



WQ

Miscellaneous

Child counselling
become synonym
with Meera Ravi

WQMAN'S Life

Friend, Philosopher, Guide

Meera Ravi has become
a household name in
child counselling

By Anupama Jayaraman

"PEOPLE expect me to brandish my magic wand and provide magical solutions," smiles Meera Ravi, child counsellor. She does in fact wave her magic wand of tender loving care and reaches out to stressed children.

Thanks to the changing times, Meera says she otherwise would not have dared to open a child counselling centre in Bangalore. But with these modern times also comes more problems for children, she says.

"Stress, tension and pain for children is really on the increase. Parents have unrealistic expectations from their children. Conflict of parents is also a major cause of child stress, coupled with a loss of family time," adds Meera. But tackling of children's issues is no easy game. Meera's undying patience with children makes them immediately lose their garb of secrecy and communicate with her. "When parents are too busy, there is hardly any family time or bonding. The mother places her child in one class after another, so while she is busy, her child is occupied. But what is most needed is free unstructured time for the child, that is when creativity blooms."

For her even a child misbehaving is communication. Every behavior is a form of sending out a message. She set up her specialised

Causes for child stress

- Parents have unrealistic expectations
- Conflict of parents at home
- Loss of family time
- No free unstructured time
- Aggressive or violent behavior of parents

Counselling Centre for children, Prerana in Jayanagar, inspired by the thought that she could help children help themselves.

Children from six to 16 years of age visit her centre. She employs creative ways to get them to express their pain and anger through 'play therapy'. Miniature animals, storytelling, drawing, clay modeling, puppets, soft toys and work sheets help children project their true feelings.

Through counselling, she aims to enable children to deal with painful issues, feel good about themselves, accept their limitations and strengths, change their behaviors that have negative consequences and function comfortably in an external environment.

"Children feel anxiety because there is a power game between them and their parents. When he grows older and becomes empowered, he will use this power in a negative manner because throughout his childhood he has not been treated like an equal," says Meera.

Children are a mirror of the adult world, while Meera is the mirror of the child to his or her parents. She says that parents own anxieties and insecurities are projected on to the child. Children understand subtle signals and non-verbal behaviour, adds Meera. "Ninety-three percent of most of our communication takes place through non-verbal communication, only seven percent is verbal. So if there is a conflict at home, children understand the messages."

Meera Ravi



Most times parents realise after a few talks with her that they had felt betrayal or some pain during childhood and were acting it out on their children all this while. So many relationships between parents and children have become better now thanks to her.

Meera who has two books under her sleeve, 'A Guide to Study Skills' and 'Teaching through the Heart', plans on embarking on another writing stint. She will soon with writing a book on parenting.

She smiles and adds, "You can take the horse to the water but you cannot make it drink. Similarly, I can help people who want to be helped."

She will be conducting several workshops in January. She can be contacted at 9845025878 / 080-2656 6808/ 3094 2250 or at preranaacademy@yahoo.com Her centre is at 34/14, 38th 'A' cross, 3rd main, 8th Block, Jayanagar, Bangalore-82.