



SERENITY SPACE WELLNESS CENTRE

(in collaboration with INAC Counselling Centre)

Recommendations

SERENITY SPACE WELLNESS CENTRE has certain recommendations that help you invest your time and effort (and also that of your counsellor's), meaningfully, to ensure you get the benefits you expect from the program. While the counsellor will commit to ensuring that your interests are completely protected, individuals are expected to adhere to certain general guidelines and policies as mentioned below:

- 1. Positive approach:** It is important to focus on the objectives of the program and do what it takes to achieve the results. A positive frame of mind helps in overcoming the initial mental and physical inertia and maintain commitment to the program. Though the counsellor will take all necessary steps to help you stay motivated through the process, an inner drive and openness to change from the client's end is also essential.
- 2. Regularity:** Consistency and commitment are the two basic necessities for any life changing process to succeed. All benefits gained over time will be lost, if there are frequent breaks and discontinuities in the counselling process, especially during the initial period.
- 3. Presence of other family/Friend during the counselling session:** The Counselling process by its very nature is highly confidential. Since sensitive information may be discussed, it is recommended that only the individuals relevant to the issues are present within the counselling room. Accompanying family members are requested to wait outside till the session is over. Parents are requested to arrange for any accompanying children to be kept occupied outside the cabin with as little interruption of the session as possible. If the issue at hand involves the child, the counsellor may choose to call the child into the room for a discussion. However, at the initial diagnostic session, parents are cautioned that discussing children's problems in front of them can have adverse effect on their minds. Therefore, all pertinent issues should only be discussed /disclosed to the counsellor without the child being present unless and until the counsellor thinks it appropriate to call the child into the session. For this purpose, kindly bring in some tools to keep the child occupied as per their individual interests and hobbies.
- 4. Phone Policy:** It is important to stay focused on the discussion during the time allocated for the same. Clients are requested to maintain the flow of the discussion and avoid receiving or making telephone calls, SMSs, Whatsapp etc. during the process to ensure the time allocated by you and the counsellor is best utilized.
- 5. Periodic Evaluation:** The Counsellor will conduct periodic reviews of the progress and attempt to set specific timelines to achieve these. The Evaluations will be scheduled periodically to measure effectiveness of the program and also to review progress.
- 6. Feedback:** It would be deeply appreciated if you could also take the time and trouble to send in your feedback to us to enable us to continue to bring about an improvement to the service offered to our clients.