

Dispelling myths

COUNSELLING is a relatively new term in India. Many myths and misconceptions surround the word. A family counsellor, Meera Ravi, has authored a book to answer many queries on counselling, 'Counselling — What, Why and How?'

"Counselling being a new concept in India, is faced with many misconceptions. The main purpose of this book is to spread awareness about counselling and help people understand what counselling is and what it isn't," says Meera.

The book deals with topics such as 'Benefits of counselling,' 'Client's rights and responsibilities,' 'How to choose a counsellor,' 'Psychosomat-

ic illness' and 'Dealing stress'. Apart from answering some commonly asked questions, the book also has self-evaluative exercises.

Specialised fields of counselling such as individual counselling, child counselling and couple counselling are explained in detail in the book. Real life cases from her professional

experiences make the book an interesting read.

"The book is the sum total of my experience and learning in the past eight years," says Meera. She holds a post graduation in Book Publishing and a diploma in Creative Writing in English.

Combine this with her experience in counselling and the products are sellers. Her previous books have been 'A guide to study skills' and 'Teaching through the heart'.

Her latest book has been dedicated to her father who has been the source of her inspiration. She says, "He is a great soul and this is a small gesture to show my gratitude for his powerful presence in my life."

She does not refer to her work as an interest but her mission. "This book, inspired by all the people who could't get appropriate help during their tough times, is a part of my mission," she says.

This mission has got her to conduct workshops on parenting skills for parents. She visits various educational institutions for counselling as well as conducting workshops for teachers and students.

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Meera Ravi

