

Counselling Centre Report 2018-19

The Counselling Centre is a space where attention and treatment for a mind in anguish is promised.

Last year, I started practicing psychoanalytic psychotherapy, which goes beyond counselling in exploring the patient's unconscious and thus helping in healing. According to the norms of the discipline, psychotherapy sessions are supervised by a professional analyst. Starting March 2017, all my sessions are under supervision. Currently there are seven therapy cases, and also several older counselling cases. These include cases with a suicidal bent.

For psychoanalytic psychotherapy, the clinic has been given an analytic couch by the College, so that therapy sessions are in the standard configuration. A couch is considered a must in psychotherapy, because a relaxed position is much better for subconscious feelings and associations to surface.

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

- Sexual abuse and incest
- Moderate anxiety and depression
- Panic attacks
- Nightmares
- Separation anxiety and fear of independence
- 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 of 45-minute duration with prior appointment, twice a week.

Total confidentiality is assured.

All therapy/counselling is free.

Sonali Jain

Convenor,

Counselling Centre