

Name: Lorina Richmond

Email Address: lorina.richmond@gmail.com

Contact Number : 9008339209

Professional Title/Occupation: Counsellor

Organisation:

1. Be Happy Counselling Services.
2. The Children's Hospital.

Address of Organisation/Practice:

(1). Be Happy Counselling Services, 1st Floor, Market View Building(opposite Techno Source), Laitumkhrah Main Market, Shillong- 793003.

(2) The Children's Hospital(near St. John's White Hall School), Pohkseh, Shillong- 793014.

Professional Qualifications: Masters in Medical and Psychiatric Social Work (MPSW)

Courses undertaken in Play Therapy:

Play Therapy Level 1

Details of any other relevant qualifications/courses taken in the field:

Currently undergoing supervision in current practice: No

Ages catered for: Children, Youth and Adults (mainly parents and caregivers). Women in distress.

Services offered:

A. Services: Play Therapy, Psychotherapy/Counselling, Patient Education, Medical counselling and support, Group Counselling.

B. Needs or Issues: Social, emotional and behavior issues for example bullying, abuse, LGBTQ, trauma, suicide, anger, social skills, career guidance etc. and issues associated with hospitalization. I also counsel parents and women in distress.

Personal Profile:

I started my counseling practice called Be Happy Counseling Services Centre, in Shillong, Meghalaya, in July, 2017, with the sole purpose of helping out our children and youth in the region who do not have much access to mental health professionals, especially Play Therapy. And in January of 2018 I joined the The Children's Hospital in Shillong, Meghalaya, where I started the Patient and Family Counseling and Support Services Department, which aims to provide holistic

patient-centered care and support to patients and their families, where we also have a dedicated Play Therapy room for in-hospital and out-hospital patients. I therefore divide my time between the centre and the hospital. The use of Play Therapy and the set up of the Play Therapy Room in a hospital setting is the first of its kind in the region.

Play Therapy works wonders for children below 10 years when it comes to their physical and emotional well being. For in-hospital patients I use Play Therapy as a therapeutic distraction technique, I also use it as part of pre and post procedure counseling, self-esteem building and trauma care. Play Therapy helps lower anxiety and stress associated with hospitalization, thus making the hospital experience a positive one. Play is not only beneficial in terms of emotional healing but physical/medical improvement as well. Children with whom I have used Play Therapy have been seen to get better a lot faster, as well as cope better when it comes to surgeries or administration of intravenous needles for example. It helps them relax and manage pain better. For out-hospital patients I use Play Therapy as an assessment, trust building tool and intervention tool especially for children with behavior issues like anger, trauma, abuse, bullying, social anxiety etc.