



Ministry of Higher Education
Herat University
Faculty of Education
Counseling Department



Herat University Counseling Center

Established: 2020

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Introduction of counseling center

The events of the last few decades and the high speed of transition to machine and electronic life ,Leads to developments that modern man alone has not been able to recognize and solve; Of course, in order to harmonize the people of the society with the existing conditions, the use of counseling is an undeniable necessity.

Herat University Counseling Center is a counseling center focused on the mental health of university students and the general public who need mental health counseling. This center started operating in 2020 at Herat University Which in various fields such as Individual counseling, group counseling, admission and training of trainees, development of professional skills of counselors and psychologists, scientific psychological research, psychological assessment and other Cases under the supervision and management of the counseling department of the Faculty of Education, Herat University.

History of the Counseling Center

This center, after the proposal of the counseling department in 2019 and its approval for repairing and equipping the building in the campus of Herat University by the cooperation of HEDP program and direct cooperation of Herat University, from the summer of the same year design, planning and needs assessment of the counseling center and then started construction. In the middle of the work, due to the outbreak of Corona Virus and the beginning of quarantine, the repair and equipment process of the center was paused. After passing this stage and completing the work in September 2020, the center is scheduled to open and start working soon.

Counseling Center Perspective

Herat University Counseling Center is a standard and active center that works in field of prevention, reduction and treatment of psychological, behavioral and educational problems of individuals and provides practical and professional experiences for graduates and students in the field of counseling and psychology.

Counseling center objectives

- Providing practical work for graduates and students of counseling and psychology and educational sciences departments during the internship
- Strengthening the professional skills of counselors and psychologists, taking into account the current needs of society
- Preventing the spread of injuries and mental, emotional, behavioral and educational disorders through educational programs
- Reduction and treatment of mental, emotional, behavioral and educational disorders
- Providing academic and career counseling for school teachers and university students
- Providing premarital counseling, marital counseling and family counseling
- Extensive research on a variety of traumatic factors as well as common mental disorders in society
- Providing self-care services for counselors and psychologists
- Teaching life skills for interested applicants
- Holding educational seminars to raise the level of mental health and psychological knowledge of students

Counseling center activities

Herat University Counseling Center plans and implements its activities in two main areas, taking into account its vision and goals. 1- Training, development of professional skills and efforts to maintain the mental health of counselors and psychologists;

The general purpose of these activities is to raise the level of health and psychological knowledge of people in the community.

Counseling sessions at the counseling center

Counseling sessions in this center are conducted in two types, individual and group, both of which are based on the ethical and professional standards of counseling and psychology, as well as the full observance of the regulation of mental health of the Government of the Islamic Republic of Afghanistan.

One-on-one meetings are one of the main tasks of this center, which is dedicated to people who want to talk to the counselor individually and privately. It should be noted that Herat University Counseling Center has a religious and professional responsibility in protecting clients' information.

Group counseling is for people who want to work in groups (small groups) with other people who have similar needs such as self-awareness, memory enhancement, coping with stress, test anxiety and other to interact and to benefit jointly in receiving psychological services. The maximum number of participants in group counseling sessions is 6, except for the counselor.

Intake interview session

The Intake interview session is for the purpose of superficial diagnosis of the issues that the clients refer to the counseling center for the same reason and based on the same issue, a professional counselor in the field is introduced to him/her. Also, in this meeting, some forms and protocols of treatment will be completed by the clients or in case of inability of the clients by his legal supporter or with the cooperation of the consultant completed and filed.

Number and duration of counseling sessions

Counseling sessions are divided into three categories: short-term, medium-term and long-term. Short-term sessions range from 1 to 5 sessions, medium-term sessions between 6 to 11 sessions, and long-term sessions between 12 and 21 sessions; Depending on the condition of the clients and based on the severity of the psychological damage inflicted on the clients, it is determined which of the above cases the relevant authorities include and how many sessions they should have with their counselor. The consultant is obliged to inform his clients in the first three sessions that it takes approximately several sessions to refer to the center.

Of course, group counseling sessions are less likely to involve short sessions.

Regarding the duration of the sessions, it should be noted that according to the professional principles of counseling, individual counseling sessions should be between 40 to 50 minutes and group counseling sessions between 85 to 95 minutes.

The Intake interview session is an exception, and if necessary, time elapses that can be a maximum of 50 minutes.

The duration of the sessions as well as the number of sessions will be discussed with the authorities in the Intake interview session.

Fee for counseling sessions

Herat University Counseling Center, with a commitment to make every effort within the framework of ethical and professional principles of counseling and psychology, to advance its administrative affairs, is obliged to receive a fee for its counseling sessions, which of course has exceptions for Herat University students. So that

- Students of Herat University are required to pay (150) Afghanis to arrange their counseling file in the first session. Subsequent counseling sessions will cost (100) Afghanis per student.
- For poor students of Herat University who are introduced by the esteemed dean of their faculty, (50%) discount is considered. This discount does not include the first session (intake interview).
- Professors and staff of Herat University are required to pay (150) Afghanis to arrange their counseling file in the first session. Subsequent counseling sessions will cost (100) Afghanis per professor and staff at Herat University.
- 50%discount is provided for poor employees of Herat University who are introduced by the esteemed Vice Chancellor for Finance and Administration. This discount does not include the first session (intake interview).
- All members of the community (except professors, staff and students of Herat University) are required to pay (250) Afghanis to arrange their counseling case in the first session. The fee for the next consultation sessions will be (200) Afghanis.

- For the poor, 50% discount is provided. This discount does not include the first session (intake interview).
- The fee for individual and group counseling sessions is the same and there is no difference between them. So that each person is obliged to pay the relevant fee in view of the above.

Referral policy in the counseling center

Referral of clients based on the counselor's diagnosis is usually done in the initial counseling sessions, who, if needed, refer the client to another professional in the field of treatment (according to the client's needs). However, in addition to counseling sessions, clients need other treatments such as medication or hospitalization. Whether the counseling center cooperates with any institution such as the Herat Mania Mental Health Clinic or the Herat Mental Health Hospital or other respected specialists of the province, is determined based on the memorandums of understanding between these bodies and the respected Faculty of Medicine of Herat University. May be.

Also, among other factors, the necessity of referring clients is some ethical principles of the profession that the consultant may, due to non-observance of these principles by his clients, find it necessary to interrupt his consultation sessions with him/her and introduce him/her to another consultant; Of course, the counseling center of Herat University is also committed to the professional ethical principles of counseling in this regard.

Of course, clients who do not need counseling or whose issues are not resolved by counseling may return from the Intake interview session.

Counseling center administrative policies

As the counseling center is part of Herat University especially the counseling department of this university, it adheres to the policies and administrative principles of Herat University, the Ministry of Higher Education and the Government of the Islamic Republic of Afghanistan and is committed to complying with all accepted ethical and therapeutic principles in using its treatment protocols.

Ethical principles in the counseling center

Herat University Counseling Center is committed to follow the professional ethical principles of APA counseling and psychology in all its services, which are based on protecting the rights of counselors and clients, as well as promoting the level of mental health of the community. These principles in various areas (ethical commitments; psychological interventions; ethical issues in counseling techniques; counselor competencies; counselor responsibilities; professional relationships with colleagues, students, trainees and clients; confidentiality, privacy and record keeping; challenges Ethics; making ethical decisions and actions; assessment, evaluation and interpretation of psychological tests; education, internships and supervision; research and dissemination; and propaganda and public services) and no contradiction with Islamic customs, the constitution of Afghanistan and the prevailing culture in the country does not have.

Record counseling sessions

During the consultation sessions, no audio, photo or video will be recorded without the written permission of the clients. Registration of counseling sessions is done only when the client agrees to the registration of the counseling session in writing without any pressure and with full consent and also subject to the use of that video or audio recorded in counseling classes. It should be noted that if the client is severely retarded, his/her legal guardian can sign this consent form.

Counselors and psychologists only gather the information needed to evaluate, diagnose, treat, and research, and avoid receiving any additional information. They also act in recording and reporting information in such a way that it is not possible to misuse it.

Counseling Center Library

So far, Herat University Counseling Center has been able to prepare 52 volumes of scientific-specialized books in the field of counseling and psychotherapy. These books are available to the center's counselors, psychologists and trainees. Of course, this center needs more books to be available to book applicants.

Counseling Center Consultants

The center is under the supervision of the counseling department of the Faculty of Education of Herat University. The main counselors of this center are the counselors recruited to the center based on administrative positions, professors of the counseling department and colleague professors in the psychology department. Of course, the professors of these two departments are more like mentors for graduates and students of counseling and psychology who are counseling as novice counselors in this center. The counselor of each client will be discussed in the intake interview session with the clients so that if the client or individuals are unwilling to advance the session with the novice counselors (male and female students in counseling and psychology), the counselors of the center Or the professors will conduct a counseling session with them.

The counseling department has full authority to approve and disqualify the center's consultants.

Internship at a counseling center

Graduates of counseling, psychology and clinical psychology, senior students of the counseling department and senior students of the psychology department can coordinate their departments with the counseling center, according to a pre-planned and regular plan that does not disrupt the work of the center. Further training and passing their internship and internship under the supervision of designated professors, refer to this center and take their training courses. Upon completion of the course, students are required to complete the tasks introduced by the center in the order in which their performance is evaluated based on the same tasks.

Punishments and rewards

Counseling is a highly specialized and professional process that requires full observance of ethical principles, and in the event of the slightest mistake on the part of counselors, it may have irreparable effects on clients and their mental health. To this end, counselors, psychologists, and all those who counsel at the center have already read and signed the Moral Commitment. If there is any negligence or error on the part of counselors and psychologists, the counseling department will follow up on the matter

directly and, based on the severity of the errors, will determine the punishment for the offender according to the moral policy of the center.

Also, individuals (other than the official staff of the center) who have been working in this center for some time will be honored by presenting a valid certificate from the counseling center.

Counseling Center Archive

The counseling center has an archive room to store the documents of counselors, trainees and clients, which can be accessed only by the center's officials if needed. So that the documents of consultants and trainees are available to the officials of the center and the counseling department, and regarding the documents of clients, it can be said that only the consultant can access the documents of his clients, even in case of legal problems for clients, prosecutors and other judiciary authorities can have access to a portion of the client's file with an official letter from a government court that the counselor and ethics of counseling allow.

Research at the Counseling Center

In order to produce and develop knowledge as well as diagnose, prevent and treat injuries and mental, behavioral, emotional, educational disorders and other People of the community, Herat University Counseling Center considers it its responsibility to conduct extensive research at the community level to try to eliminate harmful factors, preventive measures, treatment and other measures if necessary.

The center is also currently working on a research book (Case Study) which will be published and made available to citizens.

Other activities of the counseling center

Herat University Counseling Center considers itself responsible for the social development and mental health of the community and takes any useful action that brings the center closer to the above goal. Subscribe to radio and television programs; Preparation, printing and distribution of information brochures; Preparation and publication of conference educational videos tailored to the needs of the community on

social networks; Providing scientific seminars in psychology and counseling at the university and provincial level to improve the psychological knowledge of individuals; Providing scientific webinars in various fields of psychology for those interested; Introducing counseling and counseling center at the community level; Motivate people in the community to visit the center; Arranging various social pages to provide information about the center's activities; Celebrating national and international days related to mental health and other issues are among the other activities of Herat University Counseling Center.

Monitoring the performance of the counseling center

Naturally, evaluating and monitoring the performance of an office will lead to the flourishing and growth of the same office and its challenges and obstacles will decrease over time. The Herat University Counseling Center, with its forward-looking plans and short-term, medium-term and long-term plans, will definitely face challenges that make monitoring the center easier to overcome and pave the way. The general manager of the counseling center is obliged to answer and report frequently. The center first reports to the counseling department of the Faculty of Education of Herat University and is repeatedly evaluated by the same department that the counseling center needs to do its full cooperation in this field.