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Helping you talk

Helping you to talk to the most important person in your life - You; helping you to understand the feelings of the most important is your life - You. This is the essence of counselling as practised by Meera Ravi. 'I will help you to talk to this most important person, provided you are prepared to talk' is her message.

With a Masters degree in Book Publishing from Delhi University and a few diplomas in counselling and communications, Meera entered the tyre sales business before turning her attention to counselling children and parents and conducting courses on effective parenting. She is associated with 4 S Foundation, a project to rehabilitate distressed women. She is also actively associated with Banjara Academy.

From morning till night a child goes through different experiences that affect him, sometimes diversely. He experiences a varied range of emotions like anger, hatred, humiliation, ridicule, fear, etc. but no one tries to understand him. He is not allowed to express these emotions. The immediate response from adults is, 'It's O.K. Forget It... Don't talk like that, it is bad'.

The child needs to talk about his feelings and repressing them only results in an adverse change in his behaviour, explains Counsellor Meera. She



Meera Ravi

helps the child talk about his feelings, without judging him so that he can express pent up feelings. "Often I may not be able to change the situation. The thought that some one is there to listen is sufficient to reduce feeling of loneliness in children. Parents sometimes are too pre-occupied to give undivided time and attention to the child. I fill in that gap," adds Meera.

Many children come to her with suppressed anger towards a family member or teacher or an adult for various reasons. In the absence of an outlet, they take it out on other children. When time ly help is not rendered, the anger stays within them as they grow older and they take it out in different ways.

There is a direct relation between emotional disturbance and academic performance, says Meera, but once the negativity is out of their system, their performance improves. "I have seen so many adolescents talking about suicide because they feel no one loves them or cares for them. With this feeling how do you expect them to excel in academics?" she asks.

The major drawback with counselling is that it is a slow process. There is no miracle drug or medicine to heal emotional wounds. "When people come to me they want the impossible quick fix solutions or instant results. Regularity, continuity, honesty and truthfulness are essential components of counselling. I have witnessed transformation of many lives through counselling and have developed belief in it through my experience. You have to experience it to believe it. So if anyone wants help I am there."

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