



**Holding Space #18**

**Supporting  
International  
Students**

**Monday 2<sup>nd</sup> November  
11.30am – 12.30pm AEDT**

# Agenda

- Welcome
- Supporting International Students
- Connecting In
- Prize Giveaway



# Vineeta Giri

Vineeta is a final year Masters of Counselling student. She believes in the idiom "A stitch in time saves nine" and wants to work with children and young adolescents to provide early intervention and support.

As an intern at Sydney Centre for Creative Changes, she has gained skills and resources to engage and support her clients to provide creative and tailor-made support at her student placements and to her future clientele.

As an international student who came here in her early twenties, she has faced and overcome the many challenges international students face and will share her insight about those.



# Meilia Permata Wongso

Meilia is a Master's student of Counselling and is currently working in the field of anger management as a part of her counselling placement program. She has previously worked with different ranges of age group, from adolescents to older adults.

She has a strong interest in Acceptance and Commitment Therapy (ACT) and the implementation of art in therapy to address ranges of issues.

Having lived in Australia for six years as an international student, she will share her experiences that may provide insight for mental health workers who are looking to understand and provide support to international students.



# Yessica M. Berlina

In 2018, Yessica took the opportunity to do a Master of Counselling course in Melbourne. The opportunity was a dream come true, but it did not make adjusting to her new life in Melbourne easier.

In the first months, she experienced some mental health issues for the first time in her life. Accessing counselling services as an international student was an interesting experience, made even more so by insights she had being a counselling student herself.

Currently in her final year of the course, she has gained experience delivering mental health services for clients in disability assistance programs, adolescents in early intervention programs, and in a helpline service. She believes in interventions that are aimed at clients' empowerment, guided by Person-Centered and other Humanistic approaches.

In Australia according to the Department of Education, Skills, and Employment, there were

956773

International students were enrolled in various universities across Australia

Over 50% of these students were from Asian countries

A number of research studies on International students have found that, they often Underuse Mental Health Services available to them.



Vineeta Giri

## Loneliness

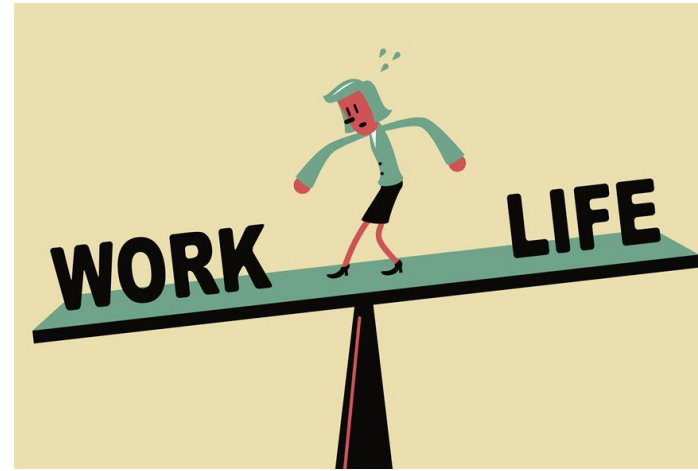


## Homesickness





Work



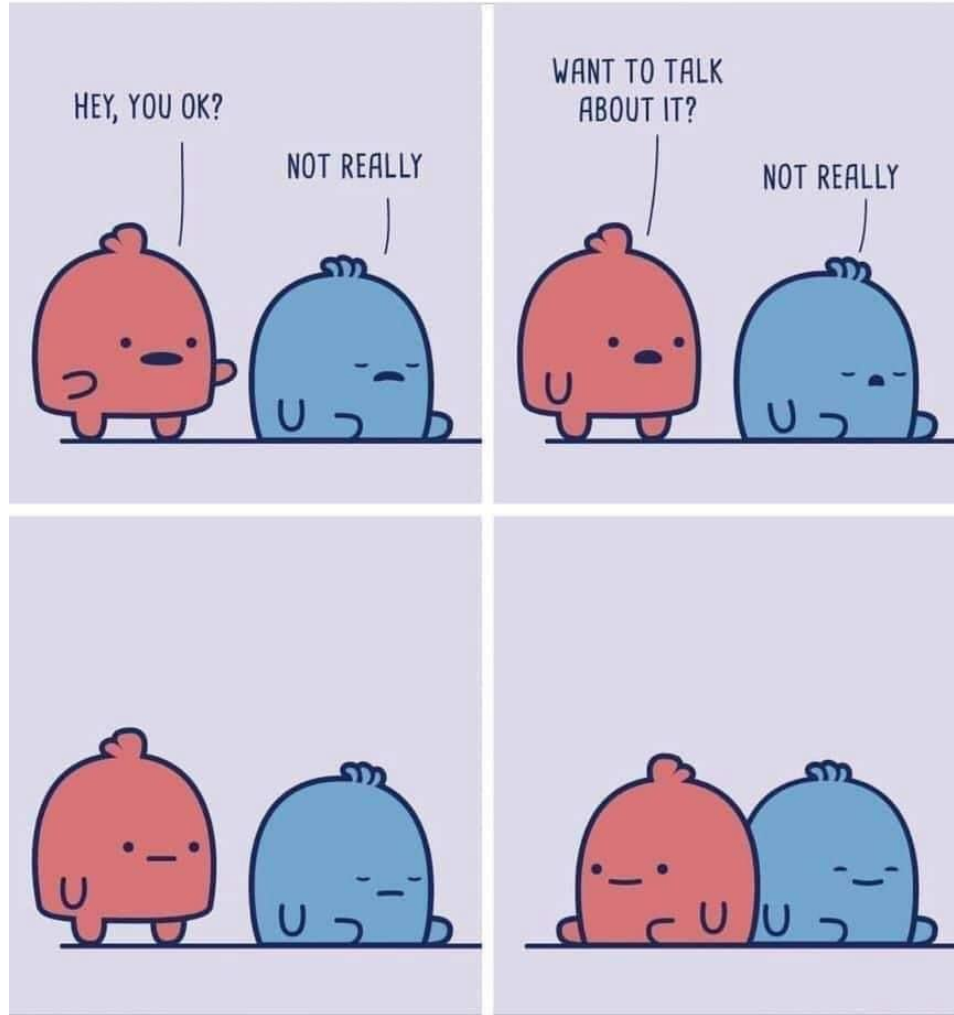
Negative Coping Styles

## Academics and Education





Meilia Permata Wongso

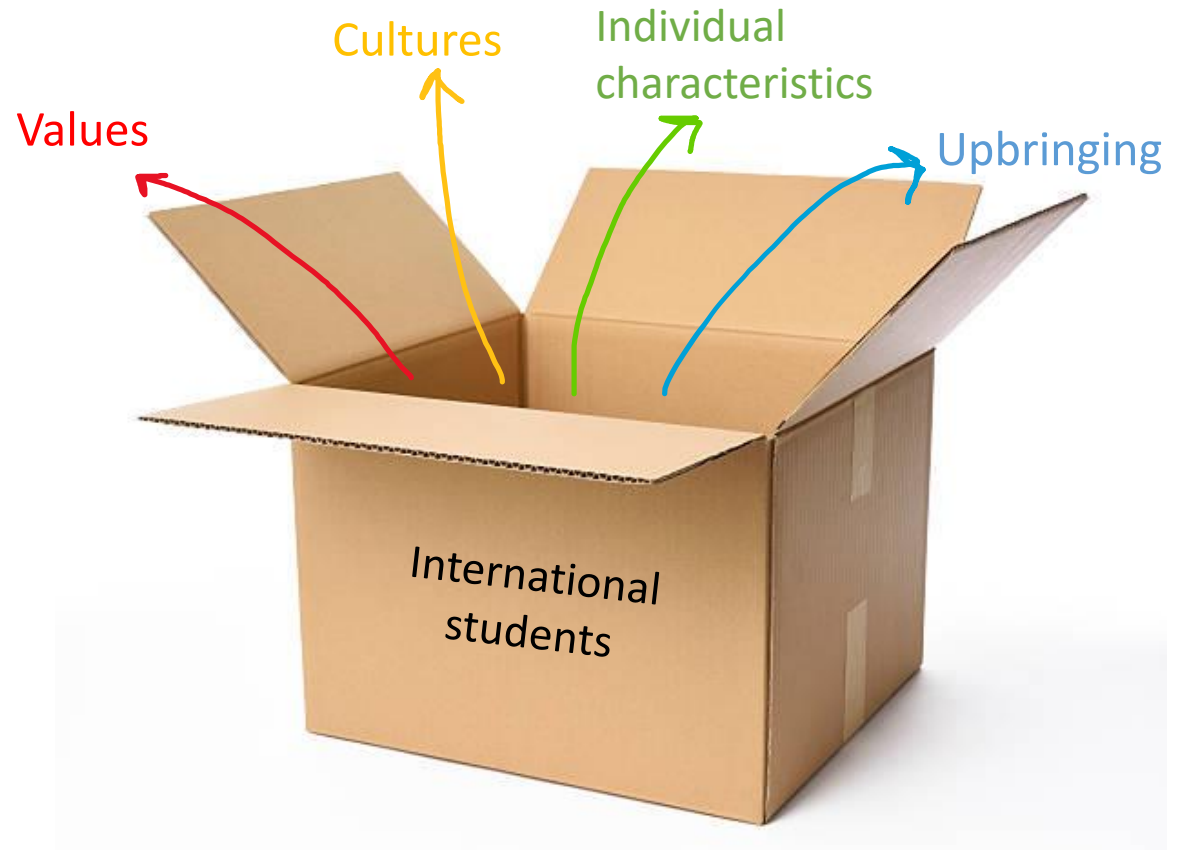


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**Normalise**  
**NOT**  
**Minimise**





**BE STRONG ENOUGH  
TO STAND ALONE,  
SMART ENOUGH TO  
KNOW WHEN YOU  
NEED HELP, AND  
BRAVE ENOUGH TO  
ASK FOR IT.**

ELIKETQUOTE.COM



A decorative yellow dashed arc on the left side of the slide.

Yessica Meita Berlina

# International students and....

1. English as a second language
2. The fulfilment of needs
3. Mental health services

# International Students and English as a Second Language

Language = Culture

- Language is a culturally defined tool.
- We use language in socialising and functioning within societies.
- High proficiency in a language may imply a better understanding of a culture.

*(Lee & Zalkalne, 2017)*

# What's in a name?



YESSICA



ROHAN



PAKENHAM

When you have to translate something but can't find the right word.

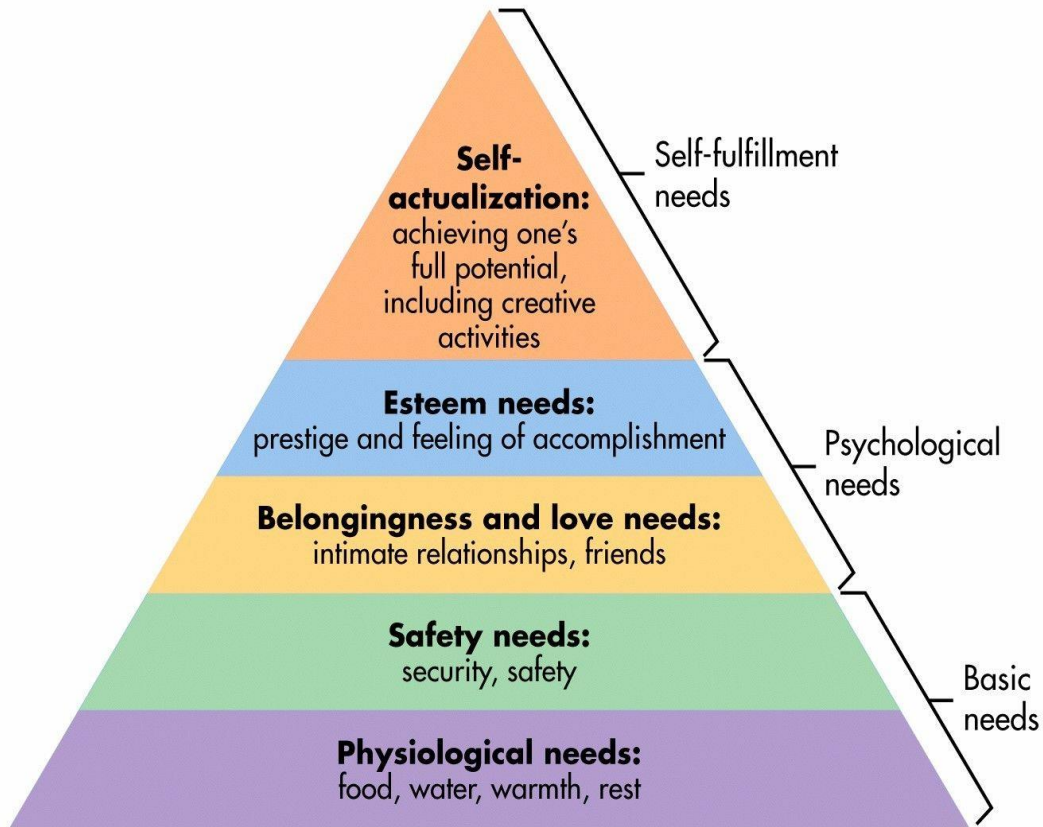


my english  
inside my head



my english  
when  
im talking

# International Students and Unmet Needs



Maslow's Hierarchy of Needs



# International Students and Mental Health Services

Inaccurate beliefs:

- The counsellor will tell my lecturers know about this appointment.
- This appointment will affect my visa.
- This appointment will affect my grades.
- I should only access mental health services as a last resort.
- I cannot be weak, I should hold on as long as I can.
- I should be grateful and stop complaining.



## Positive Steps to Wellbeing

### Be kind to yourself



Our culture, genes, religion, upbringing, education, gender, sexuality, beliefs, and life experiences make us who we are. We all have bad days.

Be kind to yourself. Encourage rather than criticise yourself. Treat yourself the way you would treat a friend in the same situation.

### Take up a hobby and/or learn a new skill

Increase your confidence and interest, meet others, or prepare for finding work.



### Help others



Get involved with a community project, charity work, or simply help out someone you know.

As well as benefiting others, you'll be doing something worthwhile which will help you feel better about yourself.

### Eat healthily

Eat regularly, eat breakfast, eat healthily, eat fruit and vegetables, drink water.



### Connect with others



Stay in touch with family and friends - make regular and frequent contact with them.

### See the bigger picture

We all give different meanings to situations and see things from our point of view. Broaden out your perspective and consider the bigger picture ('the helicopter view')



What meaning am I giving this? Is this fact or opinion? How would others see it? Is there another way of looking at this? How important is it, or will it be in a year's time? What can I do right now that will help most?

### Exercise regularly



Being active helps lift our mood, reduces stress and anxiety, improves physical health, and gives us more energy.

Get outside, preferably in a green space or near water.

Find an activity you enjoy doing, and just do it.

### Have some fun and/or be creative

Having fun or being creative helps us feel better and increases our confidence.



Enjoy yourself!

### Relax



Make time for yourself. Allow yourself to chill out and relax. Find something that suits you - different things work for different people.

Breathe... (Imagine a balloon in your belly, inflating and deflating as you breathe in and out)

### Balance sleep

Get into a healthy sleep routine - Including going to bed and getting up at the same time each day.



### Beware drink and drugs



Avoid using alcohol (or non-prescribed drugs) to help you cope - it will only add to your problems.

### Accepting: 'It is as it is'

We tend to fight against distressing thoughts and feelings, but we can learn to just notice them and give up that struggle.



Some situations we just can't change. We can surf those waves rather than try to stop them. Allow those thoughts and sensations just to be - they will pass.

## Mindfulness of Emotions



We often start to learn mindfulness skills by focusing our attention on our breath, our bodies, the environment or activities. Being mindful of emotions helps us to stand back from the emotion, understand it, not to fear it or struggle against it, and it can have the added benefit of reducing the distress (although the aim is to learn to accept the experience, rather than lessen the distress).

Set aside a few minutes when you can be quiet and won't be disturbed.



Start by bringing your attention to your breath. Notice your breathing as you slowly breathe in and out, perhaps imagining you have a balloon in your belly, noticing the sensations in your belly as the balloon inflates on the in-breath, and deflates on the out-breath.

Notice the feelings, and what it feels like.

Name the emotion:

- What is it?
- What word best describes what you are feeling?
- Angry, sad, anxious, irritated, scared, frustrated...



Accept the emotion. It's a normal body reaction. It can be helpful to understand how it came about - what it was, the set of circumstances that contributed to you feeling this way. Don't condone or judge the emotion. Simply let it move through you without resisting it, struggling against it, or encouraging it.

Investigate the emotion.

- How intensely do you feel it?
- How are you breathing?
- What are you feeling in your body? Where do you feel it?
- What's your posture like when you feel this emotion?
- Where do you notice muscle tension?
- What's your facial expression? What does your face feel like?
- Is anything changing? (nature, position, intensity)



What thoughts or judgements do you notice? Just notice those thoughts. Allow them to come into your mind, and allow them to pass. Any time you find that you're engaging with the thoughts - judging them or yourself for having them, believing them, struggling against them, just notice, and bring your attention back to your breathing, and to the physical sensations of the emotion.

If any other emotions come up, if anything changes, simply notice and repeat the steps above. Just notice that the feelings change over time.

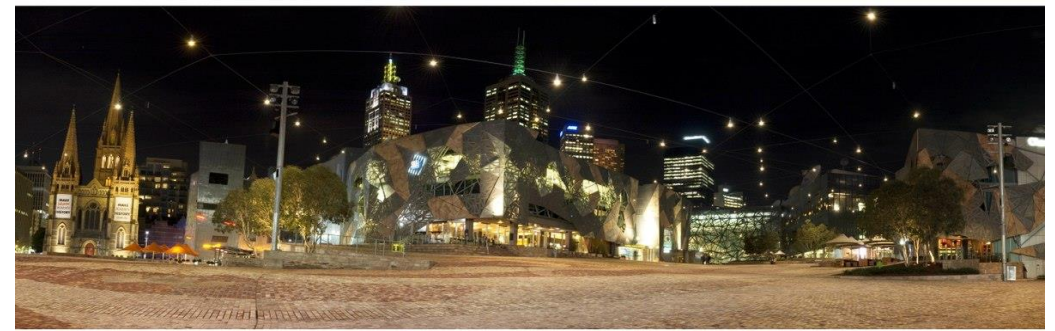
As you become more practised, you can use this mindfulness technique when you feel more intense emotion.





## 3 Key Messages

1. Language should not be a barrier in the counselling process.
2. Unmet needs should be assessed and addressed.
3. Counselling can be a very meaningful experience.



Thank you!

# *Connecting In*





Register  
Now

# 2020 What a Year it was!

Reflections and Learnings

Friday 11th December

11.30am – 12.30pm AEDT

# FUN and PRIZES



  
SYDNEY CENTRE  
FOR CREATIVE  
CHANGE

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**12 Sessions 9-5**  
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Name

the

country





