

REPORT ON PSYCHOTHERAPY UNIT - **DEPARTMENT OF PSYCHOLOGY**

Duration: June 2023 - July 2024

Co-ordinated by: Dr. Rimjhim Ray and Dr. Jhuma Mukherjee

Overview: The psychotherapy unit is an initiative undertaken by the faculty of the Department of Psychology to provide mental health services to all students, teaching faculty, and non - teaching staff. The aim of this initiative is to ensure that they are able to reach out and share their worries and concerns in a non-judgemental, safe space and feel heard and supported while receiving professional help. Confidentiality has been strictly maintained by the faculty when addressing the issues put forth by them.

Appointments are made on Mondays between 12 and 2 PM by Md. Hanif in the Department of Psychology. The schedule followed by the faculty members in conducting the sessions are as follows:

Name of faculty member	Day of session
Dr. Rimjhim Ray	Tuesday
Dr. Jhuma Mukherjee	Wednesday
Dr. Kumar Surya Narayan Singh	Thursday

A non-transferrable card is provided to each individual to maintain a record of enrolments in the psychotherapy unit. The card includes a few basic details about the holder such as their name, their department, date of enrolment, contact details, and the signature of the holder. This card is to be produced by the individual before each session. Along with this, a brief case history form is also provided. This involves an overview of all relevant personal details such as educational background, family background, and history of chronic or serious illnesses, if any.

Feedback from those who have benefited from the services offered by the psychotherapy unit has been overwhelmingly positive. Some of the reviews have been provided below:

Feedback
The psychotherapy unit helped me gain insights about my inner self. I'm immensely grateful for this initiative that made me develop a greater understanding of issues that I was

neglecting all this time.

I am thankful to the psychotherapy unit which has helped me to gain necessary insight about what my weaknesses and strengths are and it has helped me to understand myself better. With the guidance and help I have gained from my session I have been able to inculcate the tasks recommended to me in my daily life and have been in a more peaceful mind set as of lately.

The psychotherapy unit was really enlightening and knowledgeable. It would be great if we get more such classes.

The first session with you in the Psychotherapy unit was indeed a lot fruitful and I've gained an insight. It has helped me in certain ways.
Very thankful.

The psychotherapy unit in our department has genuinely been a great help for students. Although I personally have not taken any session from them... Still I have heard from my friends that they felt very good after the therapy.

The psychotherapy unit was quite insightful. I found it interesting and I took back a lot of information and knowledge from the session.

The counselling that I've received through psychotherapy unit was really helpful. It gave me the feeling of not being alone.

From the first session, ma'am was attentive, never judgmental, and she guided me in the right direction. She provided a safe space for me to talk about my issues and showed me compassion, understanding, and validation, and was professional and friendly. I am very grateful to the whole team for taking this initiative.

Since the inception of this unit, a considerable number of people have enrolled to seek its services. At the start of the month of July, the total number enrolled was four. In November, the number of enrolments enrolled rose to fifteen. In the ongoing month of May, the enrolment register shows one student thus far.

Month	Date of appointments	No. of enrolments
July	20. 09, 21. 09	4
September	09. 11, 11. 11, 15. 11, 22. 11, 23. 11, 29. 11	15
May	17. 12	1

Some glimpses of the sessions conducted by the faculty members have been provided as follows:



Card No.....

Card No. PSY/ /22

B.Sc./B.A.....

ASUTOSH COLLEGE

PSYCHOLOGY DEPARTMENT

PSYCHOTHERAPY UNIT

**Must be produced each time
before taking session**

Name.....

Student/Teacher/Staff.....

Dept.....

Date of enrolment.....

**Coordinator
Asutosh College**

Signature of Holder.....

Home Address.....

..... **Kolkata**.....

Phone No.....

E-mail :

**KEEP CAREFULLY
NOT TRANSFERABLE**

This card is issued to individuals once an appointment has been scheduled. As mentioned previously, it is non-transferrable and one is required to bring this to each session they attend.

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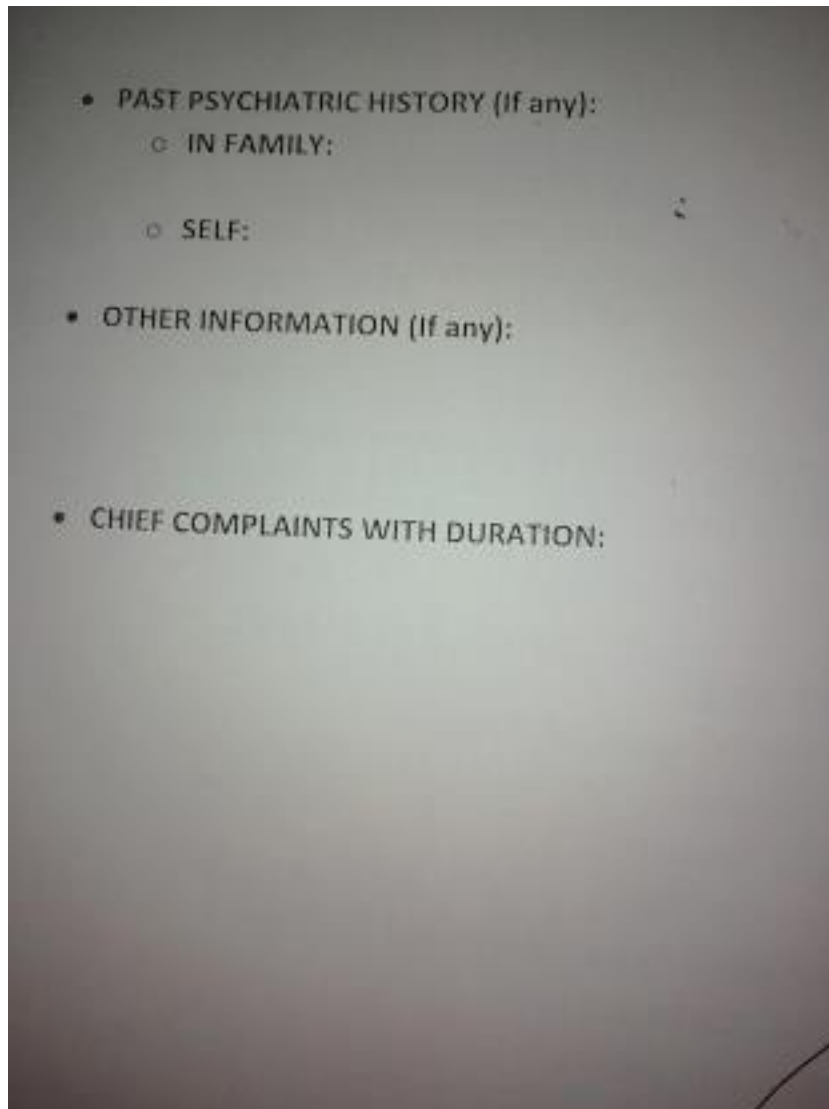
DEPT. OF PSYCHOLOGY

PSYCHOTHERAPY UNIT

Brief Case History Format

C.R.NO.- PSY/ /22

- NAME:
- AGE:
- SEX:
- DEPARTMENT:
- EDUCATIONAL QUALIFICATION:
- OCCUPATION:
- NAME OF MOTHER:
- AGE OF MOTHER:
- EDUCATIONAL QUALIFICATION OF MOTHER:
- OCCUPATION OF FATHER:
- NAME OF FATHER:
- AGE OF FATHER:
- EDUCATIONAL QUALIFICATION OF FATHER:
- OCCUPATION OF FATHER:
- NAME OF SPOUSE:
- AGE OF SPOUSE:
- EDUCATIONAL QUALIFICATION OF SPOUSE:
- OCCUPATION OF SPOUSE:
- TYPES OF FAMILY:
- NUMBER OF SIBBLINGS:
- ANY CHRONIC OR SERIOUS ILLNESS (If any):



This is the brief case history format that is used by the faculty members during a session. Through this form, an individual discloses some basic personal information which facilitates the process of providing psychological support by conveying a clearer picture of the individual and their background.

To sum up, the psychotherapy unit has touched the lives of many and created a positive impact on those who have benefited from its services. The positive feedback provided by them indicates that psychological support provided by the faculty members has been truly invaluable.

On a final note, some timeless sayings have been shared which echo the spirit in which the activities of the psychotherapy unit are carried out:

The shoe that fits one person pinches another; there is no one recipe for living that suits all cases.

Carl Jung

Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

The Serenity Prayer, Reinhold Niebuhr

