

## **New Horizon Quality Assessment and Skill Development Centre**

### **Consolidated report of the orientation program for counselors on 14<sup>th</sup> August 2019**

NHQASDC conducted an Orientation Program for Counselors of New Horizon Educational Institution (NHEI) i.e. NHCE, NHCK/NHPUC, NHPS and NHG on 14<sup>th</sup> August 2019 at the NHCE campus, Marathahalli.

**Objective** of the workshop was to give a sneak peak into the adolescent world, challenges faced by them, general behavioral aberrations observed in engineering students and coping strategies that can help them.

**Resource Person:** Ms. Bhooma Krishnan is a Youth & Social Counsellor, Psychotherapist, NLP practitioner and Yoga therapist.

Ms. Bhooma Krishnan started the session with self assessment questionnaire where each Counselor could understand her personal and professional competencies which will help them identify their areas of strengths and areas requiring improvement.

From her experiences she discussed some unique case studies and therapies that worked well. She highlighted the qualities needed to be an effective counselor. She provided an opportunity for the participants to discuss their case studies and understand the counselor's role better.

After self-assessment, the speaker spoke about the importance of record keeping. She emphasized that self improvement, regular cleansing and self-management are also very important so that the Counselors do not take the emotional baggage from sessions into their personal life.

Post lunch we were given case studies and discussed various ways to handle those situations. The speaker mentioned about various therapies like CBT, REBT, ACT and how these can be applied in the discussed cases.

Overall the session was interactive and informative.