“TACKLING ISSUES FACING TEENS TODAY FOR MAKING THEM optimistic about their future”

Creating hope for children and adolescents. Counseling towards Solutions: Tailored for parents, or School Staff members to provide unique and refreshing approaches to challenging Situations

- Moral Character Formation of Children And Adolescents
- Tackling Issues Drug & Alcohol, Substance Use
- Behavioural, Social, Emotional Learning Difficulties / Disability
- Benefits Of Professional School Counselling Services K-12

(Indian Institute of School Psychology, School Counselling & Guidance “A not for profit” Constituent of H M J Foundation Inc 16/2005)
Alumni testimonials are an untapped source of competitive advantage for IISP to value addition of resources inputs

**Rating between 1 to 10 given by me to the P.G. Diploma School Counsellors' course from Indian Institute Of School Psychology School Counseling & Guidance:**

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**Kiran Rawat (IISP081) Teacher Blooming Vale Public School**

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**Poonam Rawat (IISP-078)**
Teacher
TESTIMONIAL ON MY COURSE ON P G DIPLOMA IN SCHOOL COUNSELING AND GUIDANCE

I was very much keen on joining a Post Graduate course on School Counselling and Guidance. I was having reservations on doing it by correspondence or joining a regular course. But in my interaction with various institutes I understood knowing the basic concepts are more important rather than getting a bookish knowledge. Exposure to the theories and understanding the concept is more important than attending regular lecture. It is a matter of understanding the concept of Counselling and Guidance. We have inbuilt a tendency to understand, but applying it in right direction and in right morals is very important.

I am really happy I joined the correspondence course with Indian Institute of School Psychology School Counselling and Guidance. The study material given, was very informative and case study based. The reading material was clear and well presented. Case studies in the chapters helped to understand better what actually Counselling is about. The various theories explained in the study material, their shortcomings and the case studies given are very informative. The study material covered all the aspects to be known by a School Counsellor the basic theories, their shortcomings, the qualities, interpersonal tools, communication skills, relationships, case studies, present scenario in schools, potential cases which you will come across in school and in the surrounding i.e:- home, neighbourhood, office, your responsibilities towards the society etc. Everybody over the period of time knows the basics on how he has to be communicative, how he should behave, be positive and successful. But applying this understanding is very difficult. Not only in Profession but also at home. The instructor's clear and consistent focus on the above principles in assignments helped me to understand the subject better. He kept the course very focused and efficient. I enjoyed the case studies, and also the structure of assignments. I liked that the course included step-by-step exercises and unassisted assignments encouraging me to act like an Counsellor. I really liked the combination of study materials, Modules, exercises, and on-your-own assignments. The assignments were where I discovered whether I truly understood the material. This course produced real learning. The fact that the assignments were graded motivated me to work on them, solve problems, and think as a Counsellor in each case study. Really one member of each family should take up this course to understand each other, understand today's generation and society and contribute happiness and positivity in the family and our country. Great way to take up this course. Thanks!

Mrs. Manisha Mahesh Naik
Registration No:-051
24/651,Mamata CHS,
Nehru Nagar, Kurla (East),
Mumbai - 400024.
PART - IV

About Us IISP Introductory Notes
(www.schoolcounsellorsindia)

Indian Institute of School Psychology, School Counselling & Guidance (IISP) is a constituent of H M J Foundation Inc 2005-. IISP, is a Premier, professional as pioneer in leading humanistic integrative COUNSELLING & PSYCHOTHERAPY TRAINING INSTITUTE in India. PROVIDES suite of Professional Studies Program including the opportunity to pursue Research interest for PhD and beyond for emerging new career options in Counselling & Psychology, for Graduates, Post graduates any stream, teachers and educators to join Masters, P.G Diploma specialists courses in Counsellors & Psychotherapists, Or to become professional School/College counsellors for the students at School/college university levels in India and abroad.

IISP also appreciates and recognizes previous qualifications and experience (RPQ) of the candidates and offers these professional courses to serving, RETD professionals; who have APTITUDE & keeness to helping people deal with difficult emotions and challenging times. Their applications to join the courses on counselling specialization in various settings who can display their active associations with NGOs, relevant skills, qualities, aptitude to become an effective Counsellors and Psychotherapists.

“Common Psychosocial Problems of School Aged Children & young Estimates of the number of school aged children with emotional problems vary. 20-30 percent student's need targeted early interventions and counselling programs as additional help at school” (WHO Model wyn et al 2000)

In India, where a psychological problem and visit to the psychiatrist is Considered a stigma, it becomes even more necessary to create awareness amongst parents, teachers, School counsellors and External agencies, health care providers about the extent of the psychological problems in children as many common chronic and mental health conditions arise during childhood.

These ensuing psychosocial problems are known to lead to various Special learning Difficulties (SpLD) like dyslexia, Autism, ADHD OCD and others, Or, Behavioral, social and Emotional Learning Difficulties (BSELD) and emotional Instability in children which then have an life long impairment.

IISP offers a range of courses, from short courses to anyone interested in finding out more about the existential approach through to doctorates (provided jointly with our Collaborator, IBAM India & Member Organization of BACP. U K. AND ACCREDITED Professional Bodies internationally (Recognized state government Registered T S No IISPSC&G 160/2016 ,& I S O 9001-2015 Certification No QMS-XX-XVI-X-1628) Accredited Distance Mode COURSES/PROGRAM All courses are Min HRD Registered Copyrights with related contents and IISP publications, study modules. IISP resources are developed to international professional standards, but influenced and appropriated to Indian needs and following the curriculum as of University of Cambridge ’and other British Universities - Recognized by IBAM India & Member Organization Status with BACP U K, Health care, professional counsellors & Psychotherapists, BACP, U K, Counselling Children & Young People ACCREDITED BY ISCA .And Professional School Counsellors Program in affiliations with International School Psychologist Association U S A, and NASP U S A. IBAM Registered as RMP eligible to set up private practice in India and other countries including U S A and U K,
“The practice of professional counselling is defined as the application of mental health, psychological or human development principles, through cognitive, affective, behavioral or systemic intervention strategies. By using these strategies, professional counsellors address psychological wellness, personal growth, career development issues, as well as mental health pathology. The assistance of counselling professionals in the prevention of suicide, on a world wide scale, is critical and clearly needed.” These professional counsellors have graduate training and work in schools, colleges, and universities, career agencies, to provide assessment, intervention, prevention, identify people who are at risk and vulnerable, and to understand the circumstances that influence their self destructive behavior, and to effectively structure intervention. (WHO)

IIISO OFFERS FOLLOWING COURSES IN DISTANCE MODE.

1. M. Sc,(integrative PG DIP, P. Graduate Cert)- BSELD/ SEN; is a two years-
2. M. Sc -Integrative Counselling and Psychotherapy (PG Cert/PG Dip)
3. M Sc, and PG Diploma School Counsellors (professional studies) PROGRAM-
4. M Sc/PG Diploma professional counsellors' university/college students counsellor Welfare Services
3. Professional counsellors & psychotherapists-, in varied settings-
4. Para professionals Mental Health Care - Specialists BSELD/ SEN professionals, educators (Behaviour, Social and Emotional Learning Difficulties / Special Education Needs Specialists

Why Professional School Counsellors k-12

Children and young adults need guidance and support, especially when it comes to dealing with academic, personal, parental and social pressures. Helping people reach their potential should be your number one goal and to achieve it you should be caring, flexible, adaptable and patient.

School counsellors assist students at all levels, from elementary school to college. They act as advocates for students' well-being, and as valuable resources for their educational advancement. As a school counselor, you'll first and foremost listen to students' concerns. Because everyone's home and social life is different, you could be the only person who fulfills that need for them at a given time.

You may help students with issues such as bullying, disabilities, low self-esteem, poor academic performance and relationship troubles. You can refer them to a psychologist or mental health counsellor for further treatment if necessary. In addition, you'll evaluate students' abilities, interests and personalities to help them develop realistic academic and career goals. You'll facilitate aptitude tests and formulate potential paths to success on the job,

- Abuse and Neglect Issues
- Anger Management
- Bullying Prevention
- Crisis Intervention
- Goal Setting

Professional school counsellors:

- Interpersonal Relationships
- Peer Mediation/Conflict Resolution
- Self-Esteem Building
- Sexual Harassment

Substance Abuse
- Spirit of Unity
- Substance Abuse
Salient functions:

- Listen to students' concerns about academic, emotional or social problems
- Help students process their problems and plan goals and action. Consultations and needed partnership with Parents and community at large.
- Mediate conflict between students and teachers
- Improve parent/teacher relationships
- Assist with college Career readiness applications, jobs and scholarships
- Facilitate drug, substance Abuse and alcohol prevention programs with appropriate intervention strategies and techniques, individual cases and through school wide program.
- Organize peer counselling programs
- Extend help referrals of students to psychiatrists intensive cases and other mental health resources
- Work on academic boards to improve learning conditions

All of these activities and duties can make a real difference in student's lives, improving their self-understanding and self-confidence, motivation, decision-making, goal-setting, planning and problem solving, interpersonal relationships, communication skills, respect for others and more.

Why professionally qualified School Counsellors for Each School?

1. Hon Supreme Court Directives through Raghvan Committee Report CBSE mandated for each school “Shiksha Kendra”, 2, Community Centre, Preet Vihar, Delhi No. HOD (EDUSAT)/08 March 10, 2008 Circular No 08

2. HIGH COURT OF A.P DIRECTIONS TO THE GOVT in PIL 106/2013) Counselling to be made mandatory in schools/Colleges & Universities, TOI, TNN Apr 2, 2013, 02.38AM IST The secondary education department will MAKE PROFESSIONAL counselling compulsory in schools in the state from the next academic year onwards. With rising pressures on school students, which in some cases are leading to suicides, the department is expected to issue a government order making counselling centres. Even CBSE and ICSE schools will not be spared. Counselling is being made mandatory as students face a lot of pressure from peers and parents in their formative years. Even young children face such problems and require help. The fact that counselling by teachers and mentor programmes have not helped in the past necessitates professional help.


MUMBAI: The Bombay high court has directed all schools to screen children for learning disabilities (LD) from age nine, while they are still in primary school. The order is to ensure detection of specific learning disabilities at the earliest to enable parents and teachers to take remedial steps Schools may depute teachers and assess a change in performance of students to identify who to screen, the HC said. But school authorities question the practicality of this and say screening may be difficult. "For most schools, doing this kind of an exercise is practically impossible because of the number of students they have and because of a lack of resources. Some schools don't have a full-time counsellor. The focus should be on making parents aware to get their wards tested. Schools can focus on providing remedial care," said Amol Dharmde, trustee, Indian Education Society.
There is a great need for more mental health services for students. An appalling number of children and adolescents have mental health needs that are unaddressed and often not even identified. Providing school-based professional counseling on a regular basis may be a necessary alternative for some students identified with LEARNING DIFFICULTIES/DISABILITY. IISP and its Distinguished Advisory strongly advocate that the provision of mental health services for children within their schools can improve the academic and personal/social success of students.

School provides an ideal setting for students to receive mental health services. All students have access, regardless of obstacles such as limited finances and transportation or other difficulties that may impede delivery of mental health services outside of school.

Among the reasons why it is important to solidify the school counsellor's role to include that of mental health professional are identification, assessment, and appropriate intervention to all cases from mild to moderate levels. Intensive cases; School counsellors can begin to address this need through referrals to community mental health providers and by functioning as educational leaders as they advocate for eliminating the gaps created in the lives of students grappling with mental health issues or life experiences that can sometimes be harrowing.

Both school counsellor roles, that of educational leader and that of mental health professional, are necessary to address the overwhelming level of mental health needs of students. Unfortunately, families are not always able or willing to follow through on referrals to outside counselling, so a large gap exists between students referred for services and those who actually receive services.

Prof. Dr. H M Kulshrestha PhD
Principal & Director
MB.A, M.S (Behv.Sc), L.L.B, A.D., Specialist (School Counsellors Program(U.K), Dip DYSLEXIA Specialist (U.K), Ph.D (Psycho & Counsel) professional Membership: NASP, USA, ISPA, USA, AS CA, USA, M.B.A.C.P (U.K), President Indian School Counsellors Association, ISCA.(INDIA)
HMJ Foundation. IMC. 16/2005

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Thank you for taking the time to understand the roles and responsibilities of a Professional school counselor
(IISP"s 'Copyrights courses & contents of Study modules)