



CAMPUS COUNSELING CENTER



THE LATEST FROM CCC:

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Digitally Designed & Editor in chief:

ZAHRA S. HASHMI

Clinical Psychologist

Campus Counselor

Campus Counseling Center

UPDATES

We would like you to join us in congratulating Sir Arman Ahmed, who for the past 7 years has served as a campus counselor, on his new position as the Head of Wellness and Life on campus. Campus Counseling Center would like to welcome our two new members, Ms. Sabrina Asim, who has been working in the field as a consultant clinical psychologist for the past 10 years, and Ms. Aaleen Zafar, who has completed her Master's in Mental Health Counseling as a Fulbright Scholar and is a very competent addition to the center. Lastly, Ms. Amber Ijaz, who has served as a Campus Counselor at CCC for the past seven years, will be departing. Ms. Amber Ijaz has begun her new career as an instructor for the intermediate college side of FCC. We wish Ms. Amber the best of luck with her new endeavor.

The Campus Counseling Center organized workshops and trainings throughout the year to promote the FCCU audience's awareness of mental health concerns. The purpose of these workshops and training is to educate the community. They teach that discussing experiences, vulnerabilities, and shared concerns regarding mental health is acceptable, thereby reducing the stigma associated with mental health.

The Campus Counseling Center launched its first ever bulletin called "The Dispatch". With each passing day, we all continue to face a precarious environment and struggle with issues related to mental health; this dispatch highlighted the importance of when and how to seek mental help and how it can make a difference in one's life. You can read the bulletin by scanning the QR code provided.



NOTES FROM THE ADMINISTRATOR

MS BANDGI ZAFAR

ADMINISTRATOR
CAMPUS COUNSELING CENTER

Welcome to Campus Counseling Center. For more than a decade CCC has been committed to the emotional well-being of our FC community. We live in a society where there are a lot of stigmas attached to seeking help for mental health. However, Campus Counseling Center has been able to provide such a comfortable environment to the community members without hesitation reach out to us.

We aim to support student's mental and emotional health through a supportive environment, provide them a safe and confidential setting and help them explore concerns to gain a better understanding of themselves and work towards resolutions that support their endeavors.

In comparison to previous years, we have been able to expand our outreach, psycho-education through individual counseling, public messaging, workshops, and trainings, all of which have aided those dealing with crisis in understanding their reactions and moving through recovery at a faster rate.

Counselors

Aaleen Zafar

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Sabrina Asim

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Zahra Saghir Hashmi

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Administrator

Bandgi Zafar

bandgizafar@fccollege.edu.pk

REFLECTIONS FROM THE TEAM

MS. AMBER IJAZ
CLINICAL PSYCHOLOGIST
CAMPUS COUNSELOR

First and foremost, the widespread impacts of the pandemic have resulted in a more open dialogue and a greater knowledge of mental health than ever before. Public perceptions of mental health are moderating and conversations about psychological issues are becoming more frequent, open and inclusive, particularly among young individuals. It would be quite a reasonable expectation that students arriving back on campus would require more attention than ever before. Anxiety around the protocols including social distancing have created a new normal that is bound to affect young minds. Students returning to universities have personal and psychological baggage stretched from the extensive isolation protocols all the way to the social, emotional and economic impact that it has had on almost every family. Prolonged durations spent in situations with health anxiety, stress, or just feeling lost, are only some of the several factors that can come together to affect the personal, emotional, psychological and academic growth of students. While many are returning to in-person counselling sessions, telehealth will continue to be an important medium. As we continue to navigate the ambiguities and impacts of grief over what we have lost during the past years socially and financially, Campus Counseling Center is committed to raising awareness of mental health and pushing forward with innovations to address the issues we are facing as individuals and as members of global society. There is no health without mental health and we must address physical and mental wellness in equal measure.

MS. ZAHRA SAGHIR HASHMI
CLINICAL PSYCHOLOGIST
CAMPUS COUNSELOR

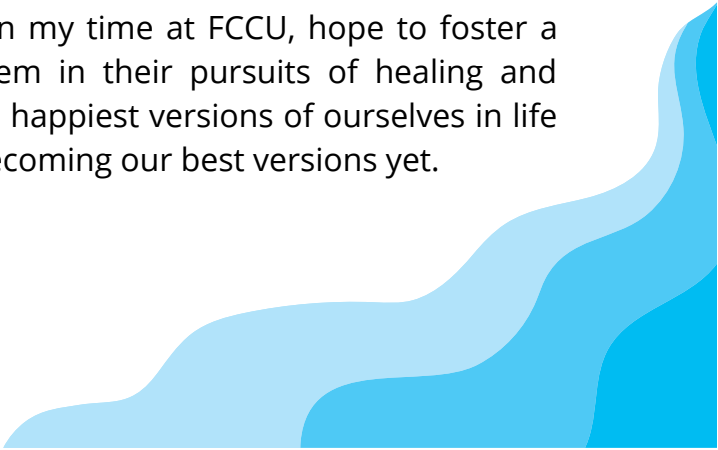
Over the last year, the campus counseling center has increased its outreach on campus. I've been with the counseling center for three years and am extremely proud to be a part of it. This past year has been what I call a covid-19 recovery period, as life attempted to adjust and return to normal. I noticed an increase in psychological issues, particularly an increase in depression and anxiety. Counselors present to the center with more severe symptoms that necessitate psychiatric assistance in addition to therapy. In light of recent global and domestic events, it is now more important than ever to change the way counseling helps people grow. It is even more important to protect the mental health of counselors who uphold this delicate yet important mantle of assisting others and guiding individuals through life.

MS. SABRINA ASIM
CLINICAL PSYCHOLOGIST
CAMPUS COUNSELOR

Over the last 10 years I have built my career in Clinical Psychology serving diverse variety of Mental Health Institutions, Rehabilitation Centers and Universities for psychotherapeutic assessment and management in the best interest of the clients' treatment. I count myself fortunate to have worked for some great employers and colleagues. Having engaged into a new role since over a year I can already feel that I'm part of a winning team. The CCC'S environment turns out to be very positive and powerful to articulate a healthy workplace culture. It supports involvement and teamwork that leads to healthy professional dynamics. It makes me feel invested and excited to be part of the organization as well as contribute new and unique ideas to further expand, flourish and diversify the activities in CCC. The values and mission of FCCU is internalized within each of us to serve one another with love and integrity. I was warmly welcomed by the CCC team and my colleagues have been friendly, committed and available for support throughout. Having put fourth new goals and ideas to the table, has made work very stimulating leading to enhanced professional grooming and growth. Demonstrating my desire to be proactive and well prepared for new challenges, makes the experience all the more enriching, with a strong work ethic for me that will definitely go a long way!

MS. AALEEN ZAFAR
CLINICAL PSYCHOLOGIST
CAMPUS COUNSELOR

In October this year, I had the privilege of joining the Campus Counseling Center at Forman as a Campus Counselor. I feel great pride being a part of the CCC team, dedicated to providing unconditional support for mental health concerns for students, staff, and faculty at FCCU. After completing my Master's in Mental Health Counseling as a Fulbright Scholar, I hope to bring forth my contributions to CCC's team of devoted, skilled, and well-trained counselors. The last two years of the COVID-19 pandemic have been particularly tough for all of us. However, they have taught us the importance of communities, social support, and building each other up in difficult times. As the world navigates the aftermath of a global pandemic and concerns appear for various mental health epidemics, now, more than ever, there is a growing need for mental health services. I, in my time at FCCU, hope to foster a safe space for my counselees, supporting them in their pursuits of healing and growth. We all deserve to be the healthiest and happiest versions of ourselves in life and counseling can be a monumental step in becoming our best versions yet.



WORKSHOPS SPRING



Time Management Workshop:
was held online on 16th March 2022
and was conducted by Ms. Sabrina
Asim (Campus Counselor) and
moderated by Ms. Bandgi Zafar
(Administrator).

FORMAN CHRISTIAN COLLEGE
FCCU, CAMPUS COUNSELING CENTER
PROUDLY PRESENTS

Campus Counseling Center

TIME MANAGEMENT

Time is the most valuable thing a man can spend.
— Theophrastus—

LIMITED SEATS

VENUE : MERCY HEALTH CENTER,
(1ST FLOOR)

SPEAKER
Ms Sabrina Asim
Clinical Psychologist
Campus Counseling Center, FCCU

MODERATOR
Ms Bandgi Zafar
Administrator
Campus Counseling Center, FCCU

ON MARCH 16, 2022, 2PM

Join the discussion
by registering on the link provided
<https://forms.gle/3noLZjaoG8mr7JND9>

FORMAN CHRISTIAN COLLEGE
FCCU, CAMPUS COUNSELING CENTER
PROUDLY PRESENTS

Campus Counseling Center

CONFLICT MANAGEMENT

Be Strategic in the midst of a Conflict
— Albert Einstein

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CERTIFICATE
WILL BE AWARDED**
*Terms & Conditions Apply

SPEAKER
Ms Zahra S. Hashmi
Clinical Psychologist (MSCP)
Campus Counseling Center, FCCU

MODERATOR
Ms Bandgi Zafar
Administrator
Campus Counseling Center, FCCU

ON APRIL 07, 2022, 1PM

Join the discussion
by registering on the link provided
<https://forms.gle/LCLyQX1akakLax1v8>

Conflict Management Workshop:
was held online on 7th April 2022
and was conducted by Ms. Zahra
Saghir Hashmi and moderated by
Ms. Bandgi Zafar (Administrator).

WORKSHOPS SPRING



FORMAN CHRISTIAN COLLEGE
FCCU, CAMPUS COUNSELING CENTER
PROUDLY PRESENTS

Campus Counseling Center

DRUG ABUSE

"If you can quit for a day, you can quit for a lifetime."
— Benjamin Alire Saxe on the possibilities of drug addiction recovery

SPEAKER
Sir Arman Ahmed
Clinical Psychologist
Campus Counseling Center, FCCU

ON APRIL 26, 2022, 1PM

Join the discussion
by registering on the link provided
<https://forms.gle/JS81eCqEdrXHhGrS8>


Digitally Created by Campus Counselor, Zahra Saghir Hashmi

Drug Abuse workshop:

was held online on 26th April 2022 and was conducted by Sir Arman Ahmed (Campus Counselor)

Anxiety Management workshop:

was held on 18th May 2022 by Ms. Amber Ijaz (Campus Counselor) and moderated by Ms. Bandgi Zafar.



FORMAN CHRISTIAN COLLEGE
FCCU, CAMPUS COUNSELING CENTER
PROUDLY PRESENTS

Campus Counseling Center

ANXIETY MANAGEMENT

"Anxiety does not empty tomorrow of its sorrows, but only empties today of its strength."
— Charles Spurgeon —

SPEAKER
Ms Amber Ijaz
Clinical Psychologist (MSCP)
Campus Counseling Center, FCCU

MODERATOR
Ms Bandgi Zafar
Administator
Campus Counseleing Center, FCCU

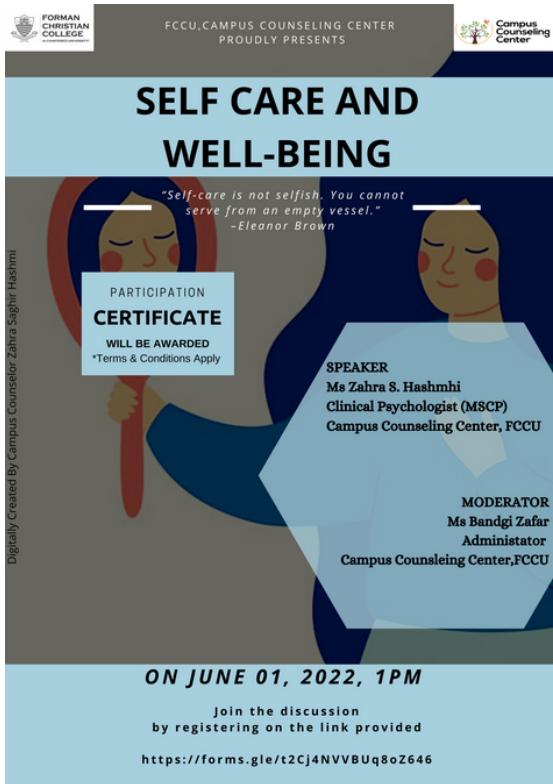
ON MAY 18, 2022, 1PM

Join the discussion
by registering on the link provided
<https://forms.gle/eRBgubgedLNdhNQN8>

Digitally Created by Campus Counselor, Zahra Saghir Hashmi



WORKSHOPS SPRING



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Campus Counseling Center

SELF CARE AND WELL-BEING

*"Self-care is not selfish. You cannot serve from an empty vessel."
-Eleanor Brown*

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SPEAKER
Ms Zahra S. Hashmi
Clinical Psychologist (MSCP)
Campus Counseling Center, FCCU

MODERATOR
Ms Bandgi Zafar
Administrator
Campus Counseling Center, FCCU

ON JUNE 01, 2022, 1PM

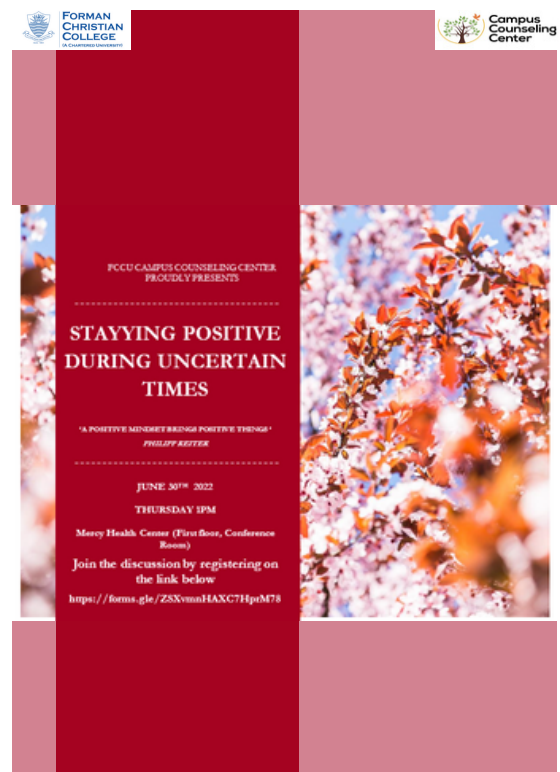
Join the discussion
by registering on the link provided
<https://forms.gle/t2Cj4NVVBuq8oZ646>

Digitally Created By Campus Counselor, Zahra Saghir Hashmi

Selfcare and well-being workshop: was held online on 1st June 2022, and was conducted by Ms. Zahra Saghir Hashmi (Campus Counselor) and moderated by Ms. Bandgi Zafar (Administrator).

Staying positive during uncertain times workshop:

was held on 30th June 2023 by Ms. Amber Ijaz (Campus Counselor) and moderated by Ms. Bandgi Zafar.



FORMAN CHRISTIAN COLLEGE
FCCU CAMPUS COUNSELING CENTER PROUDLY PRESENTS
Campus Counseling Center

STAYING POSITIVE DURING UNCERTAIN TIMES

"A POSITIVE MINDSET BRINGS POSITIVE THINGS"
PHILIPP RESTER

JUNE 30th 2022
THURSDAY 3PM

Mercy Health Center (First floor, Conference Room)

Join the discussion by registering on the link below
<https://forms.gle/ZSXvnnHAXG7HprM78>

WORKSHOPS SPRING



Anger Management workshop:

was held online on 13th June 2023, and was conducted by Ms. Sabrina Asim (Campus Counselor) and moderated by Ms. Bandgi Zafar (Administrator).

TRAINING WORKSHOPS FALL



The Campus Counseling Center has always been diligent in organizing trainings for both the campus and its counselors. Keeping in mind the issues that need to be raised, CCC has worked hard to develop trainings over the course of the year. CCC has increased campus awareness of suicide and self-harm by providing suicide first aid training. CCC has handled a large number of mental health emergencies involving hostels over the course of the year. Keeping the well-being of hostel staff and residents in mind, the Campus Counseling Center developed a one-of-a-kind training programme for FCCU hostels called Psychological First Aid Training.

Psychological First Aid Training



Psychological First Aid Training (PFA):

Campus Counseling Center organized two training sessions on Psychological First Aid which were held on 15th November 2022, conducted by Ms. Amber Ijaz (Campus Counselor), and on 8th December 2023 conducted by Ms. Sabrina Asim. This PFA training was intended for hostel staff and management, including student residential assistants. Participants were awarded certificates.

PFA Objective:

The objective of Psychological First Aid is to address basic needs and reduce psychological distress through the provision of a caring, reassuring presence and education on common stress reactions. It empowers the individual by highlighting their strengths and fostering their existing coping abilities.



Suicide First Aid Training

Suicide First Aid Training Workshop:

It was conducted by Ms. Zahra S. Hashmi (Campus Counselor) on December 9, 2022 . This training was done in collaboration with Character Building Society. This was the first group of students to finish the training programme.



In the suicide first aid training, the students learned how to support and help someone who is contemplating suicide, or is with a history of an attempt or self harm. Certificates were awarded.

Objective:

The goal is to develop a student-led organization that can plan events and support other students on campus. The training includes putting suicide first aid principles into practice, how to recognize warning indicators, when to seek expert assistance, and how to create safety plans. This will contribute to increasing awareness and gradually creating a community or support network for students who are knowledgeable about suicide first aid.



PROFESSIONAL TRAININGS

The Campus Counseling Center hosted two professional training workshops. The workshops were designed to help counselors develop professionally.

Structured Addiction Treatment Training

By Ms. Halima Noon

Ms. Haleema Noon led the training on Structured Addiction Treatment. The training's goal was to help understand the disease model of drug addiction, including the biopsychosocial aspects, prevalence, prevention, treatment, and intervention.



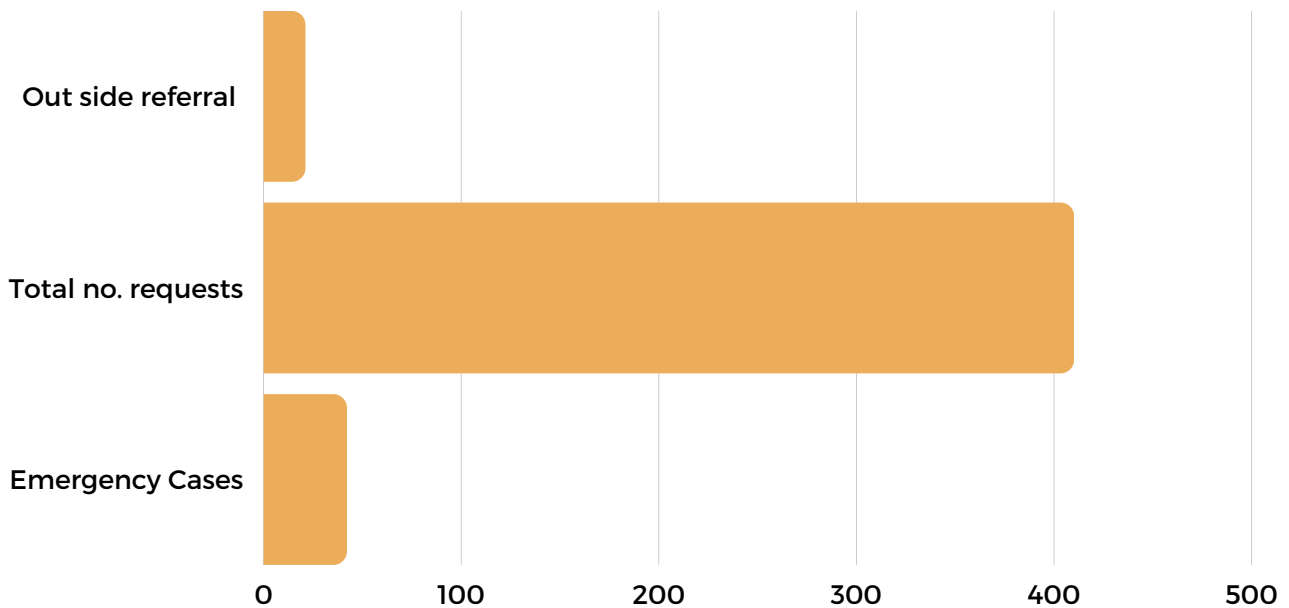
Research Methodology

By Ms. Ngalula Fleurant

Ms. Ngalula Fleurant led the training session on research methodology. The training's goal was to help understand the use of causal inference techniques, how to analyze propensity analysis using client data and its accuracy. Using the analysis to help reduce biases while calculating data and deducing results.

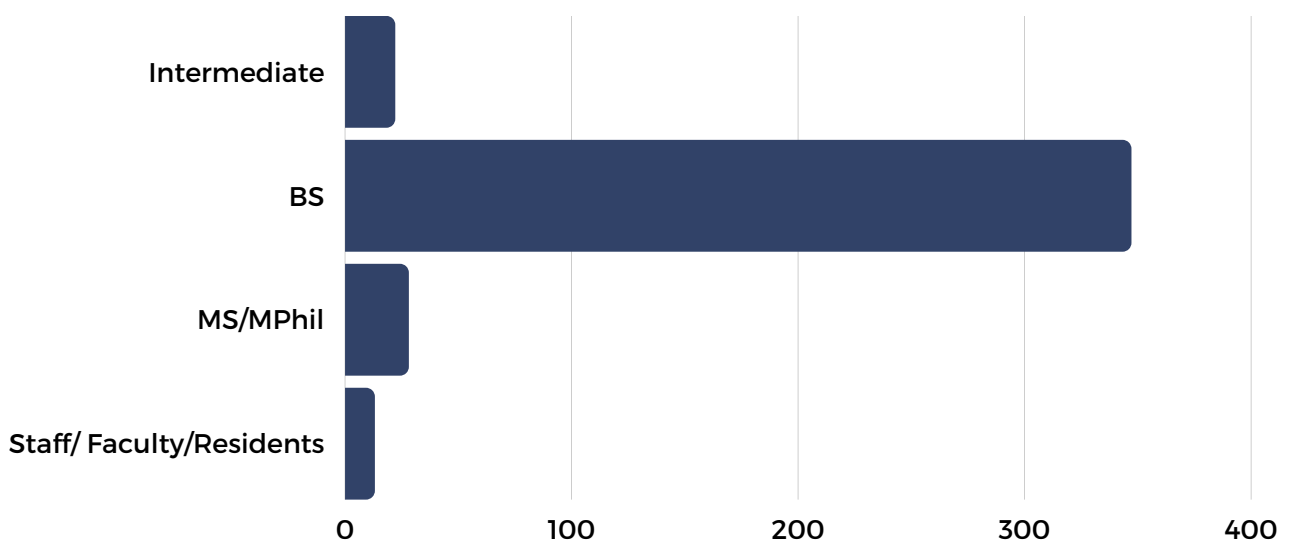


INDIVIDUAL COUNSELING SESSIONS JAN- DEC 2022



Graph 0.1. The graph above shows the number of requests received for counseling, number of clients that were accommodated and the outside referrals that were made.

INDIVIDUAL COUNSELING SESSIONS JAN- DEC 2022



Graph 0.2. The graph above shows the percentage of counselees from intermediate, baccalaureate, masters, and professional degree.

NOTE

Thank you for taking the time reading this newsletter. The Campus Counseling Center would like to thank you for your understanding of mental health issues and the importance of mental health. Our dedication and determination to assist all those who come forward to seek assistance makes it all worthwhile. Physical and mental health are equally important. With the growing global and domestic crises, we find ourselves in an environment that defies categorization in any normal. While therapists and mental health professionals do their best to meet ever-changing and difficult counselling needs, the risk of suicide has increased in the past year. If you know anyone who is struggling, please seek help.



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