



Unlocking Infinite Possibilities

CENTRE FOR COUNSELLING SERVICES

“A PROBLEM SHARED WITH THE RIGHT PERSON IS HALF WAY SOLVED”



WHAT IS COUNSELLING

- ✓ It is a helping profession.
- ✓ It empowers the client to attain his/her full potential and live a more satisfying life.

- ✓ It is a process that facilitates a client's personal growth and healing process.
- ✓ It's for normal people going through normal life challenges e.g. academic, relationships. Identity etc.

WHO IS A COUNSELOR?

- ✓ A professional who empowers and facilitates a client's personal growth process.

WHAT HAPPENS IN COUNSELLING SESSION?

- ✓ A client gives the counsellor permission (consent) to facilitate the session.
- ✓ Confidentiality is adhered to.
- ✓ The client is allowed to express their feelings, thoughts and behaviors freely without interference.

Cont.

- ✓ Advice giving is not allowed.
- ✓ Some issues may require psycho education for clients to gain knowledge and understanding e.g. Drug abuse/addiction problem.

EXAMPLES OF ISSUES ADDRESSED IN COUNSELLING

- ✓ Relationships.
- ✓ Family issues.
- ✓ Stress management.
- ✓ Anger management.
- ✓ Financial issues.
- ✓ Loss & grief (death of loved ones)
- ✓ Sexuality.

Cont.

- ✓ Career guidance and counseling.
- ✓ Identity crisis.
- ✓ Drug and substance use and abuse.
- ✓ Life skills.
- ✓ Managing peer pressure.
- ✓ Loss of self-esteem.
- ✓ Conflict management and resolution.



Cont.

- ✓ Time management.
- ✓ Emotional and psychosocial problems.
- ✓ Study skills and examination taking techniques.
- ✓ Job searching skills.
- ✓ Behavior change.
- ✓ **AND** many more to suit both individual and group needs.



TYPES OF COUNSELLING AVAILABLE IN OUR OFFICES

- ✓ Individual counseling.
- ✓ Group counselling
- ✓ Marital and family counselling
- ✓ Crisis/trauma counselling
- ✓ Career counselling
- ✓ Peer counselling training (every semester)
- ✓ Mental health forums(every semester)



For further information, visit our
counselling offices at Equip Africa 1st floor,
student center 1st floor and FLT 38 or call us
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