

Personal Counseling

If you are sensing the rise of conflicts in your life, talk to our Clinical Psychologist to perceive your personal problem in the right perspective. Counseling at our centre helps to understand the cause of the conflict, suggest viable solutions and help adopt practices to foster a more positive response to such situations with an expert help and move closer to a practical solution.

✔ Child Counseling

- ✔ Parent-child Counseling
- ✔ Emotional Management
 - ✔ Anger Management
- ✔ Study & Stress Handling
- ✔ Relationship Counseling

What is Personal Counseling?

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Personal counseling is basically a collaborative effort between you and your counselor. Our goal is to provide an open, supportive, and confidential environment for you to address the issues that are concerning you.

It is a positive step when you are concerned or stumped about what to do. It is an educational and growth-oriented experience with clear purposes, to help you take charge of your life.

When to Seek Counseling?

Our Clinical Psychologist provide support for a countless number of issues. While counseling might be helpful in numerous situations, there are some conditions in which we would strongly advise you to seek counselling services:

- You are unable to concentrate on your work (School, College or Office) or other activities
- You are unhappy on most days or feel a sense of hopelessness
- You worry excessively on small matters
- You have increased your use of alcohol or other drugs (including cigarettes)
- You are having thoughts about hurting yourself or someone else most of the time
- You are unable to sleep at night or constantly feel tired
- You have experienced a change in your appetite or your weight or regular habits
- You have experienced a loss (e.g., a relationship breakup, a parent's death, parental divorce, or other major losses)
- You are Concerned about body image, food, eating, or weight, as well as treatment for eating disorders
- Experience with sexual assault, relationship violence, stalking, abuse, or other trauma
- You find adjustment issues such as homesickness, academic problems, and long-distance relationships
- Questions/confusion about identity, self-image, sexuality, gender, or religious concerns

Who can benefit from counselling?

Everyone in the world faces variety of challenges which affect their personal growth, emotional well-being, and success in their life. Conflicts and problems often arise which prevent individual from reaching their full potential. Many individual of different age whether may it be a student or working profession or parent may find that their usual ways of handling problems aren't working well for some reason. They may find, for example, that talking to friends or relatives about their concerns does not seem particularly helpful in the long run.

People of any age can grow and profit from the experience of personal counseling. There is no “wrong” time to begin. We provide counseling service on

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Other benefits of Personal Counseling:

- Feel better about yourself
- Think about relationship issues
- Feel more at peace
- Feel more connected with people in your life
- Reduce stress
- Work through problems with a skilled & compassionate professional
- Identify goals for living the kind of life you would like to live
- Learn new behaviours and/or responses which may help you achieve your goals
- Understand your own thoughts, feelings & responses better
- Understand your loved ones better
- Have a safe and friendly listener; someone who is non-judgmental & supportive
- Speak with a skilled & interested professional about your fears & concerns
- Talk in confidence about troubling or private concerns
- Work towards greater fulfilment and mastery in your life

The Clinical Psychologist at our Centre can help individual identify, understand, and develop skills to resolve their personal concerns. Counseling is an educational process which enables a student to learn more about him or herself. It is a chance to talk over what is on your mind with an objective person who can help you learn new skills and new ways of looking at situations, so that you will be more capable of solving future problems on your own.