

Goa University
Manohar Parrikar School of Law, Governance and Public Policy
Social Work Programme
Counselling Techniques Lecture By Amita Quenim

Date: 07-12-2022

Venue: BF20

Attended by: 12 participants

About

Mrs. Amita Quenim is the clinical psychologist with over four decades of work experience. Her skills include counselling, psychotherapy, crisis intervention and mental strength and conditioning. She is the founder of icebreaQuers and heads the department of mental health along with the other professional affiliations. She is also columnist, author, key note speaker and has featured on television, featuring her knowledge from psychological research. She is also working as consultant psychologist at Dhurandhar Weight management since October 2018. She is Founder president and memmner of Goa Psychology Association from December 2015. She is also on Advisory Board member for Manipal Health and Education at Bal Bharati Public School from January 1990. She has been also working as psychology consultant at Vintage Hospital Goa from January 2006 to December 2012. She had also worked as psychology consultant at Manipal Health Enterprises Pvt. Ltd. from January 2006 to December 2012. She was Freelance Paramedical Writer at Navhind Times from December 2005 to November 2012.

As a part of Counselling in Casework Practice, the guest speaker was invited to discuss about process and techniques of counselling. The speaker was introduced by faculty Ms. Vidhita Naik.

Key points discussed

Concept of counselling, Facts about counselling and feelings of a person, Blaming vs Responsibility of a Counsellor, when does a client approach counsellor, expectation of the client when they visit a counsellor, personality type of counsellor, meaning and importance of empathy, unconditional acceptance, resetting thought mechanism, Psychometric testing v/s Psychotherapy, Counselling practice, Sharing Experience to set up own Practice.

The session ended with a vote of thanks delivered by Asha Wadar part-I MSW student. A memento was presented to the speaker.

Figure 1 Group Picture



Figure 2 Speaker discussing about the counselling techniques



Figure 3 Presenting a Memento to the guest speaker



Signature:

Vidhita Naik

Name: Vidhita Naik

Designation Assistant Professor in Social Work



Topic → COUNSELLING IN DIFFERENT
SETTING
Resource Person : Amita Quenim

r. No.	Name	Gender	Cont. No.	Signature
01	Clevereza Dias	F		Dias
02	Mrunali Mamlekar	F		Mamlekar
03	Achal Dharbandodkar	F		Achal
04	Bhakti Namshikar	F		Bhakti
05	Nikita Komarpant	F		Nikita
06	Shabana Shaik	F		Shabana
07	Dezao Neelam	M		Neelam
08	Nicole Crodinho	F		Nicole
09	Veling Mangirish Rajiv	M		Veling
10	Asha Wadkar	F		Asha
11	Aisha Dias	F		Aisha
12	Vidhita Naik	F		Vidhita