

Dr. Babu on SOLER



A Workshop on Counselling was conducted by **Dr. C. Kumar Babu** – Reader and Head, Department of Psychiatry (Retd.)/Govt. Stanley Hospital), Chennai, for the students of PG Diploma in Social Enterprise Management –QMC and Social Initiatives and Management.

Dr. Babu briefed the students about the basic of counseling. He abbreviated SOLER as

- - Sit squarely
- - Open position
- - Lean towards the client
- - Eye contact
- - Relaxed posture.

He explained the concept of Maslow's 'Hierarchy Theory' and the concept of 'Empathy' briefly. He gave several tips to the counselors in terms of observing, listening, paraphrasing, reflecting and documenting after due concurrence with the client so that the desired effect with regard to the belief or level of stress on the part of the client would occur.