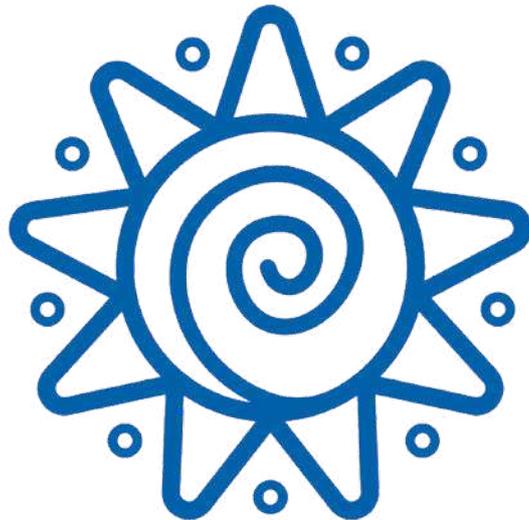


# What to expect from Counselling Corner? for organisations



**COUNSELLING CORNER**

*A Safe Place For Change*

# Overview

## Rationale

While emotions are often given a negative connotation people are described as being "too emotional" or as needing to "control their emotions", Counselling Corner wants to demonstrate that emotions are organising processes that enhance adaptation and problem solving.

In this document, we will be sharing what kind of tailor made services Counselling Corner gives and how we can support businesses and other organisations.



Upon receiving an enquiry by phone, email or Facebook inbox, we analyse the situation and will suggest the type of counselling therapy we consider effective in your specific case. This could be individual therapy, couple therapy, family therapy, group therapy and other customised service for organisations like webinar/seminar, workshop (group therapy & knowledge sharing) & training how to cope with stress/anxiety/anger, traumas etc). Counselling Corner uses Zoom application for online training, webinars & online workshops.

Some of our main services with a proven track record for companies and other organisations are webinars, workshops, training and individual counselling for employee.

## Webinar: How to cope with anxiety and stress?

Webinars are online seminars using the latest technology with sound and camera. Our counsellors share mental health knowledge like how to cope with stress/anxiety/anger, traumas, etc. Most popular webinar topic given by Counselling Corners to organisations in Myanmar concern for example Self Care, Coping Skills and Mental Health Wellbeing.



Duration: 1 hour (mainly listening) Rate: 250.000 Kyats  
Number of participants: minimum 2 – maximum 30 participants  
Suitable for: staff at any level from un-skilled worker junior to management level who feel uncertainty and anxiety about the future in this Covid-19 time



# Online and Experiential Group Workshop (Emotional Workshop)

This therapy introduces the process experiential approach to exercise. Exploring the interrelationships among emotion, cognition, and change. This approach develops a powerful, clinically relevant theory of human functioning. When someone feels a maladaptive emotion such as shame or guilt one can benefit from regulation in order to prevent from becoming overwhelmed by those emotions, thereby creating an opportunity to make sense of them.

By sharing and developing practical experiential sensing skills and strategies, participants feel empowered to be able to manage their own mental health and wellbeing while also modelling self-care for their families and communities.

## Aims and Objectives

Experiential groups aim to:

- Change in subjective emotional comfort, including changes in anxiety or tension
- Build participants' sense of empowerment and agency
- Reduce guilt, stigma and shame associated with mental health conditions
- Improve sense of belonging and connectedness and reduce isolation and loneliness
- Learn and practice stress management techniques and activities
- Insight or a clear rational and emotional understanding of strengths and problems
- Develop self-care practices to support individuals mental health and wellbeing
- Offer participants the opportunity to be active participants in a group

## How we work:

In each individual, we recognise the strength and resilience they possess. Experiential Group work is to explore the intrapersonal and interpersonal world of the group's members. The purpose of this exploration is to identify self-sustaining patterns of behaviour that serve you well, to identify self-defeating patterns of behaviour that perpetuate cycles of self-sabotage, and to alleviate the pain and suffering associated with these self-defeating patterns. Participation in this process will allow you to develop a healthier lifestyle based upon emotional honesty with yourself and others, a deeper understanding of who you are, a deeper understanding of your behavioural choices and the hidden goals that they serve, and finally self-responsibility for getting your needs met.

Experiential Group learning is a powerful agent of change because it is an ACTIVE LEARNING EXPERIENCE. The unique dynamics of group practices to help the motivated individual transcend the attitudes, beliefs, and rigid patterns of behaviour established over a lifetime. The mutual support of the other group members provides each other with a sense of safety and belonging that allows all participants to take risks and grow as a result of new risk taking behaviours. The lifting of stress, depression and anxiety associated with isolation and alienation results from the sense of belonging developed in the group. Despair and hopelessness diminish as you share in the growth and development of other group members. Passive learning through reading and thinking are replaced by active experiential learning.



Active experiential learning facilitates a learning experience that allows you to incorporate new ways of feeling, thinking, and behaving into your new lifestyle.

Our programs seek to offer participants the opportunity to recognise and value their own strengths and their capacity to respond to challenging circumstances. This is achieved through the language of hope and encouragement in every interaction, through collaborative problem solving, a non-judgmental environment and fostering empowerment and change.

Our team brings together expertise in experiential therapeutic practices.



Over the past years we have trained volunteers in Online Phone Line Counselling and Covid-19 Quarantine centres as well as professionals at international corporations and staff members from all main international NGO's in Myanmar.

Duration: 2 hours (listening and participating in practical exercise)

Rate: 450.000 Kyats

Number of participants: minimum 2 – maximum 20 participants

Suitable for: staff at any level from junior level to management level who feel uncertainty and anxiety about the future in this Covid-19 time and would like to see their company providing them with right guidance to cope.

## Training: Counselling Skills training

Counselling Corner regularly gives Basic Counselling Skills training and Advanced Counselling Skills training for Myanmar people from all sorts of background who are interested to improve their skills. Both training include theory and practical training and are held regularly at Counselling Corner office or online.

Each training takes 20 hours (divided over 10 days) and we expect the participants to do homework (on average about 20 hours as well).



For organisations we can conduct a private training for a group of employees and teach them the basic counselling skills including listening, reflecting, showing empathy, how to encourage self-help, how to let an employee find the best solution by him / herself, how to keep a professional distance, how to cope with anxiety, stress for yourself etc.

The training is very useful for people working with many subordinates, people who are leaders in an organisation, HR department staff but also for example for staff who deal a lot with underprivileged people (for example NGO staff supporting different communities in need)

The basic counselling training teaches the basics of listening, reflecting, what is counselling etc. Please see here the course content:

- What is counselling?
- The role of a counsellor
- A good counsellor
- Basic counselling model
- Natural helping style
- The counselling room
- Non-verbal Communication
- Empathy
- Acceptance
- Listening
- Questioning
- Reflection
- Starting/ Ending the session
- Principles for counselling

The training is very practical and everybody needs to participate, open up and this can sometimes be a bit emotional for some participants. We do recommend it for anybody interested in counselling and we have seen many people that followed the advance course are currently working in this field or using their new skills in their existing job.

This training and the practical exercises can be adapted to your organisation, call or email us for the specific needs and we send a proposal for this training.



Duration: Generally 20 hours (divided over 10 days) which can be adapted to your organisation.

Rate: 150.000 Kyats per person for joining a regular training date OR 3.000.000 Kyats in total for a specific group request for maximum 20 persons

Number of participants: minimum 2 – maximum 20 participants in one group

Suitable for: staff that have a position that involves listening and talking a lot with clients or colleagues, for example HR staff, Managers but also people working in healthcare sector, service providers and staff working with vulnerable people. Staff that are leaders and can give support to other people in your organisation (from supervisor to management level).

### **Initial Meeting for project discussion**

We offer an initial meeting via zoom or in face to face session for one hour with your company. This is to discuss the services you require from us and to make you understand in detail the benefits of the webinar, the workshop or the training for your organisation.

### **Quotation/ Proposal**

After the initial meeting Counselling Corner will send you a proposal according to your budget and you can then let us know if and when you want to go ahead and start improving the skills of your staff.

### **Payment Policy**

Upon confirmation Counselling Corner asks a 50% deposit payment while the remaining amount can be paid after the services are finished. Payment can be done in cash or by bank transfer with KBZ, AYA, CB bank.

### **Scheduling for the assigned projects**

Together with you, we schedule the time and location (online or on location) according to all participants' availability.

### **Confidentiality**

A therapist is required to keep information discussed during therapy and training private. We practice confidentiality according to Australian Counselling Association (ACA)'s "Ethical Principles of Psychologists and Code of Conduct" as below.

## **Our Therapists/Counsellors**



Aung Min Thein  
B.A Psychology  
M.Sc Master of Psychotherapy and Counselling

Aung Min Thein is a licensed clinical psychotherapist and the founder of Counselling Corner which offers psychological support to individuals, couples, families and groups. He specialises in working with clients struggling with anxiety, depression and relationship issues. Aung Min Thein has had notable success assisting clients in navigating difficult life changes, identity issues, relationship troubles, indecision as well as issues with sexuality and sexual identity. His efforts have helped clients resolve communication issues, which have led to improved intimacy, connection, self-understanding and relationship satisfaction.



Aung Min Thein approaches his therapy practice by providing a safe space where clients can focus on their current life challenges. He believes a collaborative process between the client and therapist leads to greater self-awareness and personal freedom, which allows both to focus on the present and onto greater things in the future.

Working from a psychodynamic perspective, Aung Min Thein helps clients to understand internal conflicts in order to help them gain deeper insight into the underlying cause of their anxieties, depression or indecision. He believes that an understanding of one's emotional journey can bring about new levels of confidence in coping with life's challenges. Aung Min Thein also adopts a humanistic person centred approach and is experienced in the major models of Solution Focused and Cognitive Behaviour Therapy.

As a two-year post-graduate in Psychotherapy and Counselling from Western Sydney University, Aung Min Thein has acquired international skills and knows how to use these in a Myanmar context. He has worked in the field of mental health in a variety of settings including INGOs, LINGOs, and community mental health clinics in Myanmar and Australia. He is one of the first overseas trained counsellors in Myanmar practising in Myanmar language and understands the cultural context of Myanmar society and customs.

[www.theaca.net.au/counsellor/aung-min-thein](http://www.theaca.net.au/counsellor/aung-min-thein)



Ms.Su @ Jan Jan  
B. Med. Tech  
(Medical Imaging Technology)  
Advanced Diploma  
(Business Management, ABE)  
Business Law (Yangon University)  
Basic Counselling Skills Training  
(Counselling Corner)  
Advanced Counselling Skills Training  
(Counselling Corner)

Ms. Su is an experienced and motivated counselling professional helping clients from a range of demographics and backgrounds and she is the founding member of Honest Hour Emotional Support Group specialising in Online Counselling Sessions. She passed the Advanced Counselling Course with high scores on both theory and practical exams given by Ko Aung Min Thein at Counselling Corner. Since then she started working as a counsellor under guidance and supervision of Ko Aung Min Thein who is a licensed clinical psychotherapist and the founder of Counselling Corner.

The base to Su's approach to her clients starts by building a trusting empathetic relationship where clients can freely express their feelings and issues so that they can focus on the changes they want for their future. She believes in the power of talking and a harmonious relationship which leads to greater self-awareness and insights. She also adopts a humanistic person-centred approach and believes that the client is the main person responsible for change and the therapist is just a helper or facilitator in the process.

Due to her life circumstances, she needed help to cope with her overwhelming life experiences from a counsellor to get by smoothly through difficult periods. She found the meaning of life through counselling and decided to become a counsellor herself. Her first-hand experience helps Counselling Corner clients to feel at ease and communicate openly. Her non-judgmental and bubbly personality helps clients open up and identify their issues more easily. This open communication is the base for a therapist to support a client seeing and believing in a way to change from within.





Dr. Sai Pye Myo Kyaw  
M.B.B.S (Bachelor in Medicine, Bachelor in Surgery)  
M.P.H (Master in Public Health)  
Basic Counselling Skills Training (Counselling  
Corner) Advanced Counselling Skills Training  
(Counselling Corner)

Dr. Sai Pye Myo Kyaw is a graduate of medical universities in Yangon and Bangkok, and has substantial counselling experience for individuals and groups. After being trained by Counselling Corner in the basic and advanced counselling courses, he has begun work as a part-time counsellor using person centred therapy and Psychodynamic approaches to help people in Myanmar with their mental well being.

As a medical doctor with many years of experience in Myanmar as a public health professional, he knows the importance of finding a perfect balance between body and mind. Dr. Sai Pye Myo Kyaw has been working in the field of physical and sexual health for the LGBTIQ+ community in Myanmar and 10 other Asian countries for nearly 9 years. He is specialised in counselling the LGBTIQ+ community in Myanmar regarding their sexuality, sexual identity, self-acceptance, self-confidence and relationship issues. He has acquired counselling knowledge and skills from Counselling Corner and knows how to use these in a Myanmar LGBTIQ+ context. He is also from the family of LGBTIQ+ people in Myanmar and understands the cultural context of Myanmar society and customs. Dr. Sai Pye Myo Kyaw holds an MBBS from University of Medicine (1), Yangon; and an MPH from Mahidol University, Bangkok and is fluent in Myanmar, Thai, English and French.



Ma Cherish Pui  
B.A (History)  
Th.D (Master of Theology & Doctrate of theology  
in Christian Counselling-  
Seoul Christian University, South Korea )

Ma Cherish is an experienced counsellor and completed in 2015 her Doctorate's degree in Counselling at Seoul Christian University. She followed a one-year internship program at Yonsei University International Counselling & Coaching centre. During her time in Seoul she helped migrant workers and families in a small community in Seoul, to overcome their struggles and build on their strengths. In 2019 and 2020 she worked at YMCA in Yangon as a counselling supervisor and gained a lot of experience both personally as professionally in the painful struggle of dealing with anxiety.



Since she is back in Myanmar, Ma Cherish continued to work with individuals facing a lack of self-esteem, anxiety or depression or struggle with issues in their personal relationships including marriage, parenting and coping with major changes in life. She managed to give people the mental support to enable them to make positive changes in their lives, using cognitive behavior therapy and a client-centred approach.

Cherish has a Christian upbringing and she loves people of all ages and backgrounds and feel that she has a calling to help anyone work through difficult times and situations. Showing compassion, acceptance and understanding are only a few of her qualities and she is easy to talk to in a safe and non-judging environment. Ma Cherish manages to empower clients and build up their confidence so they can be their true self and overcome any obstacle they face.



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