

SWAT MEDICAL COLLEGE

Marghazar Road, Saidu Sharif Swat

Students Development and Counselling Policy



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Student Development & Counseling (SD&C) envisions promoting college wide positive wellbeing and success of Swat Medical College students.

These services are not charged for separately.

The mission of SD&C is to enhance student resilience and functioning in personal and academic areas by stimulating strength based positive mental health. It aims to empower students with requisite dexterities for taking the initiative to help themselves and stands committed to liaise with all the entities across university for building more supportive college environments.

SD&C provides a variety of services to maximize the true potential of students and to help them address the challenges that are generally experienced by college students during their academic journey. These services are designed to help students:

- Understand themselves better
- Develop personal and academic skills
- Manage their emotions
- Create and maintain relationships
- Make healthy and satisfying career and life choices

Confidentiality is an integral part of all the services provided. It is ensured that any personal information provided or discussed by the students remains safe, solely with the counselor and never goes beyond the counselor's office. The only exception to this rule is a situation in which there is a threat of serious harm to the student seeking counseling or others. The services provided by the SD&C include:

Psych educational Workshops

Regular psych educational workshops are conducted on various areas pertinent to students' personal and professional development such as time and stress management, communication skills, building relationships, and enhancing self-esteem and motivation. Making use of experiential learning principles, these workshops provide a structured presentation of information and skills practice as well as several self-assessment tools for ascertaining students' current level of functioning.

Registrations for these workshops are made on first-come-first-serve basis by emailing at info@swatmedicalcollege.edu.pk after the announcement.

Individual counseling sessions

Student Development and Counseling also offers individual counseling sessions to students who have more challenging personal issues which are creating hurdles in relationships, academics or other areas. Counseling helps when the usual ways of handling problems do not work well for some reason and they become too overwhelming. Counselors are qualified mental health professionals trained to be non-judgmental, reflective, and respectful of individual differences. Seeking counseling at the right time may help to prevent minor concerns from becoming major ones by learning new ways to cope with difficult or unfamiliar situations.

Counseling sessions are of about 50 – 55 minutes duration. The number of sessions required depends upon the nature of the concerns brought to the counselor. Most students attend sessions

for less than one semester and in some cases individual one-time consultation is enough to explore and clarify feelings and options.

Appointments for individual session can be taken by emailing info@swatmedicalcollege.edu.pk. Student counselor can also be contacted through phone by calling office, or at the Students Counseling Cell. Counseling appointments are held at the Student Counseling Cell, Students can visit the Student Counselor at the office of SD&C.

Group Counseling Sessions

Group counseling sessions may be conducted to provide a safe and supportive place to students to discuss their concerns and learn coping skills with others who may have similar challenges. These groups offer a broad range of insight and support from peers while the counselor acts as a facilitator to assist group members in articulating their thoughts and feelings in a way that promotes growth for the entire group.

Crisis Management

SD&C strives to assist students by providing support during times of crisis, providing advocacy when needed and facilitating problem resolution. A student in crisis will be seen promptly any time the SD&C office is open. The student (or someone assisting him/her) has to inform the counselor why the need for help is immediate. The Student Counselor will provide the assistance needed or else will arrange for it if other sources are required.

STUDENT DEVELOPMENT AND COUNSELLING TEAM:

Student Development and Counseling is staffed with qualified and extensively experienced clinical psychologist and psychiatrist who are available during office hours on all working days.

PSYCHIATRIC SERVICES

These are available at the Psychiatry Clinic. Please write for an appointment by email: info@swatmedicalcollege.edu.pk Students do not necessarily need a referral to make an appointment. They can contact the psychiatrist directly. All visits are kept confidential.

SERVICES PROVIDED

Psychiatric evaluation, diagnosis and treatment recommendations;
Medications (if recommended) with ongoing monitoring;
Coordination of care and liaison with relevant authorities if needed.
Crisis intervention
Referral to Counselors

MEDICATIONS

A written, dated prescription is required. Prescriptions are to be stamped by Student Psychiatrist. Prescriptions for controlled substances will not prescribe for more than a week.