

Counseling Centre Report 2016-17

The Counseling Centre is a space where patients begin to form a relation with anguish, to reach health. Psychodynamic counseling as an engaged perspective, locates illness as part of being human and encourages a connection with loss as pivotal in a journey towards healing. In painful and traumatic experiences, the individual loses her capacity to think, and disturbing feelings are kept out.

Psychodynamic Counseling of the kind that the Centre provides enables the building of a relationship with the silent and the expressed parts of the self. There have been eleven cases in 2016-17, including students, faculty and staff.

The most encountered difficulties that I come across as a counselor are:

- Separation anxiety and fear of independence
- Sexual abuse and incest
- Taking recourse to drugs
- Gender identity crisis and fear of accepting it.
- Withdrawal and prolonged sadness
- Academic failure, inability to concentrate
- Loss of appetite/overeating or excessive dieting as a way to manage difficult feelings
- Rage
- Sibling rivalry
- Stress due to unhelpful parenting strategies.
- Conflicts around intimacy.

The rules of the Centre are as follows:

Sessions are for 50 minute duration with prior appointment, twice a week.

Total confidentiality is assured.

All counseling is free.

Sonali Jain
Convenor,
Counseling Centre

