



### FREE COUNSELOR CONSULTATION GROUP:

*This Free-of-cost group for counselors will run monthly online, beginning in September.*

*See next page for details.*

## 2026-2027: ONLINE MONTHLY CONSULTATION FOR SCHOOL COUNSELORS IN DUBAI

*The Group Consultation for School Counselors (GCSC) is a small group of school counselors that meet once a month with a Clinical Supervisor from The LightHouse Arabia. The Clinical Supervisor is a practicing psychologist at The LightHouse Arabia, who has had previous experience of supervising psychologists. The GCSC is a closed group, and the counselors can bring any topics or issues related to their practice as a school counselor. Some of these topics relate to working with students, parents, and colleagues, as well as issues including, but not limited, to ethical dilemmas, caregiver burnout, and mandated reporting.*

### BENEFITS IN ATTENDING MONTHLY CONSULTATION

*In attending the monthly online consultation sessions, counselors will have:*

- A **safe and supportive environment** in which professional and practice issues may be explored.
- The **opportunity to share challenging cases and receive professional input** from the supervisor, as well as their peers.
- A chance to **learn practical tools and techniques** from a variety of therapeutic frameworks i.e. Cognitive Behavioral Therapy (CBT); Acceptance & Commitment Therapy (ACT); Narrative Therapy; Mindfulness Training.
- The space to **reflect on their self-care practices** as a means of preventing burnout, increasing their awareness of their current clinical workload and learning additional ways to maintain a healthy work/life balance during the busier school months.
- The guidance on how to **give clear, concise and constructive feedback.**
- The support to **challenge all practice that is considered unethical or incompetent** using the profession's code of conduct/ practice and the philosophies, policies and procedures of the organization they work for.
- The opportunity to consider other factors that may impact on the counselor's work including **working relationships with colleagues or personal circumstances** within the scope of personal and professional boundaries.
- The assistance to address **any issues related to adult and child protection** that are embedded in professional practice and supervision.
- The supervision to challenge **any unhelpful assumptions and attitudes** they carry which may influence practice.





## ONLINE MONTHLY CONSULTATION FOR SCHOOL COUNSELORS IN DUBAI

### LAYOUT OF SESSIONS

This closed group runs on a monthly basis and will comprise of maximum **10 counselors**, the Clinical Supervisor, and a TLA Master's level intern (if applicable).

### INVESTMENT: Free-of-Cost

This is part of The LightHouse Arabia's community service agenda for the school community.

### DATES AND TIMINGS:

#### IN-PERSON Group:

**Thursday mornings:** 8am - 10am

#### Term 1:

3 Sept./ 1 Oct./ 5 Nov., 2026

#### Term 2:

7 Jan./ 4 Feb./ 4 Mar., 2027

#### Term 3:

1 Apr./ 6 May/ 3 June/ 1 July, 2027

LOCATION: The LightHouse Arabia,  
821 Al Wasl Rd, Al Safa 2, Dubai



#### Facilitated by:

Dr. Parkavi Sabanathan, DCLinPsy  
Clinical Psychologist

#### ONLINE Group:

**Tuesday mornings:** 9am - 11am

#### Term 1:

6 Oct./3 Nov., 2026

#### Term 2:

5 Jan./2 Feb./2 Mar., 2027

#### Term 3:

6 Apr./4 May./8 June, 2027

LOCATION: Online (Zoom)



#### Facilitated by:

Preetha Madhavan, MPsych  
Clinical Psychologist

RESERVATIONS: [www.lighthousearabia.com/events](http://www.lighthousearabia.com/events)

*\* Kindly note, spaces are limited. Advance booking is required.*

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