

St. Mira's College for Girls, Pune  
(Autonomous-Affiliated to Savitribai Phule Pune University)

BA.

Subject: PSYCHOLOGY SPECIAL- III

Introduction to Counselling A 61718

Semester: VI

Year: 2019-20

Unit 1, 2, 3, 4- Reflective Essay – My personal beliefs impacting my journey as a Counsellor

Supplement No. 12501  
Roll No. :  
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Class: TYBA  
5/03/20  
My personal beliefs impacting my journey as a therapist  
'Am I Right or Wrong?'  
Taking up Psychology was my own choice. I felt that I was good at listening to people and to help them out. But the journey so far in Psychology has only made me realise that it has been my need, - coming from my past experiences of being wanting to be heard and told that it is ok to cry and it is ok and great to be fat and being confident in that. Counselling is therefore a field close to me. But this journey which felt to easy was not the same as days progressed. I can understand  
My first class in counselling lecture brought to me the beliefs that I held strong and which I thought could not affect me being a therapist. Substance use  
honor one of them. I shut myself up in front

7077

Ms. Pooja Jain

Subject Teacher



Jayab  
Principal Incharge  
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