

DATA ON SANTHI FAMILY COUNSELLING AND PERSONALITY DEVELOPMENT CENTRE

1. Name of the Counselling Centre : Santhi Family Counselling and Personality Development Centre.
2. Place: Shanthinilayam, Kumaranalloor PO, Kottayam-686016.
3. Year of Establishment: 2018, Sept.11.
4. Name of the Director: Fr. Sunny Mathew SJ
5. Mobile No: 9447375312
6. E-mail id: santhifcpdc@gmail.com
7. Website: www.santhifamilycounselling.com
8. Name of the Counsellors

.1 Fr. Sunny Mathew SJ, MA (Phil), MSW (PSW), MSc (CFT). Director, Santhi FCPDC.

Family and youth Counsellor. 15 yrs experience in Conselling and Family Therapy. Trained in Jesuits Institutions, university of Madras and IGNOU on related topics in the field of counselling and Family Therapy.

2. Mr.Adv. M.A. Babu, MA,LLB ,Msc(Psy)M.L.M,PG.GID&Coun,PGD.HRM, PhD in Psyho. Family and youth Counsellor. 10yrs. Experience in Counselling and psychology and related Areas.

3. Mrs. Susan Thomas, MA, BEd, Msc (CFT), Students 'and adolescents Counsellor. 4 yrs. Experience in related Area

8.Vision and Objectives of the CC:

Vision: Psycho-social and economical well-being of the people who are in need of professional help to face the life realities in their lives.

Mission: Integrated human development by giving psychological and therapeutic help to keep the mental health of the people in functional way and hence bring equilibrium in persons, families and the society at large.

Objectives:

1. To provide regular counselling and therapeutic facilities to all categories of people irrespective of caste, creed, religion and languages.
2. To conduct personality development programmes for women, teachers ,parents, and students in their psychosocial situations and hence empower them both in socially and Psychologically.
3. To address the issues related disintegration in families and bring about a harmonious society.
- 4.To conduct programmes for Teenagers and youth and couples in the areas of career counselling, premarital and marital counselling, Leadership training,and co-dependence counselling.

5. To foster Teacher-Students and parents' relationship in Modern Era.

6. To network with schools, colleges and psychological counselling centres and parishes in order to lend our hands of help in their missions.

9. No of cases from 01-09-2018 to 31-08-2019: 98

10. Types of cases and Numbers:

a) Marital Conflicts –	20
b) Family disputes –	14
c) Psychiatric issues –	05
d) Adolescent problems –	12
f) Scholastic backwardness –	30
g) Domestic Violence –	0
h) Child Abuse –	0
i) Personality disorder	17

Total: 98.

10. Number of cases came for follow up sessions:

a) Only once:	03
b) Only twice:	55
c) Thrice or more:	40

12 No of Group Counselling held in 2018-19: 22

13. Clientele groups: Children, Adolescents, Adult and Youth, couples and elders.

14. Numbers of Training Programmes held in 2018-19:	07
1. Three day residential programme for seminarians of 3 Dioceses-	01
2 . One day Pre-marital programme for youth of Ganaga community -	01
3 . One day personality development Programme for Students of Belmont H.S.S. and Manipuzha, Kottayam	- 01
4. One day Personality development Programme for Students of St. Jude H.S.S. and Junior College, Manarkad, kottayam. -	01
5. Mary Mount Public School & Juniouir College -	01
6. Youth personality development programme for Jesus Youth –	01

15. What are the facilities of the CC?

1. A good location. 2. Good, spacey Counselling and Therapy room.
3. An office room for FCPDC Director. 4. Infrastructures for documentation.

19 What are the strengths of the CC?

1. In a short period of time it has been known to the public.
2. Existing support of the people around.
3. All categories of the people irrespective of any discriminations seek help and are being helped
4. We have a competent team of counsellors and therapists.
5. We adopt lay collaboration and there is a team work among the staff, counsellors and lay collaborators.

20. How does the CC reach out to the target groups?

1. Through advertisements, Banners ,its own Web sites and social media.
2. Sunday Ministries at the parishes and establishing tie up with church authorities.
3. Net working with similar institutions, educational institutions and referral hospitals and de-addiction centres.
4. Tying up with local bodies and local administration and it units like Kudambashree .
5. Websites and Facebook