

**TELANGANA TRIBAL WELFARE RESIDENTIAL DEGREE COLLEGE FOR
WOMEN,SURYAPET**

The Psychological Counseling Cell Policy document

Modern life with all its stressors can make day-to-day living very challenging for everyone. This is alarmingly so for the young students as they may not possess the coping skills and strategies required to face the burdens of life. GMGC wishes to give our young students a shoulder to lean on while they grapple with complexities in their academic life, peer groups, family life and even professional lives.

Along with supporting those who may be unsteady, the college also wishes to further nurture those who are already on firm ground but would like further direction and guidance so that they may soar through life with ease and excellence. For such students, structured, value-based mentoring and steering can prove to be extremely valuable in their search for purpose and meaning.

Vision: Well Being for All

Mission

- Provide a non-judgmental, non-threatening space for all
- Identify sources of unhealthy, maladjusted behavior in students.
- Teach students to replace them with healthy, well-adjusted behaviors.
- Provide tools and strategies to deal with stressors in student's lives
- Enable excellence in various life spheres through growth strategies for stable well-adjusted students

Facilities Available

- Psychological testing
- Counseling

- Remediation
- Career Guidance & Counseling

The Counseling Process

- Referral Process
- Self–Referral
- Referrals by
 - Lecturers
 - Peers
 - Principal
 - Staff

Assessment & Appraisal

The counselor first meets the student after an appointment has been fixed at a mutually convenient time. If the student is a student, attempts are made to ensure the student doesn't miss class unnecessarily. In case of emergencies, the counselor will not wait for the appointment and may even decide that the student can miss a class. In such cases the counselor will keep track of the number of classes missed and in case of an attendance concern at a later point only then will she reveal to the teacher concerned the student's presence at counseling and absence from class. Even at this point, the student's difficulties are not shared with the lecturers.

Treatment Plan

Once the assessment has been done, the counselor will set some counseling goals in collaboration with the client concerned. In case the counselor feels a family member or a colleague needs to be involved, the decision is taken after permission has been secured by the client. In severe cases, the client may be referred to a psychiatrist.

Termination

On successful resolution of conflicts and meeting of the counseling goals, the student – Counselor relationship is terminated.

Documentation

The counselor maintains meticulous case files with detailed notes per session, per student. These files are maintained in hard copy by the counselor and kept under lock and key. Feedback from every student is maintained in the feedback journal as an unbiased measure of the counseling success and which can be displayed to authorities only if the student permits it.