



ST.XAVIER'SCOLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2024-25

Name of Activity	Session on 'Counselling Skills'
Date/Duration	Date: 21-03-2025 Time: 9:30 a.m. – 10:30 a.m.
Venue	St. Xavier's College Class Room: 207
Name of organizing Department/Cell	Department of Psychology
In collaboration with	
Name/s of Faculty Coordinator	Dr. Eulalia Fernandes
Stratum of Event	College Level
Name & details of Resource Person/s If any	Ms. Beverly Monteiro Counsellor, St. Xaviers's College
Report	Report on the Session on Counseling Skills On the 21st of March 2025, a session on the theme of Counselling Skills was conducted by Ms. Beverly Monteiro for the TYBA Psychology students of St. Xavier's College. The session was held from 9:30 a.m. to 10:30 a.m. and was attended by 21 students. The session was coordinated by Dr. Eulalia Fernandes, Associate Professor in the Department of Psychology, and provided valuable insights into the essential skills and ethical considerations involved in counselling. Ms. Monteiro began the session by addressing the critical topic of ethics in counselling. She emphasized the significance of maintaining professional integrity, respecting client confidentiality, and ensuring a non-judgmental, empathetic approach to all clients. These ethical standards form the backbone of effective counselling practice, and the

	<p>students were encouraged to adopt these principles in their future careers.</p> <p>A key highlight of the session was the demonstration of consent forms, where Ms. Monteiro stressed the importance of obtaining informed consent from clients before beginning any counselling session. She explained that consent forms serve not only as a legal requirement but also as a means to establish trust and clarity between the counsellor and the client. Through her explanation, students gained a practical understanding of how consent forms should be presented and explained to clients.</p> <p>Ms. Monteiro then moved on to outline the steps in the counselling process. She broke down the stages of counselling, including building rapport with the client, identifying the issues at hand, working towards solutions, and closing the session while ensuring that the client feels empowered and supported. She provided clear examples of real-life counselling situations, helping the students understand how theoretical knowledge is applied in practice.</p> <p>The session also covered the various counselling skills required to facilitate productive and empathetic sessions. Ms. Monteiro highlighted active listening, questioning techniques, and non-verbal communication as essential tools for counsellors. She explained how these skills help in creating a safe space where clients feel heard and understood, which is crucial for effective therapeutic outcomes.</p> <p>To further reinforce the concepts, Ms. Monteiro shared practical examples from her own experiences as a counsellor. These examples helped bring to life the theoretical aspects of counselling and demonstrated how different approaches could be used in various scenarios. Additionally, the session featured videos that illustrated counselling techniques and highlighted the challenges counsellors face in real-world settings.</p> <p>The session concluded with a brief Q&A session, where students had the opportunity to ask questions and engage in a discussion on the nuances of counselling. The students left with a deeper understanding of the role of a counsellor, the importance of ethics, and the essential skills required to provide effective support to clients.</p> <p>The session was a valuable learning experience for the students, providing them with practical insights and knowledge that will be useful as they pursue their studies in psychology and counselling.</p>
Brochure/Poster	NA
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/IMG-20250321-WA0020.pdf
List of participants With signatures	https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/Adobe-Scan-22-Mar-2025.pdf
Certificate	NA