

# Professional Care Giving

## Theme

Caring for the aged require professional preparations to satisfy the requirements. This course is designed to serve the individuals involved in care giving in order to enhance their professional care giving skills. Moreover, it will also help them to understand their own needs and will sensitize them to take proper care of themselves as well.

## Desired attendees

- Care givers
- Nurses
- House wives
- Students of Health related subjects

## Expected Outcomes

This course will facilitate the participants in understanding:

- The concept of care giving
- Self analysis and aptitude formation of the care giver
- Identifying existing resources and services available to impaired elderly
- Personal care activities (bathing, skin care, toileting, assisting with eating, transferring, rest and sleep, etc.)
- Nutrition and common medical and psychological problems
- Medical Aspects in Care Giving (keeping record of medication, daily setup, planning for emergencies)
- Emotional and intellectual well being (depression, suicide prevention, memory problems, behavioral problems, mental stimulation, etc.)
- Legal and financial affairs

## Duration

2 weeks (3 to 4 hours a day)

## Cost

Rs. 3000 per person that includes:

- Course hand outs
- Certificate of participation

# Psychological Counseling

## Theme

Counseling is an applied area of psychology which has the objective of helping people to live more effective and fulfilled lives. Its clientele tend to be not very seriously disturbed people in non-medical settings. The settings for provision of counseling psychology services include education, medicine, industry and numerous community and voluntary agencies. The current course is designed to provide basic skill of psychological counseling to relevant individuals.

## Desired attendees

- Community workers, social workers, humanitarian aid workers
- Individuals involved in public dealing
- Teachers, etc.

## Expected Outcomes

This course will facilitate the participants in understanding:

- Psychological counseling
- Types of counseling (individual, group, vocational, assessment, etc.)
- Functions of counseling
- Personal characteristics of a counselor
- Values in counseling
- Issues faced by the beginners
- Theories behind psychological counseling
- Common psychosocial problems
- Communication skills and interviewing
- Stress, depression, frustration and anxiety
- Techniques of counseling
- Problem solving skills
- Conflict management
- Stress management
- Emotional Catharsis and discharge
- Becoming an effective multi-cultural counselor
- Burn out

## Duration

1 month (5 days a week; 2 hours a day)

## Cost

Rs. 6000 per person that includes:

- Course hand outs
- Certificate of participation

# Stress Management

## Theme

Getting worried too much about things causes stress in humans. It is a normal and very common mental state which we all want to avoid from. This brief course helps the participants in managing with their stress and helping others to cope with stress.

## Desired attendees

People from all sectors can attend this course.

## Expected Outcomes

This course will facilitate the participants in understanding:

- Psychological needs
- Stress and its causes
- Recognizing and measuring stress
- Identifying stressors
- Self analysis, problem solving and conflict management skills

## Duration

3 days (2 hours a day)

## Cost

Rs. 1500 per person that includes:

- Course hand outs
- Certificate of participation

# Stop Smoking in 8 days

## **Theme**

Many people want to quit smoking; however they don't have enough will power, self-management capabilities, and social support to perform this healthy operation. SUKOON provides them with an 8-day quit plan which guides them on the professional ways to stop smoking. The plan also involves the family and friends of the course attendee.

## **Duration**

8 days (30 minutes a day)

## **Cost**

Rs. 1500 per person