



SWASTI

The Psychological Counseling Center

Department of Psychology

Deen Dayal Upadhyaya Gorakhpur University, Gorakhpur

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Vision

During the tough phases of life, to maintain a mental balance is challenging. “Swasti” come handy to maintain healthy mind by providing all kinds of psychological counseling for Individuals, couples, parents and family across the age. Getting thoughts to enhance life to create healthy habits and coping mechanism, or in positive transitions of life like marriage, childbirth, job changes and the like, where people are facing overwhelming emotions such as anxiety, fear, discomfort, etc. are some common issues in which a client may get help.

Psychological Counseling encompasses a broad range of culturally-sensitive practices that help people improve their well-being, alleviate distress and maladjustment, resolve crises, and increase their ability to function better in their lives. With its attention to both to normal developmental issues and problems associated with physical, emotional, and mental disorders in the broader practice-based areas of psychology.

Problems to be addressed: They include, but are not limited to:

- Relationship difficulties-including marital, family difficulties, breakups
- Learning and skill deficits.
- Stress management and coping with negative life events.
- Sexual Harassment, Abuse, Domestic Violence
- Dealing with and adjusting to physical disabilities, disease or injury.
- Personal/social adjustment.
- The development of one’s identity.
- Persistent difficulties with relating to other people in general.
- Mental distress and trauma
- School and career/work adjustment concerns.
- Making decisions about career, work, and dealing with school-work-retirement transitions.

Psychological Services

“Swasti” center will provides a holistic approach, ensuring involvement of the most appropriate professionals. Psychological therapies are talking therapies. Now there are more sophisticated psychological therapies, developed and trialed using reliable scientific measures and methods. SWASTI center comprises a multi-disciplinary group of professionals, who are able to provide a holistic comprehensive assessment of psychological and social components. After the assessment process and reaching an understanding of the problem of client, the SWASTI counselors will recommend the most effective therapeutic intervention for the client.

Beneficiary of the Counseling Center

The preliminary beneficiary of this counseling center would be the students of the university campus who are coming from different strata of the society and subsequently the services would be extended to other segments of the society, particularly the women in distress.



Functioning of the Center

- The center will function with the cooperation of Dean Student Welfare (DSW), DDU Gorakhpur University, Gorakhpur.

- The center will function in the premises of Department of Psychology, DDU Gorakhpur University, Gorakhpur.
- The counselors would be appointed on temporary basis and their contract would be renewed annually.
- The counselors would work under the coordinator of the center.
- The center will render its services twice in a week (every Friday & Saturday) which would likely to be extended as per need
- The timing of the Counseling service would be 12.00-4.00 PM.
- The service would be given only on prior appointment.
- In case of any assessment or measurement by any standardized tool/test, and reporting of the same a minimal charge would be applied.
- The case history would be taken before the actual counseling session by voluntary trainee.