



KERALA COUNSELLORS' FORUM

(Reg. No. ER 344/92)

Santhwana Institute of Counselling & Psychotherapy
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SECRETARY

A.S.Shenoy

KCF NEWSLETTER SEPTEMBER 2014 – MARCH 2015

EDITOR'S NOTE

We are now having regular workshops on various topics related to counselling to improve the counselling skills of our members. There is a steady growth of membership of qualified counsellors, resulting in more than 60 to 80 members attending our workshops. Through our website we get many enquiries from India and abroad for family counselling. Our workshop on "How to face examination without fear" is appreciated by many schools and a team of counsellors who are our members are organising this workshop in the interested schools, on request.

A.S.Shenoy, Editor

RECENT WORKSHOPS HELD DURING END 2014 AND UPTO MARCH 2015

KCF WORKSHOP ON "PROFESSIONALISM IN - COMPETITIVE WORLD"

For upgrading counselling skills of members of KCF, a half day workshop was conducted on 07.12.2014 from 9.30 am to 1.00 noon at Swanthana Institute of Counselling, Cochin. The resource person was Sr.(Dr.)Treesa Palaikal Ph.D, President of Kannur branch of KCF and Director of Hridayaragam Counselling Institute, Kannur.

About 100 KCF members participated in the workshop.

With the Powerpoint presentation, Sr. gave an insight into how professionalism will help all of us, how to lead a peaceful life and be a successful professional, emphasising importance of integrity, managing skills for complexity and excellence in profession.

She explained step by step the need for professionals to keep up values and adhere to standards of each profession one deals with. The second most important quality a professional counsellor should have is to be empathetic, ability to look at another person as a human being and to respect him. Values are emotional investment, she said. She divided her presentation into various parts.





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1. Managing complexity using multiple intelligence
2. New world imperatives with people (known as rain makers) with explicit ability to do things differently and address values to the profession.
3. Values for professional doing work with conviction and perfection to become a role model for others.

She summed up her presentation with attributes of a professional should have, such as:- Integrity, Commitment, A fixed Goal keeping big picture in mind taking all aspects into consideration before taking a decision or giving a suggestion, Positive attitudes, Good communication, and Action oriented goals.

WORKSHOP ON EXCELLENCE IN LEARNING

A one day workshop was organised at AKM Higher Secondary school, Kottakal, Malappuram District on 13.01.2015 to improve learning skills of students and to secure more marks. The topics covered in this workshop were



1. Excellence in learning
2. Memory techniques and motivation to improve studies
3. How to write examination without stress,
4. Factors that affect studies and how to overcome it.

The topics were handled by experts who are member of KCF, Dr. Kochutresia Ph.D, President Trichur chapter of KCF, A.S.Shenoy, Secretary KCF and Mohammed Sagheer, a counsellor and member KCF. About 120 students of Plus two class participated in the workshop.

WORKSHOP ON HOW TO FACE EXAM WITHOUT FEAR FOR HIGH SCHOOL STUDENTS

A half a day workshop was organised by KCF on 18th January 2015 at Swanthana Institute of Counselling, Cochin. About 95 students from 13 schools in an around Cochin city participated in this interactive workshop. The topics handled were:



1. Learning skills
2. How to write examination papers,
3. Factors affecting studies and how to overcome them.
4. How to avoid stress for study and relaxation techniques.

The resource persons were Ms. Siji Counsellor and member KCF, Sr. A.S.Shenoy Secretary KCF and Dr. Varghese Puthussery President KCF.



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WORKSHOP ON MOTIVATION

The third workshop for improving counselling skills of KCF members was on “Motivation” held on 22nd February 2015. The resource person was Col. Mathew Adipuzha, a retired colonel of Indian army with multifarious experiences in management and all aspects of HR, now settled in Vazhakala, Cochin.



Col. Mathew started his presentation quoting verses of Bagavath Geetha, Bible and Quran explaining the sense of motivation and how to become a good counsellor. He pointed out motivation is a process which make you act. It has three components – Activation, Persistence, and is Intensive. He dealt at length how different aspects of motivation such as Morale, Stimulus and Motives to drive a person to do things and act. He concluded by explaining how feelings are emerging from negative and positive emotions and to be a good counsellor one should have positive emotions.

KCF PARTICIPATION IN ARTS AND MEDICINE PROGRAMME OF BINNALE FOUNDATION

As a part of Music Therapy for cancer patients of Ernakulam General Hospital, KCF members presented a musical programme from 10.00 am to 12.00 noon on 7th February 2015 at General Hospital under the banner of Binnale Foundation. Our president Fr. Dr. Varghese Pudussery gave a befitting message on this occasion.



Selected smooth melody songs were presented by the members of KCF, Asha Sharaf, L.Nirmala, Mohammed Sagheer, Latha Praveen under the leadership of Dr. Gafoor our member to console Cancer patients.

KNOW YOUR MEMBER COUNSELLORS

Ms. ALICE POULOSE

Ms. Alice Poullose is a professional, committed and qualified teacher with more than 22 years of experience in teaching and mentoring students of various age groups. Along with giving due importance to the academics, she had always taken keen interest in the personal development of children by working as a student counsellor along with teaching during her professional career.



She is post graduate in counselling and family therapy and a counsellor. Currently she is actively involved in family counselling, student counselling and attending learning disability cases in Swanthana Institute of Counselling.



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She can be contacted at Ms. Alice Poulouse, 7F, Skyline Gateway Apartments, Pathadipalam, Changampuzha Nagar P.O., Kochi-6820333, Phone : 9846191435, Email: aries140@gmail.com

Mr. GIJI VARGHESE



Giji Varghese is a counsellor of Swanthana Institute of Counselling and Psychotherapy and St . George Church, Kongorppilly and is a trainer for students, teachers, parents and office employees.

His address is Giji Varghese, Ettianickan House, Kothamangalam – 686691, Mob : 9633875760, Email : wellbeingwell@outlook.com

Ms. ASHA SUNIL

Asha Sunil is Mcom, MSW and has six years experience in Swanthana Institute of Counselling and Psychotherapy. At present working as a counsellor in St. Teresas Girls High School, Ernakulam. She is also a visiting counsellor at Aswas Bhavan, Veli, Fortkochi.



Her specialisation is Teenage Counselling and Counselling for parents. She can be contacted at Ms. Asha Sunil, 48/1294, Baby Smaraka Road, Elamakkara, Kochi-682026, Mob : 9995561201, Email: punyasunil@hotmail.com

ATTENTION DISTRICT BRANCHES AND MEMBERS

Members and district branches may send reports of their activities to be included in future newsletters. From next issue onwards we will be publishing brief selected articles received from the members relating to counselling.

Articles are solicited from members in English or Malayalam by email.

*Edited by Sri. A.S.Shenoy, Secretary
on behalf of KCF
For Private Circulation to members of KCF only*