



Office of the  
**PRINCIPAL**

**Gujranwala Medical College / Allied Teaching Hospitals, Gujranwala**  
(Constituent College of University of Health Sciences)  
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### POLICY FOR PSYCHOLOGICAL COUNSELLING

1. **Introduction.** Psychological counseling also known as talking therapy is a collaborative space to explore one's difficulties in a safe and confidential setting. Sometimes medical students feel overburdened, overwhelmed, over enthusiastic, depressed, and unable to cope with the studies in a changed environment being away from home. In such circumstances a psychological counselor can provide a supportive non-judgmental environment where they may feel more at ease to talk openly about his /her problems. Thus psychological counseling is a very good tool to mitigate stress and strain among students and can bring them to the mainstream.

2. **Objectives.** To provide a supportive non-judgmental environment where the student may feel charmed to talk openly about his problems so as the counselor be able to redress his/her issues regarding:

- a. Studies (decision making, exam anxiety, fear of authority)
- b. Relationship and partner conflicts, problems finding partners.
- c. Isolation and social phobias.
- d. Separation from parents, new orientation.
- e. Depression, anxiety, self-harming behavior, suicidal tendencies, psychosomatic ailments, eating disorders, compulsive disorders.
- f. Addictions (e.g. drugs, gambling, computer or internet addictions)
- g. Integration of international students
- h. Any other issue.

3. **Implementation of the Policy:** The policy will be implemented by the Counselors. Following is the composition of the committee:-

- a. **President:**
  - Psychologist at Affiliated hospitals of GMC
- b. **Members:**
  - Two senior faculty members of GMC

4. **Responsibilities of the Counselors.** All the students of Gujranwala Medical College and their parents / guardians will have access to any of the counselors for counseling services. The responsibility of the counselors will be to:-

- a. Listen, encourage and empathize with the students to see their issues

- more clearly or in a different perspective.
- b. Help the students to understand themselves better and find their own solutions to resolve or cope with their situations.
  - c. Provide enabling environment to solve the problems.
  - d. Be pivotal to empower them to unleash their hidden potentials and capabilities.
  - e. Have an open door policy during the office hours. However they will be available round the clock in circumstances of need.
  - f. Maintain complete confidentiality except under extraordinary circumstances like self-mutilating behavior, suicidal tendencies and threat to life and property.
  - g. Ensure availability and easy access of mental health professionals when so needed.



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