Finding a listening ear

Counselling sessions create a safe space for students to seek emotional support.

MENTAL HEALTH

Your counsellor is there to listen patiently, without any judgement, and can offer comfort to you if a session gets difficult. A lot of the time, it can be these distressing memories or conversations that might be causing you problems. Discussing them and how they made you feel can help you make sense of your emotions.

SITI FATIMAH ABDUL GHANI
UPM counselling division senior counsellor

Counselling is your time and space, for much of the time, your counsellor won’t do lots of talking. They may, however, prompt you to try more conversations along if the flow of discussion has slowed or stopped. They don’t offer much of their own personal opinions, but are there as a listening ear and to make your feelings feel validated. A lot of the time, just ‘getting things off your chest’ and getting your feelings out in the open can make you feel less weighted down by them,” she said.

Siti Fatimah said it was important to remember that during the course of counselling, a patient may naturally discuss issues of situations in his or her life which they felt upset them or caused them distress to remember.

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While some of your sessions may be difficult, ultimately, you will learn to face your problems and begin to improve. A level of consistency is important in counselling and your commitment is key to your counsellor being successful. However, if the issues are related to medical treatment or further diagnostic action, the counsellor will refer the case to the University Health Centre,” she said.