

Services Available at Counselling Centre

1. Individual Counselling
2. Family Counselling
3. Pre and Post Marital Counselling
4. Substance abuse (De-Addiction) Counselling
5. HIV/AIDS Counselling
6. Counselling for Non-Communicable Diseases (Cancer, Hypertension and Diabetes)
7. Behaviour Counselling
8. Adolescence Counselling
9. Guidance and Career Counselling
10. Counselling for Psychiatric Illness
11. Referral services for all health issues (If required)
12. Psychotherapy Services
 - a. Cognitive Behavioural Therapy
 - b. REBT
 - c. Relaxation therapy
 - d. Auto Suggestion therapy
13. Psychological Test
 - a. Personality test (EPI, 16 PF)
 - b. Interest test (CIS)
 - c. Anxiety test
 - d. Marital Satisfaction test (MSS)
 - e. Philadelphia geriatric morale scale (PGC)
 - f. Pre-adolescent adjustment scale (PASS)

VALUE ADDED SERVICES (Through group activities, group games, group therapy)

- a. Build confidence and Self Esteem
- b. Leadership activities
- c. Personality development programme
- d. Life skill development
- e. Psychological Empowerment

- f. Positive Thinking
- g. Stress management Programme
- h. Moral values for free primary and primary school children
- i. Health tips for adolescence and children
- j. Training Programme for SWOs and Wardens
- k. Training for teachers, Headmasters and Principals