



# LIFE CARE COUNSELLING CENTRE

RED. NO: IV/89/2016



# WELCOME TO LIFE CARE COUNSELLING CENTRE FOR WOMEN AND CHILD DEVELOPMENT

## COUNSELLING SERVICES FOR CHILD & ADOLESCENTS



- Develop positive thinking
- Better focus on studies
- Develop capacity to cope up with criticism
- Building self confidence, self esteem
- Develop the capacity to take decisions
- Develop strategies for time management
- Overcoming procrastination and laziness
- Removing haunting memories
- Rebuilding of relationship
- Develop study skills, study habits

- Child guidance and parenting
- Develop skills in concentration in studies
- Remove fear and phobia
- Develop capacity for anger management
- Provide assertiveness training
- Goal setting
- Deal with complexes
- Development of positive changes in behaviour
- Improvement of your mood and decrease in anxiety
- Overcoming stress and depression

## ASSESSMENTS

At Life Care Counselling Centre, we use standardized tests for IQ (Intelligence Quotient), LD (Learning Disability), Autism assessments, Personality assessments, ADHD (Attention Deficit Hyperactivity Disorder) and ADD (Attention Deficit Disorder) conducted By RCI (Rehabilitation Council of India) registered clinical psychologists.



## CAREER DEVELOPMENT SERVICES

We conduct career guidance seminars / orientation programmes in schools and colleges

We have been doing professionally accurate Aptitude Test and give its systematic assessment report personally.

We are mentoring students personally and professionally by providing individual 'Career Counselling and right information with employability focus.

## FAMILY COUNSELING SERVICE

Family dispute resolution

Guidance for resolving husband wife issues, when it is needed

Removing stress related problems through HYPNO- CBT – NLP



## HOMEOPATHIC TREATMENT

Homeopathic medicines are very effective and safe for certain disorders listed below.

- **Global developmental delay- development disabilities in children.**
- **Delay in social functioning, speech, language and motor skills.**
- **Attention deficit hyperactivity disorder**
- **Depression**
- **Mood changes**
- **Anxiety disorders**
- **Specific phobias**
- **Trauma and stress related disorders**
- **Personality disorders**
- **Eating disorders**
- **Conduct disorders**

Homeopathic remedies helps you to overcome these problems effectively with counselling.

# THERAPIES & TRAINING

- LEARNING DISABILITY
- ADHD THERAPY
- MEMORY ENHANCEMENT
- CONDUCT DISORDER
- BEHAVIOUR THERAPY
- CLINICAL HYPNOSIS
- COGNITIVE BEHAVIOUR THERAPY
- STUDY SKILLS AND HABITS
- PERSON CENTERED APPROACHES
- NEURO LINGUISTIC PROGRAMMING (NLP)
- PERSONALITY DEVELOPMENT PROGRAMMES
- CAREER GUIDANCE SEMINARS / ORIENTATION PROGRAMMES IN SCHOOLS AND COLLEGES



WORKING DAYS : MON - SAT ( 9:30AM TO 5:00PM )

## HOW TO AVAIL THE SERVICES ?



+91 8157882795 / 0481 2791370



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