



St Aloysius College (Autonomous), Mangaluru

Criterion V: Student Support and Progression

Metric No.: 5.1.4

Year: 2021-2022

### **Counseling Skills Workshop by MSW (2021-22)**

The Human Wellness Forum, Department of PG in Studies and Research in Social Work, St. Aloysius College (Autonomous), Mangalore, organised a two days' workshop on Counselling Skills on August 18 & 19, 2022. The resource person for the workshop was Dr. Lavina Noronha, Director of Ave Maria Palliative care, Vamanjoor. The workshop was organized with intent to enhance the Counselling knowledge and skills of students who are aspiring to become professional counsellors. Ms. Noronha created an atmosphere of active listening and engaging students in various activities like, individual assessment, case studies and Mock sessions etc to learn and to have better understanding on the concepts. She also inspired the students through her real-life experiences in Counselling and other aspects of Social Work practice. The topics covered during the workshop were as follows.

Day 1- 1. Concept of counselling. 2. Core conditions of counselling. 3. Principles of counselling. 4. Counselling ethics. 5. Non-verbal cues in counselling.

Day 2- 1. Verbal cues in counselling. 2. Advanced counselling skills. 3. Qualities of an effective counsellor. 4. Benefits of Counselling. 5. Egan's three stage model of Counselling.

The workshop provided the students, a deep insight into counseling and their role in helping clients in need of counselling. It also helped student participants to understand and to enhance their qualities and skills. It was also a theoretical orientation to students to apply counseling skills during their field work practice. The workshop was organized by Dr Roshan Monteiro, the forum coordinator, there were 24 participants attended workshop. Dr Loveena Lobo, The Director, PG Social Sciences, Maffei Block welcomed and introduced the resource person and Ms Sangeetha Udaykumar, Assistant student coordinator of the forum proposed the vote of thanks.

ESTD : 1880





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ST ALOYSIUS COLLEGE (AUTONOMOUS),  
MANGALURU, 575003

DEPARTMENT OF PG STUDIES & RESEARCH IN SOCIAL WORK

HUMAN WELLNESS FORUM

ORGANIZES  
WORKSHOP ON

**COUNSELING  
SKILLS**



**DR. LAVINA NORONHA**

Director

Ave Maria Palliative Care  
Vamanjoor, Mangalore

**18 & 19 AUGUST 2022**  
**09.00AM - 04.00PM**



**ROOM NO 202,**  
**MAFFEI BLOCK**

DR. LOVEENA LOBO  
DIRECTOR, MAFFEI BLOCK

DR. SHWETHA BASQUINHA  
MSW

SRV. DR. PRAVEEN MARTIS SJ  
PRINCIPAL

DR. GOSHAN MONTEIRO  
PROGRAMME COORDINATOR







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