

Counseling

IS & IS NOT



A SAFE SPACE

The process that occurs when a client and counselor set aside time in order to explore difficulties which may include the stressful or emotional feelings of the client.



CLARITY

The act of helping the client to see things more clearly, possibly from a different viewpoint. This can enable the client to focus on feelings, experiences or behaviour, with a goal to facilitating positive change.



CONFIDENTIAL

A relationship of trust. Confidentiality is paramount to successful counselling. Professional counsellors will usually explain their policy on confidentiality, they may, however, be required by law to disclose information if they believe that there is a risk to life.



GIVING ADVICE



JUDGING



ATTEMPTING TO SORT OUT THE PROBLEMS OF THE CLIENT



EXPECTING OR ENCOURAGING A CLIENT TO BEHAVE IN A WAY IN WHICH THE COUNSELOR MAY HAVE BEHAVED WHEN CONFRONTED WITH A SIMILAR PROBLEM IN THEIR OWN LIFE

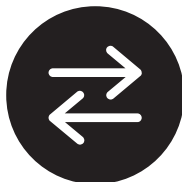


GETTING EMOTIONALLY INVOLVED WITH THE CLIENT



LOOKING AT A CLIENT'S PROBLEMS FROM YOUR OWN PERSPECTIVE, BASED ON YOUR OWN VALUE SYSTEM.

"Counseling is for ALL.
Time to change the
STIGMA!"



About Counselling

Collaborative effort between the counsellor and client. Professional counsellors help clients to identify goals and potential solutions to problems which cause emotional turmoil; seek to improve communication and coping skills; strengthen self-esteem; and promote behavior change and optimal mental health.

Decision is made by client itself and counsellor will later guide clients to achieve them.

Let's Connect

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GUIDANCE & COUNSELLING UNIT

Student Experience Department
SXD

Do you
need a
positive
change?



Social Media : IG : MY_URHappiness

The Counsellors



Mohd Syafiq Bin Japar

K.B.;P.A.
USM , UUM



Nur Sabiha Binti Samsudin

K.B.;P.A.
UMS



OUR SERVICES :

1. To provide counselling sessions for:
 - *Individual*
 - *Group*
 - *Academic-related matters*
 - *Career-related matters*
2. To conduct psychological tests on:
 - *Personality*
 - *Career*
 - *Mental Health*
 - *Others*
3. To provide general consultation and guidance as well.

Come & Visit Us!

"You are never too old to set a new goal or dream a new dream"

-Les Brown

