

Nehru memorial College, (Autonomous)

Faculty Development Programme on “Counselling and Psychotherapy”

The Department of English of Nehru Memorial College organized a one day Faculty Development Programme on “Counselling and Psychotherapy” on 5th October 2018 .The Principal Dr.A.R.Ponperiasamy welcomed the gathering. Shri.Pon.Balasubramanian, President and Shri.Pon.Ravichandran, Secretary of the College Committee of NMC offered their felicitations. The chief guest of the day, professor emeritus Dr.Are Holen, Psychiatrist, Dept.of Neuroscience, Norwegian University of Science and Technology, Norway, in his key note address, spoke how to give Counselling to the students. He said, “Counselling is not giving advice. The students must be encouraged to express their problems, worries, fears, distress, despair in their own words and it should be kept confidential”. He also explained the process of counselling. It involves two steps: listening must be 80% and responding can be 20%. The counsellor shall listen to students’ problems and respond them in clear and short statements. At the same time, the Counsellor should act as a facilitator and help the student to find his own ways to resolve challenges or problems by encouraging him to build higher level of independence. The staff members were benefitted by his speech.

Dr.Are Holen is also the founder of ACEM Meditation International. It has its branches in various countries. Shri.Jeyaraj, South-East Asia Co-ordinator, Mrs.Kalpana Jeyaraj,General Secretary, Shri.Balakrishnan,President, Tamilnadu chapter of ACEM Meditation,India were also present. Mrs.R.Lakshmi, Assistant Professor of English and Convener of the FDP proposed vote of thanks.



