

**ST FRANCIS COLLEGE FOR WOMEN**  
**BEGUMPET**  
**HYDERABAD**  
*Psychological Counseling Center*



*"We are sent into the world to live to the full everything that awakens within us and everything that comes toward us." -  
-John O' Donohue*

The Counseling Center of St Francis College works with credence that every individual is unique and that she needs to be looked at a special being. Students today face innumerable issues and many of these issues are so complex that they hinder their healthy growth. The counselor at the center uses a holistic approach to help the students deal effectively with variety of life stressors. The relationship between the counselor and the student is based on respect, trust and commitment.

*Services Offered at the Center*

A broad range of Counseling Services are provided at the center and students can avail these services free of cost. The counselor follows the ethical code of privacy and confidentiality.

Counseling Services available are:

- Academic Difficulties.
- Career and Life Choices
- Career Counseling ( with assessment)
- Anxiety & Stress
- Lack of Self Confidence & Self Esteem
- Pre-marital Counseling
- Life Coaching
- Depression
- Grief & Trauma

**Faculty Profile, Adequacy and Competency of Faculty**

Sl. No.	Name	Designation	Qualification	Experience
1	MS. USHA C.V.	Counseling & Health Psychologist	M.A, B.Ed., PGD in Counseling Psychology, Pursuing Ph.D, from University of Hyderabad	14 years of teaching experience

## CONFERENCES ATTENDED

### **Papers presented**

- Ms. Usha C.V. presented a paper - 'Psychological Gap in Intensive Care Units', at 'Pain & Trauma Management' – A National seminar conducted by University of Hyderabad, 2- 3, August, 2008.
- Ms. Usha C.V - *Attended & presented a paper* on 'Enhancing Quality Care in ICU need for Holistic Approach' at the 45<sup>th</sup> National & 14<sup>th</sup> Inter National conference of the Indian Academy of Applied Psychology (IAAP) on Quality of Life & Globalisation- Effect sel ..... Interventions from 18<sup>th</sup> – 20<sup>th</sup> February, 2010 at the Department of Psychology & Para Psychology, Andhra University.

### **Seminars / Workshops attended:**

Ms. Usha C.V. attended a daylong **seminar** on 'SCHEMA THERAPY' – 6<sup>th</sup> October, 2008, conducted by Diana Monteiro, Ph.D. (USA), Counseling Psychologist, held at St. Francis College for Women, Begumpet, Hyd-16.

Ms. Usha C.V. - Attended a 2-day workshop in 'HYPNOSIS', conducted by Mr. Pradeep Agarwal, on -13<sup>th</sup> – 14<sup>th</sup>, June, 2008, at St. Francis College for Women, Begumpet, Hyd-16.

Ms. Usha C.V. - Conducted 2 workshops at 'Thomson Reuters' (A Corporate office) on:

1. Stress Management on 15<sup>th</sup> October, 08' for ½ a day.
2. Work Life Balance on 22<sup>nd</sup> October, 08' for ½ a day.

Ms. Usha C.V. - Attended a 3-day (7-10, April, 2010) workshop on 'Behaviour Modification' by Dr. Bina Pani Mohapatra held at National Institute for the Mentally Handicapped-Secunderabad-9.

Ms. Usha C.V. - Attended a 2-day National Conference on 'Mental Health in Work Setting', organised by the Department of Psychology, Osmania University, Hyd., in collaboration with Indian Association of Mental Health on 23<sup>rd</sup> & 24<sup>th</sup> October, 2009.

### **Research Projects**

- Currently doing doctoral research at Centre for Health Psychology, University of Hyderabad. Titled "**Psychosocial Care in Intensive Care Units: Impact on Well Being and Trauma.**"

- Completed a research project as part of Post Graduate Diploma in Counseling Psychology, University of Hyderabad. Titled “**Patient Care in intensive Care Units: Biopsychosocial Assessment**”

## **Publications**

- Published an article titled “**Patient Care in intensive Care Units: Biopsychosocial Assessment**” *Journal of Indian Health Psychology*,5(2), (2011).Global Vision Publishing House, New Delhi.
- Published an article titled “**Emergency Psychology: Concept and Status**” in the book “Trauma and Pain: Biopsychosocial Perspectives” Global Vision Publishing House, New Delhi.

## **Workshops and Presentations**

- Conducted a Workshop for Dyslexic Association of Andhra Pradesh (DAAP), on – ‘**Career Prospects for Dyslexics**’. On the 3<sup>rd</sup> of July, 2011.
- Presented a paper on- ‘**Enhancing Quality of Life in Intensive Care Units- A Holistic Approach**’ in the 45<sup>th</sup> National and 14<sup>th</sup> International conference of the Indian Academy of Applied Psychology organized by the Department of Psychology Andhra University Vishakhapatnam.
- Attended a National Conference on ‘**Mental Health in Work Setting**’ organized by the Department of Psychology Osmania University Hyderabad.
- Attended a workshop on “**Dyslexia- Teaching**” by Alfa to Omega, Chennai.
- Attended a 3-day (7-10, April, 2010) workshop on ‘**Behaviour Modification**’ held at National Institute for the Mentally Handicapped-Secunderabad-9.
- Presented a paper on - ‘Psychological Gap in Intensive Care Units’, at ‘**Pain & Trauma Management**’ – A National seminar conducted by University of Hyderabad, 2-3, August, 2008.
- Attended a symposium on ‘**Mental Health and Well Being**’ held by Centre for Health Psychology, University of Hyderabad.

## **Extension Activities**

- Participate in a number of talk shows conducted by ETV
- Write articles for children and adolescents in Andhra Jyothi (Daily Newspaper).
- Conduct career counseling for students of different schools and colleges in Hyderabad.
- Conduct workshops on Life Skills Training for School Children.

## **COLLABORATION WITH OTHER DEPARTMENTS AND INSTITUTIONS**

1. Ms. Usha CV gave a talk on 'CAREER OPTIONS FOR DYSLEXICS' for the parents of Dyslexic children at Seminar conducted by DAAP on 3<sup>rd</sup> July , 2011.
2. Ms. Usha CV were guest lecturers for the Ist year students of Social Management during Jan-Feb. 2009.
3. Ms. Usha CV – conducted a workshop on 'Work life Balance' for personnel of Thomson Reuters on 22<sup>nd</sup> Oct, 2008.
4. Ms. Usha CV – conducted a workshop on Stress Management for personnel of Thomson Reuters – 15<sup>th</sup> Oct, 2008.

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