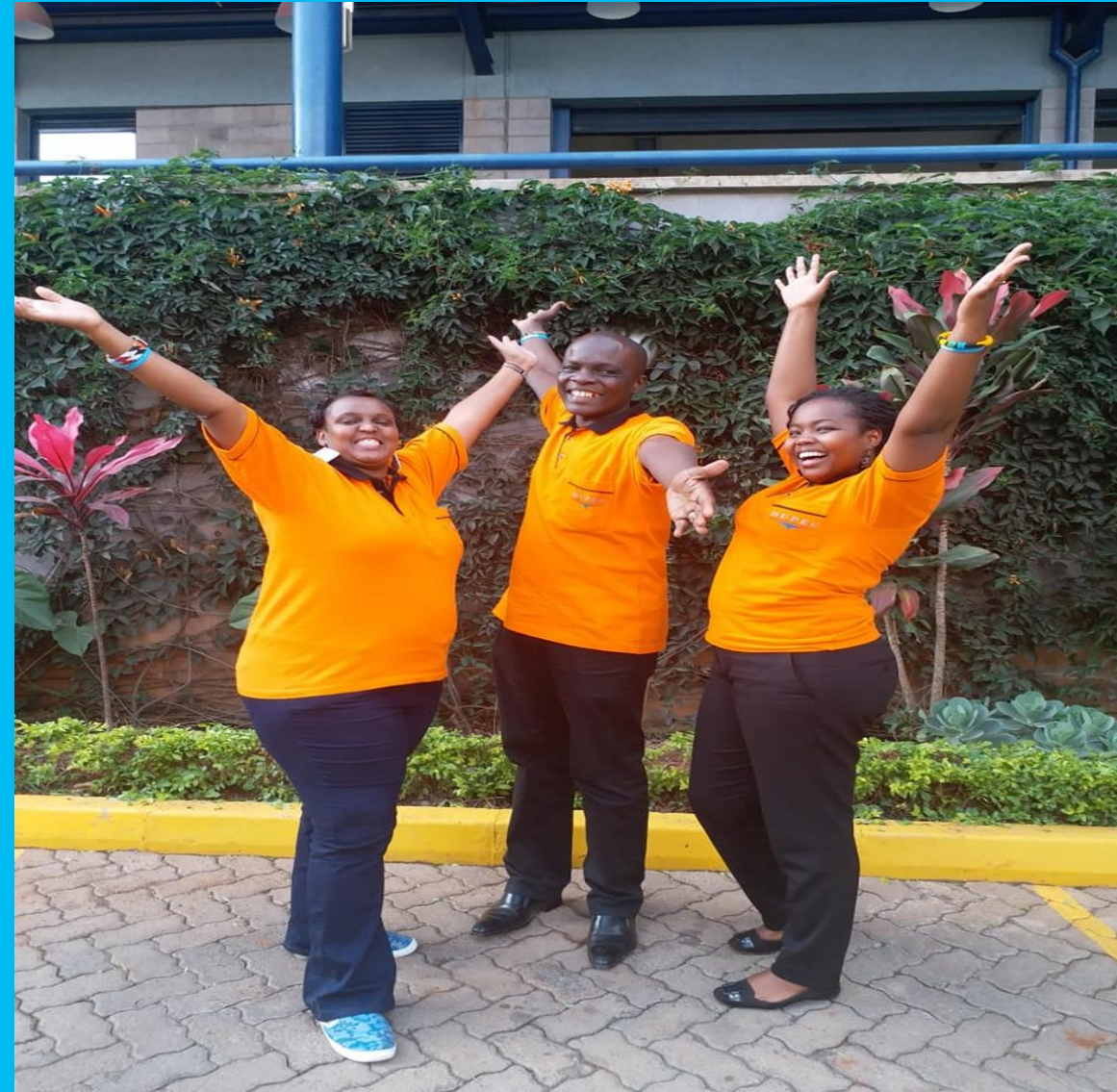


ORIENTATION TO STUDENTS COUNSELLING SERVICES



What is Counselling?



- Counselling is a helping relationship involving a professionally trained counsellor and a client/s.
- The main goal of counselling is to help the client **solve problems** or **achieve psychological well being**.
- Counselling is not idle chatting, gossiping, preaching, story telling, advice giving etc.
- It is a goal-oriented therapeutic process that is well structured and contracted.

When Should I seek Counselling?

- Anytime you are going through something challenging.
- You can also refer a friend or bring along a friend who you feel needs help.
- Counselling is **FREE OF CHARGE** for all Daystar students.
- So just come to our offices or call us to book an appointment.



Whom Should I go to for Counselling?



- In Daystar we currently have three full time counsellors available in both campuses on alternate days.
- We also work with student interns, peer counsellors and other volunteers to assist our students.
- There are also other staff members who are experienced counsellors both in the teaching and non-teaching staff who we work with.
- The Chaplaincy is also another department where students can seek counselling especially on spiritual matters.

Meet the Counsellors



Ms. Susan Botto
(Team Leader)
Experienced in GBV, HIV/AIDS
and Addictions Counselling.



Mr. Allan Ball
Experienced in Relationships
counselling and personality
development.



Mrs. Emmah Maina
Experienced in Trauma, Loss
and grief counselling.

Vision, Mission, Core Values

Vision

- To counsel all the Daystar students and community members who are willing, with the compassion, concern and care of Jesus Christ about the various issues they could be undergoing and to walk with them as they grow and become better.

Mission

- To provide therapy in psychological, emotional, academic, physical, spiritual, social development and welfare issues.

Core Values

- Empathy
- Genuineness
- Confidentiality
- Unconditional Positive Regard

Our Services

- **Counselling**- individual, couple, group, family, community.
- **Psychological Assessments** -e.g personality, depression, substance use.
- **Training**- of peer counsellors/educators.
- **Mentorship programs**- for men, women.
- **Crisis intervention** -e.g rape, loss, trauma.
- **Home Based Care (HBC)** and Hospital visits for our students.
- **Referral** to relevant service providers e.g rehabs, hospitals etc.
- **Community Service** Responsibility programs.
- **Participate** in various student activities.
- **Collaboration** with other departments and organizations.

Freshmen Orientation-Life skills Training



Peer Counsellors Training & Graduation



Assessments e.g Love Language Test



Other Counselling Programs in Daystar which we collaborate with

DCCC

- **Daystar Compassion & Care Centre**
- is a psychosocial support centre which deals with helping students who have health related challenges e.g chronic illnesses like HIV/AIDs, cancer, addiction challenges etc.

DUPEC

- **Daystar University Peer Educators and Counsellors.**
- is a club under DUSA that gives a platform for Psychology and other social science students to share knowledge and experiences.

NCC

- **Nuru Counselling Centre**
- is a practicum site under the School of Human and Social Sciences for Psychology students. It also serves outsiders but services have to be paid for.

NB: DCCC and DUPEC are led by students who volunteer to work each year and have free membership for all students who wish to join. Just get in touch with the leaders.

Where to Find us?

- **Athiriver campus**
- Hope Centre – Left wing and right Wing- Student Counsellor Office.
- **Nairobi Campus**
- Administration Block – 2nd floor , left wing.



Contacts

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or

counselors@daystar.ac.ke



“I can’t promise to solve all your problems, but I can promise you that you won’t have to face them alone.”

–Anonymous

Thank you

www.daystar.ac.ke