

Report of Counseling Case for 2015-2016:

Sexual Abusement:

Ananya aged 18 years was a first B.Tech CSE student. She was nervous and anxious most of the time. She rarely interacted with her classmates. She was afraid to socialize and had very few friends. She was staying in a girl's hostel. Most evenings she would read a book or talk on the phone to her parents or siblings.

By the time she came to see a counselor, she had panic attacks and at times she thought she might die. On enquiring deep in to her past, she revealed that she was physically abused by an uncle for two years. She had never told her parents. She developed a strong feeling of anger and hatred towards men. This anger and hatred developed in to anxiety which made her avoid making friends with any one especially boys.

The counselor's advice and suggestions helped her to get over the trauma of physical abuse and helped her develop social skills like socializing with her friends first with girls and then boys. The counselor was successful in instilling a confidence in her to trust boys. Recently she shared the good news that she is to be engaged to a man whom she has fallen in love.


COUNSELOR