

Report of Counseling Case for 2014-2015:

Drug Addiction

A student named Rakesh aged 19Years approached me seeking help for drug abuse. He confessed he had been using cocaine from one year. He was initiated in to this habit by some of his friends at a birthday party. He was an intelligent student. Because of this addiction he was very irregular to college. He could barely manage to pass his second year semester exams. In second semester his attendance became more erratic and he was detained by the university for lack of attendance, often he spent time by himself at home sleeping or surfing internet. He started taking drugs to cover up his feeling or anger, frustration and low self-esteem.

The counselor advised him to seek medical help and join a de-addiction center to get rid of this habit. The student progress was reviewed. He was able to learn new coping skills and reduce his use of drugs. His health improved, he was able to concentrate on his studies and focus more on his career



COUNSELOR