



Capacity Building and Skill Enhancement Initiatives

MONTFORT COLLEGE
Bangalore 560038Your Name

Montfort college believes in the overall development of the staff and students. In order to achieve this the college organizes various programs for developing various skills among the staff and students

Case Conference:

Case conference is a unique form of learning which helps students to demonstrate work done and initiate fruitful discussion with peer learners and faculties. A student presents cases of clients they have interacted with to the student body as well as faculty. The case is then critically discussed and evaluated by the faculty and students. It helps the students to understand better the processes involved in presenting a case, problem representation, collecting information for Mental Status Examination, theories and techniques and case conceptualization etc. Ethics involved in counselling such as client confidentiality, sensitivity to the treatment of the issue are all adhered to, which aid in the professional development.

Case conference initiative was started by the Montfort College with the aim of equipping students with skills related to client-counselling and welfare. It also aims to provide different perspectives to understand the client's psychopathology, behaviour and the subsequent interventions. This case presentation to a group of peers builds many skills such as case conceptualization, critical thinking, and treatment planning. These skills are essential for any person wishing to work in the mental health field.

Two hours per week are allotted for this session in the time table itself. A specific format of the presentation is maintained; it focuses on the identifying details, identifying information, brief history of presenting problem, significant family history, personal history, mental status examination, case conceptualization and intervention plans. In the first few sessions, cases are usually presented by the Montfort faculty with the standard case presentation format. This helps the students to learn the different areas to be focused and to get familiar with the sessions. Later, students are asked to present their cases one by one. During and post the presentation, the students (audience) have the chance to give their inputs, opinions, ideas and feedback. Every session is moderated by one of the staff members to ensure a smooth learning experience.

Personal Therapy

It is encouraged that all students to undergo personal therapy sessions before beginning their career as a mental health professional. Personal therapy aids both personal and professional development. It provides students an opportunity to learn about themselves, reflect, be more empathetic, understand and manage their emotions etc. Additionally, it helps them to relate to the theories and techniques they learn in class. It may also help them be better informed about client's role and what the client experiences; it helps in the process of building therapeutic relationship, role boundary etc. It also reduces the stigma associated with psychotherapy/counselling. This allows them a chance to understand how therapy/counselling session works and thus is a very good form of experiential learning.

Before starting personal therapy, they are oriented to the process; myths and stigma related to counselling are addressed. The students are also given a list of therapists and their contact information to start with. However, students can select therapists beyond the list too. The college encourages that each student completes a minimum of 6 sessions per semester. However, no details or personal information regarding the sessions are maintained or sought by the college; the students are only required to submit log sheets which clock the number of the sessions they have undergone.

Experiential Group Therapy

Experiential group therapy is another initiative unique to Montfort College. The objectives of this capacity building program are:

- To gain deeper self-awareness and personal growth at various levels
- To address specific concerns of each member in the group
- To learn about one's interpersonal strengths and liabilities and to correct them
- To learn to relate to other individuals in a truthful and caring way
- To practice effective use of communication skills leading to improved relationships
- To acquire skills of problem solving, conflict management and decision making
- To reduce feelings of loneliness and alienation by connecting others at a deeper and authentic level

The above objectives are achieved through structured sessions where each member learn and grow through personal experience. The groupwork is facilitated by a mental health professional trained and experienced in conducting group psychotherapy. He/she takes care to provide a safe environment where individuals can discuss their limitations and problems without undue anxiety.

The group therapy sessions emphasize personal growth and assists each member to achieve their goals of healing and growth through authentic support, appropriate techniques as well as effective feedback. Deeper levels of commitment to increase one's own as well as the others' wellbeing is manifested in each member's consistent and effortful participation.

Group psychotherapy also provides the members with the opportunity to experience increased sense of support in real life. Realising that others have similar concerns, allows the members to feel better and find new and effective ways of dealing with their own situations. Listening to and understanding others allow the members to explore different ideas about how to deal with issues and concerns or solve problems. This is enhanced by giving and receiving direct and truthful feedback at various levels.

The members gradually learn to transfer their learning in the group to various real-life situations outside the therapy group. Thus, the group members experience a sense of mastery in dealing with their issues, concerns and experience improved relationship with self, others and the world.

Supervision

Montfort College provides supervision to all the students who are seeing clients in practicum. Supervision is based on Vygotsky's concept of scaffolding. A trainee counsellor is supervised by a trained counsellor/ therapist (a faculty member who is seeing clients regularly). The student who has theoretical understanding but lacks experience gains this experience through supervised practicum. The student sees a client in the real world through practicum and then brings the case to supervision. The supervisor and the student assess what went well, what could have been done better and what the next steps need to be. This process of developmental supervision takes the student from a novice to a budding professional by building practical, application-oriented skills. Supervision also ensures that the client is getting the best possible mental health care and is not left to the mercy of a novice who is still learning the process of counselling.

At Montfort College, 2 hours of group supervision and 2 hours of individual supervision are allotted per week. In group supervision, a group of students meet with one supervisor. Each student presents the case and all other students give opinions, suggestions, and feedback. Then the supervisor assesses the value of each suggestion in the context of the case and helps the student determine the best course of action. Through this process, peer-learning also happens which is a powerful experiential learning. In individual supervision, each student meets with the supervisor individually to address their professional challenges and growth needs, which they may be unwilling to share in a group setting. The individual supervisor then helps the student overcome the challenges either through skill building, awareness creation, or building conceptual knowledge base. The individual supervisor is also in a position to help each student become aware of their strengths as a therapist/ counsellor, therefore help them make choices about the kind of clients they would like to see as well as the kind of therapy they would like to practice.

Kannada Classes

Kannada classes are offered during the semester to all non-Kannada speaking students to equip them with local language which will help them with their practicum

Alternative healing techniques and Yoga

Montfort college organise Yoga periodically. Some of our faculty are yoga experts and their expertise is utilised for the effective implementation of yoga. International yoga day is observed in the college where staff and students are encouraged to participated.

Information and Communication Technology

The use of ICT facilities has been encouraged by the college. Entire campus is connected with high-speed internet and WI-FI facilities for the use of staff and students. All the class rooms are equipped with LCD projects. Faculty uses Google class rooms; students are trained in technology assisted counselling during pandemic lockdown.