

Self Concept and Image

Self-perceptions become much more detailed and organized as people form a better idea of who they are and what is important to them. Self Concept is a perception of your image, abilities, and in some ways a perception of your own individual uniqueness, your values, life roles, goals, skills, and much more.



Teaching on self concept and self image

Self image in essence is what you see in yourself. It's however important to note that your

self-image is not necessarily based on reality. A person's self image is influenced by many factors, such as parental influences, friends, school, career, media to name but a few.

COUNSELING SERVICES OFFERED:

- One-on-one Counseling
- Marriage Counseling
- Adolescent / Teenage Counseling
- Drugs & Substance Abuse
- Student Counseling
- Anger & Stress Counseling
- Loss and Grief Counseling
- Parenting Counseling
- Trauma Counseling
- Church Group Therapy
- School Group Therapy
- Pre-marital Counseling
- Child & Art Therapy



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Counseling Services Information

To raise emotionally sound community equipped to changing lives

Par Akletos Counseling Center (PACC)



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Adolescent/Teenage Counseling

Adolescent counseling helps children and young people explore any concerns that may be causing problems in their physical, social, emotional or cognitive/mental development. The counseling process gives them the opportunity to express difficult or confused feelings in a safe environment with clear boundaries. The Holy Bible in Ecclesiastes 3:3 states that "There is a time for everything, and a season for every activity under the heavens." From this approach, we should explain to the young people that what happens to them during adolescent in regard to their body changes, emotions or social life, is not strange but it is a normal stage (season) in life development which will only pass away with time.



A Group Therapy session with Teenagers

Therapy for teenagers and young people can support individuals in developing their self awareness to deal with social situations, relationships both personally and work related; including peer pressure, family, educational and sexual health issues.

Drugs and substance abuse

Drugs and substance abuse is a major issue affecting our population especially the youth. Apart from Rehabilitation, the recovering addict need constant support from professionals to help them through the journey of recovery.



Sharing on Alcoholism; treatment and maintenance on Focus TV

Anger and Stress Management

What made you angry today? Were you able to maintain your dignity at that moment? Anger is a normal and even healthy emotion but it is important to deal with it in a positive way. The Bible in Ephesians 4:26 says, "In your anger do not sin, do not let the sun go down while you are still angry, and do not give the devil a foothold." Uncontrolled anger can ruin your health and your relationships. Being an-



Group Therapy on Anger Management

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