



高雄醫學大學
Kaohsiung Medical University



OSA,

Division of Psychology and Counseling (DCP)

Pallav psychological counselor

Our Duty

Growth · Hope · Courage

Clarify the Myth of Psychological Counseling

- ▶ It doesn't mean you are abnormal. Everyone in his life can have worries.
- ▶ It's not connected with your NHI profile
- ▶ It is confidential in general, so it is very private
- ▶ It doesn't affect your Academic Achievement & Scholarship.

Psychological Counseling is...

- ▶ If you have worries, and would like to talk about it with someone **privately**.
- ▶ Our counselors can help you to figure out a way to deal with your worries and release your stress.
- ▶ The conversation between you and the counselor is **confidential in general**.
- ▶ **except:**
 - ▶ You are evaluated to hurt yourself or others.
 - ▶ If we are ordered by a court of law to release information about you.

Our office is located at IR101

- ▶ Behind the post office
- ▶ Next to the elevator



We have relaxing place!



And Some Relief Equipment!



And Some CDs and Cards can promote your Self-Understanding



You can use them at
“Love-yourself Coner” here



Our Affairs

- ▶ Individual Counseling
- ▶ Group Counseling, Workshop
- ▶ Mental Health Education and Promotion Activities
- ▶ Class Counseling
- ▶ Gender Equality Services
- ▶ Disability Resource Services

Individual Counseling



Themes we can help

1. Interpersonal relationship
2. Intimacy-Relationship
3. Gender
4. Family
5. Emotion
6. Mental Health
7. Other:

Individual Counseling Process



Appilication

- ▶ Email : pallav@kmu.edu.tw
- ▶ Phone :
 - ▶ 07-3121101#2121 、
 - ▶ 07-3162814
- ▶ Just walking IR101 at 8:00-12:00 or 13:30-17:30 during Mon to Fri.

Group Counseling & Workshops

靜心紓壓系列活動

Starry Starry Night : Relaxing Meditation Series of Activities

夜深人靜的子夜

In the night,

你是否曾覺得心空

Do you ever feel overwhelmed

被難以言喻的孤單與寂寞籠罩

by indescribable loneliness or get pressured from your busy life?

或是被忙碌的生活壓的喘不過氣你是否也曾渴望心底有片刻的靜謐

Do you ever long for some moments of peace and serenity

即使一個人也能活的自由自在

even if you are alone?

可以不需要偽裝

You don't need to disguise yourself

可以和人真心相伴

You can live truly with others.

今夜讓我們一起透過靜心*

Let's put ourselves into meditation tonight and

暫時離開這煩悶的思緒

leave the worries temporarily

一同享受心空下的靜謐

and enjoy the relaxing moment,

找回內心的平靜

finding back the peace of our mind.

*靜心：一種能使身心靈淨化與提昇的方法

*Meditation: a method that can purify and promote your body, mind and soul.



活動資訊(Information)

系列1

靜心紓壓講座(Speech)

Time : 105.03.15 + 12-13PM

location : 臨床技能教室

人數 : 50人

(Limited number of applicants)

系列2

靜心紓壓體驗工作坊
(Workshop)

Time : 105.03.22 + 18-20PM

location : 舞蹈教室

人數 : 30人

(Limited number of applicants)

*如有參加講座者優先
(participants who joined the speech has the priority)

系列3

靜心紓壓團體
(Weekly Group)

Time : 105.03.29 + 18-21PM

location : CSB121多功能情境教室

人數 : 15人

(Limited number of applicants)

*如有參加講座者優先
(participants who joined the speech has the priority)

報名(Sign Up)

報名網址(Online registration) : <http://goo.gl/forms/3wzActFNgP>

聯絡人(Contact)

學務處心輔組胡智濤諮商心理師
(OSA-DPC • Pallav psychological counselor)
分機07-3121101#2121#14 • pallav@kmu.edu.tw.



Class Counseling



Mental Health Education and Promotion Activities

Speech



Activities



Gender Equality Services

- ▶ Phone : 07-3121101 #2808 或 07-3220809 (24H)
- ▶ Email : law@kmu.edu.tw
- ▶ Office : CSB121



Disability Resource Services (CSB121)



Service Information

Office Location	Division of Psychology and Counseling ~International Academic Research Building 1F (IR101) Disability Resource Center(CSB121) ~Chi-Shih Building B1
Opening Hour	Monday to Friday : 08:00~12:00 13:30~17:30 Monday to Tuesday: 18:00~21:00
Phone Number	(07)312-1101 # 2121
24H Emergency call	(07)322-0809

We also have Facebook Page providing Psychological healthy News!





Thank you for listening !
Welcome to the Office~