



COUNSELLING CORNER
A Safe Place For Change

About Counselling Corner

Being healthy entails maintaining both physical and mental wellbeing. Having a balanced mindset can help us make better day-to-day decisions, and maintain relationships with people around us. This brochure explains how Counselling Corner can support you, your staff and others in your community, to maintain a healthy mindset to put you on the path of success.

About mental health

It's very common for humans worldwide to experience a time in their life that things are not going so well and there are issues with their mental health. People with mental health problems might feel stressed, confused, depressed, emotional & sad, short tempered, have sleepless nights, can't concentrate or are obsessed about a particular topic.

These feelings may have a specific cause, for instance, the loss of a loved one. Other triggers include traumatic events, such as witnessing or experiencing violence recently or in the past. Mental health can also be influenced by our environment like the media we consume. A mental disease can be cured and just as any physical disease so it's important that you take care of your mental well-being.



As Myanmar is going through very stressful times due to Covid and the coup d'état, it's very normal for people to go through an emotional roller coaster and having mental health issues.



About counselling & psychotherapy

Feelings of confusion, depression and isolation are more common than you think, and the first step to understanding these emotions is to talk to someone. That's where a professional counsellor comes in. Counsellors are trained to listen and ask questions, helping people to become more aware of their thoughts and feelings.

In counselling, we focus on making people mentally stronger and prevent that a mental problem deteriorates. It's often done by letting the participant talk about emotions, realize and accept a situation and from there start working towards a solution for this

participant. In clinical psychotherapy we work on healing a person who is suffering from a mental health disease. In both cases we start with a first intake session and continue to let the participant express his / her emotions and feelings and let the person quietly think and discuss how to get to an improved situation. It's all based on talking and listening with the aim to get to a situation where a client feels he / she sees "a light at the end of the tunnel" and can move forward on his / her own feet again.

Counselling is not simply listening to a teacher telling you what to do. Instead it's about listening to yourself and understanding what you need to work on in order to get a positive result. Most of the benefit comes from being able to express yourself in your own terms, so you gain a better understanding of yourself, in a non-judgemental setting.

How Counselling Corner can support you

Counselling Corner aims to improve the mental health situation in Myanmar. After completing his Masters in Psychotherapy & Counselling at Western Sydney University in Australia, founder Aung Min Thein has practiced counselling in Myanmar and overseas for many years. Our team of counsellors and psychotherapists offer unique services in Burmese, giving native Myanmar people a way to express themselves in their own native language.

Counselling Corner also offers an Employee Assistance Program to help HR departments support their staff. Working with individuals and teams of employees, we hope to create positive changes to mental well-being in Myanmar.

Everything discussed during our sessions is confidential, as we follow a strict code of conduct outlined by the Australian Counselling Association (of which Aung Min Thein is a member): www.theaca.net.au/counsellor/aung-min-thein



Services offered by Counselling Corner include:

- Individual counselling (including couples, family & group therapy)
- Workshops, including the effective Emotional Workshop developed specifically for Myanmar clients
- Webinars on different mental health topics
- Training in basic, advanced and first aid counselling skills
- Advocacy of mental health issues through media

Individual counselling

Counselling Corner therapists are trained in a variety of techniques that can help you better cope with mental illness, resolve personal issues and to create positive personal change in your life. These techniques can include client-centered therapy, cognitive behaviour therapy or psycho-dynamic therapy.

But you need to take the first step. If you're interested in any of our services, or would like to talk with a counsellor, you're welcome to make an appointment for an initial session. You'll have the opportunity to discuss your issues in this hour-long session, after which time our counsellor will work on creating a plan for you to work on in the coming weeks.

Usually we recommend one session a week (50 minutes each), aiming to achieve a positive results within 10 sessions. These sessions are yours and at any time you can decide to stop, take a break or even request for another counsellor; it's your time and your effort that will lead to success.



Workshop

Our counsellors give interactive 2 hour's workshops for 2 - 20 participants to do activities including concentrated listening, expression of emotions, showing empathy and giving support to each other through experiential learning. Practical exercises are included in this workshop (with break-out rooms) to ensure that every participant learns and starts using new skills in daily personal and professional life.



Our emotional workshop is very effective as it was developed in the Myanmar culture and context and helps people deal with their emotions and build up a coping system to support them through past and future experiences. During the 2 hour session the participants learn to express their emotions, improve listening skills, realize they are not alone and start creating a coping mechanism.

Webinar

During a webinar the counsellors share knowledge about one specific topic related to mental health. The one-hour Zoom sessions, for example, might focus on dealing with stress and anxiety at work, feelings of anger and frustration in marriage, or managing emotions during a crisis. Around 30 people attend these online sessions, and time is managed so that participants can ask plenty of questions at the end.

Webinars provide an excellent opportunity for groups get a first-hand understanding of counselling and general mental health issues. Counselling Corner offers webinars for staff of corporations and NGOs, as well as for school teachers and students at various schools and colleges.



Training

At Counselling Corner we believe in improving the mental health of individuals, as well as the whole nation. Our counsellors provide training in Basic Counselling and Advanced Counselling Skills to people from all backgrounds, regardless of race, religion or ethnicity. Each training program takes 20 hours (over 10 days), which includes homework (on average about 20 hours).

In the past medical staff, social workers as well as HR staff have found these training programs very helpful. Topics include listening and personal reflection skills, showing empathy, maintaining healthy boundaries and fostering self-directed methods of improvement.

Training dates are announced on our Facebook page, the Basic Counselling Skills training usually starts once a month. This training can be adapted to suit specific organisational needs, and private training for organisations can accommodate groups of up to 20 participants.

A short 2 hours psychological first aid training (CISM – critical incident stress management) is specifically designed to help witnesses of highly stressful events. Participants learn how to recognize symptoms, how to react and what coping mechanism to show or whom to refer to for further help.



Advocacy

Counselling is a new practice in Myanmar, and many people are not yet comfortable with sharing their emotions or discussing mental health issues. But Counselling Corner hopes to change all this!



Since our inception we have worked to educate people about mental health issues on radio, through a weekly Cherry FM program. On TV our counsellors have appeared as guests, and have written articles for local publications – such as The Myanmar Times. We also support local events like mental health seminars and the annual &Proud celebrations.

Every Tuesday at 7 pm we organise a free LIVE Talk on our Facebook page, which provides followers an opportunity to ask and post questions.

Our therapist / counsellors

Counselling Corner has a team of excellent counsellors and psychotherapists who have been trained overseas and in Myanmar. Each counsellor has his or her own area of specialisation, which helps us assign the right person for you.

Our counsellors receive regular supervision to ensure they find the best solutions and strategies for their clients. For more information, please visit us here: www.counsellingcornermyanmar.com/your-therapist

Confidentiality

Information discussed in each therapy and training session is kept strictly private and confidential. We follow the Australian Counselling Association (ACA)'s "Code of Ethics and Practice", which can be [downloaded here](#).

Location, opening hours and how to connect.

Counselling Corner has 4 session rooms for face-to-face counselling, which are located in our newly renovated heritage building on Bogalay Zay Street. Besides that we have a space for workshops, group therapy and training. Our regular opening hours are from 8:30am to 5:30pm, Monday to Saturday.

Of course we do many sessions online using Zoom software which includes breakout rooms for the workshops and we are happy to adapt to your organisation's preferred software.

Sponsorship / discounts and CRS

Counselling Corner offers discounts on a sliding scale for individuals and organisations who may be in need of financial

assistance. As a socially involved organisation, we want to actively support the communities we are part of and we do contribute to the mental well-being and development of these communities as well as the mental health profession in Myanmar. Please let us know in case you want to apply for sponsorships or discounts.

Counselling Corner is privately owned by 2 Myanmar-resident shareholders who believe in working sustainably for the country, the people and the planet.

Payment Policy

Generally our policy is upfront payment for workshops, webinars and trainings while for individual counselling a client can pay once a month. We are reasonably flexible, as we understand that organisations and individuals have different needs.

References

A lot of our work is based on the trust a client gives us and professional confidentiality so we can't disclose any personal information. The trainings and workshops we have done, are equally well received as our other services and our clients include most of international NGO's, multinational corporations based in Myanmar as well as diplomatic offices and many Civil Society Organisations in Myanmar.



Get in touch!

We understand the first step is always the most difficult; don't worry, we're here to help! Get in touch with us to make a first appointment or discuss further how we can help yourself or people close to you:

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Email: info@counsellingcornermyanmar.com

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www.counsellingcornermyanmar.com

www.instagram.com/counselling.corner

<https://www.linkedin.com/company/counselling-corner>

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