RGNUL- MENTAL HEALTH INITIATIVE (MHI)

(COUNSELLING)

ABOUT COUNSELLING

Counselling is a wellness process that is designed for you to be deeply heard, explore ways to build upon your assets and strengths, and look for opportunities to overcome adversity.
If you have any questions about your counselling, by all means ask. Your counsellor is trained not to impose on the client any stereotypes of behavior, values or roles related to age, gender, religion, race, disability, nationality or sexual orientation.

THE COUNSELLOR

Your counsellor Dr. Jaismeen Kaur, is a Ph.D. in Psychology and Certified Choice theory and Reality therapist from William Glasser Institute, USA. The counselling services are provided to you at no cost.

Your counsellor will want to work with you and will support you in what you are capable of doing for yourself. Your main responsibilities are to attend your scheduled sessions, talk about your strengths and challenges as openly and honestly as you can, and participate in any tasks or homework assignments, as you feel comfortable. Please let your counsellor know, with at least 24 hours' notice, if you are unable to make it to a session.

APPOINTMENT

Prior appointment is required for the session. The candidate can walk into the health care and counselling centre or request an appointment by emailing counselor@rgnul.ac.in. The counsellor will then provide the earliest available time slot.

CONFIDENTIALITY

Communication with your counsellor will be kept in confidence and will not, except under the circumstances explained below, be shared with anyone outside of the counselling session, unless you give the counsellor authorisation to do so.

Exceptions to confidentiality mandated or permitted by law include:

1.Your counsellor can break confidentially if there is risk of imminent harm to any person (yourself or another identified person).

2.If a court of law or federal security entity orders the release of certain information about a client we are legally required to comply with this order (although we work to release the minimum information needed).
.