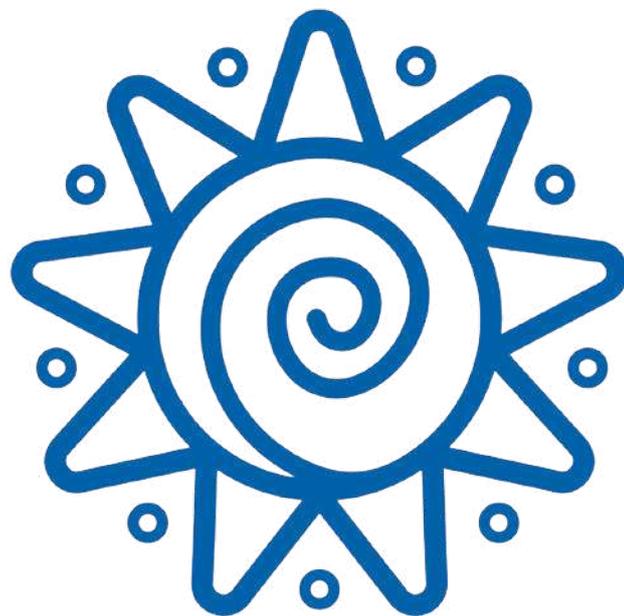


What to expect from Counselling Corner ?
for individual



COUNSELLING CORNER

A Safe Place For Change

Overview

In this document, we will be sharing what kind of tailor made services Counselling Corner gives and how we can support you personally or somebody who is close to you if you are experiencing a period of mental issues (don't worry – that can happen to anybody and we're here to make you feel better).



Upon receiving an enquiry by phone, email or Facebook inbox, we analyse the issue 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

Initial Meeting for project discussion

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

Costs

During the initial meeting we make a plan with you on how to reach your goals and we usually suggest 10 sessions divided over 10 weeks to get to a good result. The costs for 1 session (50 minutes) is 50.000 Kyats and we do have possibilities to subsidise some of these costs if it's really above your budget.

Therapy Methods

Counselling Corner Therapists have training in a variety of techniques that can help you better cope with mental illness, resolve personal issues, and create personal changes in your life. Finding out what technique or combination of techniques your therapist will use can give you a better idea of what will happen during your sessions. Some common types of therapy include:





- Client-centered therapy (person-centered therapy): A non-directive form of talk therapy that emphasizes positive unconditional regard
- Psychoanalytic or psychodynamic therapy: Focuses on getting in touch with and working through painful feelings in the unconscious mind
- Cognitive or cognitive-behavioural therapy: Focuses on making connections between thoughts, behaviour, and feelings
- Solution-focused: A future-focused, goal-directed approach to therapy that highlights the importance of searching for solutions rather than focusing on problems



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.

Confidentiality and Privacy (Section B)

The purpose of Section B is to provide ethical guidelines that focus on the importance of trust, boundaries, and confidential interactions.

Counsellors must:

- 1) Communicate the concept of confidentiality with their clients on an ongoing basis and do so in a culturally sensitive way.
- 2) Inform clients about the limitations of confidentiality regarding what situations information must be disclosed (e.g., to protect clients or others from harm).
- 3) Discuss if and how information may be shared with others.
- 4) Understand legal and ethical issues involved in working with clients who cannot provide informed consent (such as minors or clients with impairment).
- 5) Maintain and store records in an approved way.
- 6) A therapist is required to breach confidentiality if a client poses an imminent threat to themselves, the therapist, or a third party. The information must be divulged to a person capable of taking action to reduce the threat.
- 7) Client's personal information is saved in a private vault and is not put online for privacy concerns.



What you should ask

When the therapist finishes the session, he / she should ask you if you have any further questions. You can use this opportunity to get to know your therapist a little better by asking more about his training, experience, approaches, and goals for therapy.

Questions to consider before your initial meeting First Session

- Will you briefly explain what I can expect to happen in my sessions?
- How long will each session last?
- How many sessions will it take to resolve my issue?
- How can you assure my confidentiality and to what extent?

Is the therapist right for you?

A big part of successful therapy is feeling comfortable with your therapist, which may come over time. However, if after a few meetings, you're just not clicking, you do have the choice to seek out another therapist.

To determine if you're receiving the best care from your therapist, the National Alliance on Mental Illness recommends asking yourself the following questions:

- Do they guide you to your goals?
- Do they show acceptance and compassion?
- Do they challenge you?
- Do they check-in with you?
- Do they help you learn?
- Do they treat you as an equal?

If your answer to any of these questions is "No," then it's likely time to consider changing therapists. At the end of your session, just tell your therapist that you will not be returning. Don't be surprised if your therapist asks why. You can answer honestly (you just feel like you're not clicking) or just say that you prefer not to say. In most cases, your therapist will be professional and can recommend another therapist who will be a better fit.

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.

<https://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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