

# THE IIS UNIVERSITY, JAIPUR

## DEPARTMENT OF PSYCHOLOGY

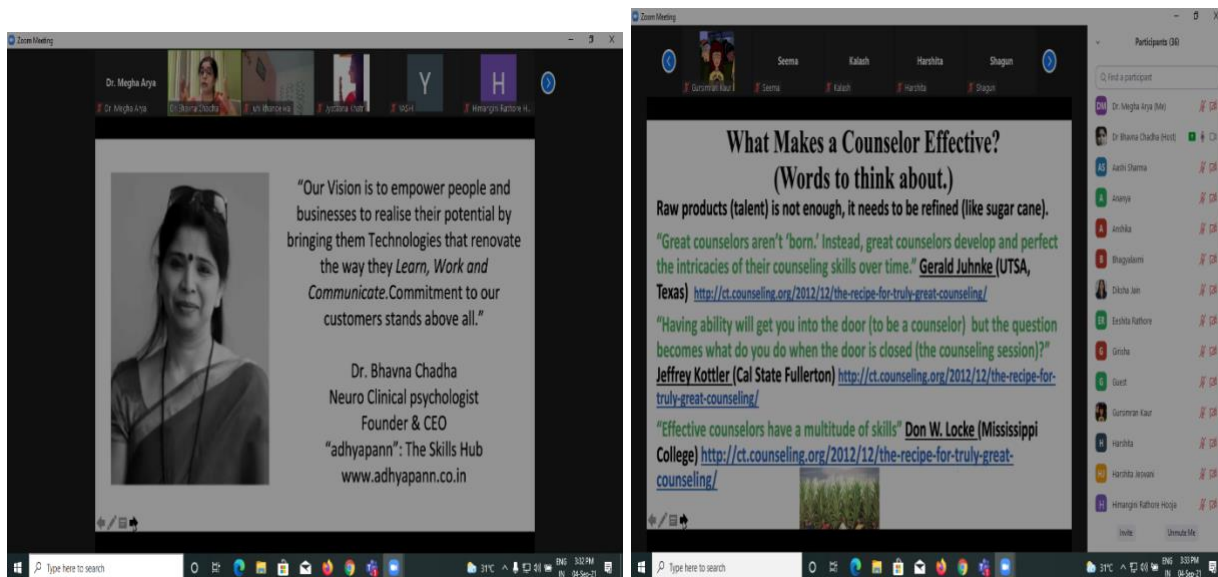
**Activity** : **Guest lecture**  
**Topic** : **What it is to be a psychologist (adhyapann-The Skill Hub)**  
**Date** : **04<sup>th</sup> Sept' 2021**  
**Time** : **03:00 -04:00 pm**  
**Platform** : **Zoom Meeting**

The department of psychology of IIS (deemed to be University, Jaipur) organized a session on online internship opportunities **as a part of Azadi ka Amrit Mahotsav**. The speaker of the session was Dr. Bhavna Chadha of Adhyapan: the skills hub, a Delhi based organization.

Dr. Bhavna is a neuro clinical psychologist with an industry experience of around 25 years. She began the session by giving a brief about the characteristics of an effective counsellor and what all is included in the process of counselling. Dr. Bhavna talked about the "8 H qualities" of an effective counsellor. And she discussed examples of few of her cases to better explain the same. She then informed the participants about the several services offered namely, career counselling and consultancy, online internship, online classes, and free webinars. She very articulately explained the benefits of their psychology internship program which constitutes of two modules, covering topics such as cognitive behavior therapy, psychological disorders, personality profiling, suicide, substance abuse etc.

She ended the session by taking up doubts and questions from the participants and very patiently clearing them up one by one. She again emphasized upon the humanistic nature of a counsellor for the success of a therapy.

It was a very informative and interesting session and the participants were delighted to know about this internship opportunity.



Zoom Meeting

Seema Kalash Harshita Shagun


## What Makes a Counselor Effective? (Words to think about.)

Raw products (talent) is not enough, it needs to be refined (like sugar cane).

"Great counselors aren't 'born.' Instead, great counselors develop and perfect the intricacies of their counseling skills over time." **Gerald Juhnke (UTSA, Texas)** <http://ct.counseling.org/2012/12/the-recipe-for-truly-great-counseling/>

"Having ability will get you into the door (to be a counselor) but the question becomes what do you do when the door is closed (the counseling session)?" **Jeffrey Kottler (Cal State Fullerton)** <http://ct.counseling.org/2012/12/the-recipe-for-truly-great-counseling/>

"Effective counselors have a multitude of skills" **Don W. Locke (Mississippi College)** <http://ct.counseling.org/2012/12/the-recipe-for-truly-great-counseling/>



Participants (8)


- Hemangini Rathore Hoja
- IS university Prath
- Pihona
- Jyotsana Khatri
- Kalash
- Karali
- Karishya Jain
- manan
- Anika Agarwal
- muskan choudhary
- Neha Sharma
- NEHHA MANGAL
- Pooja Jain
- Prakriti

33°C 3:57 PM 04 Sep 21


Zoom Meeting

Seema Kalash Harshita Shagun

## The 8 H Qualities deal with



- Heart (feeling, affect)
- Head (thinking, listening, speaking)
- Hold (both stopping and continuing an action)
- Holistic (all aspects of a person)
- Hope (optimism)
- Hurt (the wounded healer concept)
- Humanity (altruism, selflessness)
- Humor (laughing, seeing the absurd in life)



Participants (8)

- Anika Agarwal
- muskan choudhary
- Neha Sharma
- NEHHA MANGAL
- Pooja Jain
- Prakriti
- Prakriti Vadavatt
- Seema
- Sagar
- Shagun
- Somya
- vishal chandran
- VISHA
- Veda Vijayanya

33°C 3:58 PM 04 Sep 21