained counsellors and mental health professionals to acquire skills to counsel both children and adolescents and also to work effectively with couples and families.

The following training programme was conducted during the year:

- ❖ **BASIC SKILLS IN CHILD AND ADOLESCENT COUNSELLING (CAC)** - The aim of this course is to develop awareness and skills that

are beneficial while working with children & adolescents from the counselling perspective and is based on a body of knowledge drawn from the different psychological theories, developmental psychology and clinical observation. This is an 84 hour training module that is offered once a week over a period of 12 weeks and is an experiential programme.

- ❖ January-April 2017 - 9 trained counsellors/mental health professionals

Feedback

Very, very enjoyable & deep learning with activities, sharing, theory, application, practical discussions. Very enriching personally & professionally

LIFE SKILLS TRAINING PROGRAMMES

The Life Skills Training Programme - Module 1 on **INTERPERSONAL COMMUNICATION AND LISTENING SKILLS** is a Self -Awareness Programme that offers both intra and interpersonal skills in listening and communication and is conducted over a period of 6 - 7 weeks.

The following programmes were held during the year:

- ❖ June - August 2016 – 14 participants
- ❖ October - November 2016 – 14 participants
- ❖ January - March 2017 – 14 participants

Feedback

Very clear concise concepts beautifully shared, sense of time and punctuality impeccable lots of discussions that helped understand the concepts better, a way enriching & fulfilling approach to simple everyday concepts that we always miss to understand.

A good mix of communication from the Facilitators as well as participants, which kept the sessions lively & fun.

The Life Skills Training Programme – Module II on **INTERPERSONAL RELATIONSHIP SKILLS:**

- ❖ September- October 2016 - 9 participants

Feedback

The programme was conducted in a systematic manner which helped me in feeling more confident about myself and about the field of psychology in general.

SPECIALISED TRAINING PROGRAMMES



The following training programme was facilitated by a Counsellor/Trainer from Parivarthan.

LISTENING SKILLS (KANNADA & ENGLISH) - A 3 Day Training Workshop for students of the “Facilitating

Wellness and Justice Course”, Badaku Community College, SAMVADA.

WORKSHOPS/INTERACTIVE SESSIONS



The following Workshops/Interactive Sessions were facilitated by Counsellors/Trainers from PARIVARTHAN:

❖ **Work-Life Balance** – Teaching Faculty of Mount Carmel College

❖ **Understanding Self Injurious Behaviour (SIB)** – Counsellors/Mental Health Professionals

❖ **Introduction to Counselling** – Staff and Students of Seshadripuram College

❖ **Prevention of Sexual Harassment at the Workplace** – Staff of the Indian Institute of Public Health

❖ **Bothered, Burdened, and Burnt-out- Dealing with Stress** - Graduate students at the Jawaharlal Nehru Centre for Advanced Scientific Research

❖ **Issues Relating to Suicide** – Session organized by VIMUCHANA

❖ **Coping with Suicide of a Fellow Student** – 8th Grade students of Government School Agara – organized by Children’s Movement for Civic Awareness (CMCA)

❖ **The Purpose & Process of Counselling** – Students, Researchers & Staff of Ashoka Trust for Research in Ecology and the Environment (ATREE),

❖ **Family Relationships, Conflicts and Issues** – Helpline Volunteers of SAHAI (Medico Pastoral Association)

Feedback

It was a wonderful learning experience. The Facilitators were very receptive to everyone’s experiences and made it engaging.

PARIVARTHAN OUTREACH SERVICES



Through our Outreach Services we provided onsite counselling services at the following Educational Institutions/ Observation Home

❖ **PRIMUS PUBLIC SCHOOL** – Individual and group counselling sessions for students. Parents also access the service

❖ **NATIONAL INSTITUTE OF FASHION TECHNOLOGY (NIFT)** – Individual counselling for the students & interactive sessions for various student groups

❖ **NATIONAL CENTRE FOR BIOLOGICAL STUDIES (NCBS)** – Individual counselling for the students, research associates & staff members

❖ **NATIONAL LAW SCHOOL OF INDIA UNIVERSITY (NLSIU)** – Individual counselling sessions for students & staff.

❖ **RBANMS FIRST GRADE COLLEGE** – Individual counselling sessions for students

❖ **OBSERVATION HOME FOR BOYS** – Individual counselling for boys in conflict with the Law (April to December 2016)

CONSULTANCY SERVICES



As per the Sexual Harassment of Women at the Workplace (Prevention, Prohibition and Redressal) Act, 2013, Parivarthan is the NGO member on the Committee against Sexual Harassment at the Workplace for 9 Corporate Organisations

❖ The following Training Workshops were conducted for these organisations during the year:

- **Guidelines for Managers** – 5 Workshops
- **Guidelines for the Internal Complaints Committee Members** – 2 Workshops

❖ Panelist – South Regional Centre Conclave-ENGAGING MEN & BOYS – Organised by Human and Institutional Development Forum (HIDF)

❖ Multi-stakeholder Consultation on ENDING TB IN BANGALORE – organized by Karnataka Health Promotion Board (KHPT)

RESEARCH



Research Lab at Parivarthan

The Research Programme at Parivarthan is guided by the overall aim to study variables associated with counselling process and outcome to enhance our understanding of the work done at Parivarthan, and to inform us further about how these variables might operate in counselling in India. Counsellor and client data from Parivarthan represents a unique opportunity to contribute to the realm of literature mentioned above, especially within the Indian context. In the Research Programme at Parivarthan, we are examining client and counsellor perceptions of certain components of the therapeutic relationship, as well as counselling outcome. To our knowledge, this is India's first Research Programme of this nature and we believe its utility will be multifold.

The Research Programme will allow counsellors at Parivarthan to gain understanding of variables associated with counselling outcome, which in turn will promote professional growth and increase counselling effectiveness. Parivarthan is a long-standing centre, providing counselling services to over 600 clients per year. We are committed to address emotional and mental health concerns of clients in the community and to make sure they are receiving effective counselling services, and our Research Programme will further contribute to our purpose and vision in these two domains. Thus, our hope for the programme is not just to improve services offered to the community served by Parivarthan, but also to improve counselling services for communities across India.

Research Projects by trainees

As a part of the Course Requirements, the trainees of our One Year Training Programme, Basic Skills in Counselling 2016-17 participated in a Group Research Project and presented their findings on the following topics:

- ❖ Impact of Caregiving on Cancer Caregivers
- ❖ Barriers to Seeking Counselling in the Indian Context
- ❖ Relevance of Counselling in Corporates

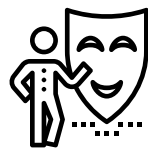
PUBLICATIONS



Suicide among the young –

Published in The Call Beyond (January 2017) – Sri Aurobindo Ashram, Delhi Branch

PRESENTATIONS



Staff Counsellors/Trainers also made the following presentations

- ❖ **Positively Shameless** – A Drama Therapy Performance Process and Performance Project” - *Lesley University, Boston, USA*
- ❖ **Rasa Theory and Practice in Drama Therapy** – *The North American Drama Therapy Association, USA*
- ❖ **Positively Shameless** – A Drama Therapy Performance Process and Performance Project - *California Institute of Integral Studies, San Francisco, USA*
- ❖ **Innovative Practices in Guidance and Counselling** – *National Conference on Guidance and Counselling in India organized by the Regional Institute on Education (NCERT), Mysore*
- ❖ **Drama Therapy Workshop** – *International Conference on Contemporary Trends in Clinical Psychology: Training, Research and Practice – Organised by the Department of Clinical Psychology, NIMHANS*
- ❖ **Poster Presentation on Psychotherapy in India: Insights from a Qualitative Study** – *International Conference on Contemporary Trends in Clinical Psychology: Training, Research and Practice – Organised by the Department of Clinical Psychology Conference, NIMHANS*

STAFF TRAINING



Parivarthan places great importance on the need of updating of skills and knowledge of our staff counsellors. The following training programmes/sessions were organized to enhance skills as well as provide opportunities for self-reflection and self-growth:

- ❖ **Acceptance and Commitment Therapy** – 3 Day Training Workshop (21 hours) – Dr. JO NASH (UK) – 14 staff counsellors
- ❖ **Adolescent Counselling Skills** – 5 Day Workshop organized by FAME (India)
- ❖ **Under the Spotlight** – A Theatrical Exploration of Mental Health Issues – 6 Day Workshop - DAVID DIAMOND, THEATRE FOR LIVING, CANADA – organized by The Centre for Community Dialogue & Change (CDCC) and the Department of Clinical Psychology, NIMHANS

CONTINUING PROFESSIONAL DEVELOPMENT



Staff of Parivarthan also facilitated and/or attended the following WORKSHOPS / MEETINGS / CONFERENCES / SEMINARS during the year to enhance their learning:

- ❖ **Visual Art Therapy** - DISHA DUTT
- ❖ **Sharing of Learnings - Introduction to Sexual Dysfunctions** – MANISHA GOKHALE, MANJU SAPRU, SURYA VAZ
- ❖ **Towards Healing & Wellbeing of Children alleged to be in Conflict with Law** - Organised by THE CENTRE FOR CHILD AND THE LAW (CCL, NLSIU) and THE KARNATAKA STATE INTEGRATED CHILD PROTECTION SOCIETY, DEPT OF WOMEN & CHILD DEVELOPMENT, GOVT, OF KARNATAKA
- ❖ **Psychodrama for Individual and Couple Work** – DR. JOCHEN BECKER-EBEL, Germany
- ❖ **Domestic Violence** – Ms. STACEY L. SCHAMBER, USA
- ❖ **Legal Compliance Workshop for NGOs** – CENTRE FOR ADVANCEMENT & PHILANTHROPY, Mumbai
- ❖ **Measuring Therapy Process and Outcomes** – DR. AVANTIKA BHATIA
- ❖ **Cognitive Behaviour Therapy for OCD and Related Disorders** – THE BEHAVIOURAL UNIT, DEPARTMENT OF CLINICAL PSYCHOLOGY, NIMHANS
- ❖ **Insomnia** – DR. MOHAN SUNIL KUMAR
- ❖ **Domestic Violence** – Organised by THE DEPARTMENT OF PSYCHIATRIC SOCIAL WORK, NIMHANS
- ❖ **Sand, Symbol & Self** - KATE DONAHUE, USA- Organised by Studio for Movement Arts and Therapies (SMArT)
- ❖ **Annual Conference** - NORTH AMERICAN DRAMA THERAPY ASSOCIATION, Seattle. USA
- ❖ **International Conference on Contemporary Trends in Clinical Psychology: Training, Research and Practice** – Organised by the DEPARTMENT OF CLINICAL PSYCHOLOGY, NIMHANS
- ❖ **Psychoanalysis in the Consulting Room: Projective Identification; Counter-transference; Assessment & Application** – Ms. MALIKA VERMA & Dr. AJAY VIJAYAKRISHNAN, Tara Clinic, Kozhikode, Kerala

Feedback

I appreciated that we had a focused research lens on why we do, what we do at Parivarthan

Every aspect from content, assessment to interventions put together in a structure was very helpful. Case experiences shared by colleagues were very helpful too. Feeling more reassured.

Gave me a choice of different interventions that called possibly be used both in group & individual work.

HELPLINE SERVICES



Parivarthan Counselling Helpline (PCH) is a free phone counselling service offered from 4 pm to 10 pm, Monday to Friday. We had 13 counsellors from the Parivarthan team handling the helpline services last year.

Ongoing supervision and training of the Helpline counsellors ensures that callers receive counselling services that are professional and ethical and provides services to those who are unable to avail face-to-face counselling at our Centre or live in areas where the access to mental health services is limited.

For the year 2016-17:

- ❖ We received more calls from Males (55%) than from Females (45%)
- ❖ Most of the callers were in the age group of 20 to 39 years (60%).
- ❖ A significant number of calls were regarding problems related to self (70%)
- ❖ Presenting problem were in the areas of relationship issues, abuse, sex and sexuality issues, job related issues, depression, stress, loneliness, anxiety, academic issues, addiction, mental health disorders etc.
- ❖ The maximum number of calls were from Karnataka, however we also received calls from all over India and abroad (Qatar, UAE, Iraq and USA)

ALUMNI ASSOCIATION



The Parivarthan Alumni Association is a network of counsellors who have completed the One Year Training Programme, BASIC SKILLS IN COUNSELLING at Parivarthan. The Alumni Association has over 100 members, who connect regularly and share, learn and support each other.

Mr, Vasudendra Shroff, a noted author and Alumnus (BSIC 2013-14) held an Interactive Session - STRAIGHT TALK ON GAY MATTERS - in July 2016

PROFESSIONAL AFFILIATIONS



Organisational Member of the British Association for Counselling & Psychotherapy (BACP), Membership No. 129337. We are therefore committed to BACP's ethical framework for good practice in counseling and psychotherapy, as well as its ethical guidelines in research and are subject to the professional conduct procedure currently in force.

EXTERNAL SUPERVISORS



Dr. Rathna Isaac - Clinical Psychologist

Dr. Priya Pothan - Clinical Psychologist

CONSULTANT PSYCHIATRIST

Dr. Bhupendra Chaudhry

OUR BANKERS



Corporation Bank
HAL II Stage, Indiranagar
Bangalore

State Bank of India
Indiranagar
Bangalore

OUR TEAM



Ms. Malini Sridhar	Executive Director
Ms. B.N. Sharada	Counsellor / Trainer / Co-ordinator-BSIC /Outreach Services
Dr. Gayitri Bhatt	Counsellor / Trainer
Ms. Vinita Shah	Counsellor / Trainer / Career Counsellor
Ms. Amita Bala	Counsellor / Trainer
Ms. Manisha Gokhale	Counsellor / Trainer / Co-ordinator – Life Skills Training
Ms. Surya Vaz	Counsellor / Trainer
Ms. Manju Sapru	Counsellor / Trainer
Ms. Maitri Gopalakrishna	Counselling Psychologist/ Trainer / Drama Therapist
Ms. Shabari Bhattacharyya	Counsellor / Trainer
Ms. Archana Ramanathan	Counsellor /Trainer
Ms. Shabnam K. Kumar	Counsellor /Trainer
Mr. Mahesh Natarajan	Counsellor
Ms. Snehal Padhye	Counsellor/Trainer
Mr. R. Ananda	Counsellor/Trainer – Outreach Services
Ms. Sumana Hari	Counsellor – Outreach Services
Ms. Veena Balasubramaniam	Counsellor – Outreach Services
Ms. Sushree Mishra	Counsellor – Outreach Services
Ms. Srividya Muralikrishna	Counsellor – Outreach Services
Ms. Nidhi Kapur	Counsellor – Outreach Services
Ms. Padma Mahadev	Life Script Facilitator
Mr. Satish Kumar A.	Executive – Accounts & Administration
Mr. Vinoth Kumar	Assistant – Accounts & Administration
Dr. Avantika Bhatia	Research Head

OUR AUDITORS



C.V. Surender & Co.
Chartered Accountants
Cox Town
Bangalore

MEMBERS OF THE EXECUTIVE COMMITTEE (2016-2017)

Name	Occupation	Office held
Ms. Mabelle Palat	Counsellor	President
Mr. Prashant Sankaran	Creative Consultant	Vice-President
Ms. Sangeetha Ghosh	Counsellor/Yoga Instructor	Treasurer
Ms. Lynette Nazareth	Associate Director - Wellness & Work-Life Solutions	Secretary
Ms. Meera Huddar	HR Consultant	Member
Mr. Christopher Jayakaran	Consultant Geologist	Member
Dr. Kiran Rao	Clinical Psychologist	Member

LEGAL DETAILS

- ❖ Registered under the Karnataka Societies Registration Act 1960: No. 331:95-96 dated August 04, 1995
- ❖ Registered under Section 80G(5)(vi) of the Income Tax Act : No. DIT(E)/80G@ /485/AAATP2741H/ ITO(E)-2/Vol.2010-11 dated 14.03.2011, valid from 1/4/2011 onwards.
- ❖ Registered under the Foreign Contribution (Regulation) Act. No. 094420785
- ❖ Organisational Member of the British Association for Counselling and Psychotherapy (BACP), Membership No. 129337.

An Internal Complaints Committee is constituted under the Sexual Harassment of Women at the Workplace (Prevention, Prohibition and Redressal) Act, 2013 – No complaints were received during the year

THANK YOU

We are grateful to our donors and well-wishers for their contributions in the past year. We acknowledge and thank our executive committee members, staff and resource persons, our trainees and clients and all who have supported us and contributed to our growth in numerous ways.

Donations to Parivarthan are eligible for a 50% tax exemption under Section 80G(5)(vi) of the Income Tax Act.



3310, 1st Floor, 8th Cross, 13th Main, HAL 2nd Stage, Indiranagar, Bangalore 560008



Tel: +91 080 25298686, 25273462



Email: parivarthanblr@gmail.com



Website: www.parivarthan.org