



LAHORE GARRISON UNIVERSITY

Main Campus, Sector-C Phase-VI, DHA Lahore
Ph: 042-37181821-22 Email: info@lgu.edu.pk

Notification No. 345-26

Dated: 1 Sep 2026

NOTIFICATION
GARRISON COUNSELLING POLICY
LAHORE GARRISON UNIVERSITY

1. Garrison Counselling Policy has been approved by LGU Academic Council during its 35th Meeting held on 22 Jul 2026.
2. For compliance, please.


Brig
Registrar
[Adnan Ahmed Khan, SI(M), (Retd)]

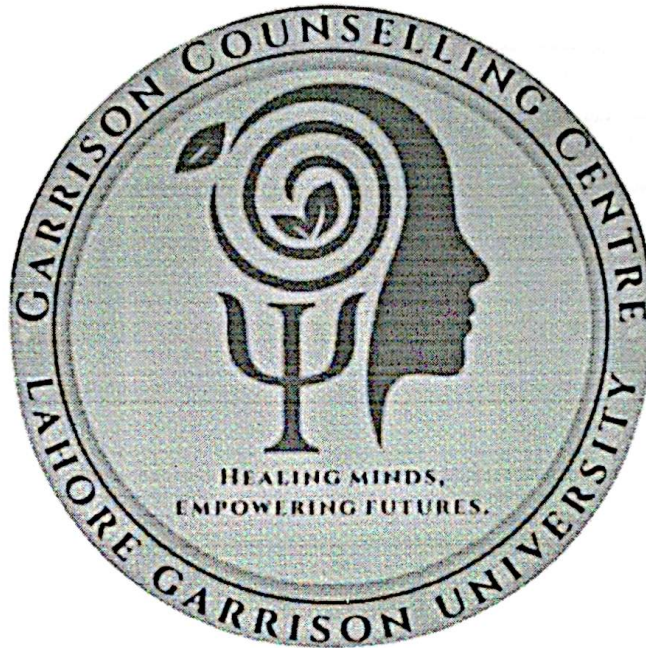
To: All Deans, Directors, Chairpersons, CoE, Treasurer and Managers

CC: PSO to VC



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Garrison Counselling Policy

Prepared By
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Garrison Counselling Centre

1. **Purpose.** The purpose of establishing the Institutional Counselling Centre at Lahore Garrison University is to provide accessible, structured, academic and non-academic professional psychological support services to students, faculty, staff, their families, and the wider community. The Centre aims to promote mental well-being, facilitate personal and professional development, and support individuals in managing emotional and psychological challenges. These services include personality and aptitude assessment, academic and career guidance, need-based psychological support, and preventive interventions through workshops and awareness programs. The Centre is committed to early identification of psychological concerns and adjustment difficulties, particularly among youth, and to fostering a supportive and mentally healthy academic environment.
2. **Vision.** Enriching psychological wellness through exemplary, evidence-based mental health services for the community.
3. **Mission.** Garrison counselling Centre aims to provide comprehensive, confidential, and client-centered mental health services through a highly trained professional team, state-of-the-art infrastructure, and specialized therapeutic interventions tailored to diverse psychological needs.
4. **Objectives.** The objectives of the Garrison Counselling Centre are:-
 - a. To impart education to communities and individuals on **mental health and prevention strategies**, as well as some medical conditions like, **Thalassemia awareness and prevention**, through various means of communication including mass media, seminars, meetings, and conferences.
 - b. To assist communities and individuals in the **maintenance, promotion, and protection of mental health and overall well-being**.
 - c. To provide **affordable, customized, and need-based services** for the alleviation of mental health concerns and related challenges.
 - d. To extend **community-based and individual intervention services** in diverse areas such as child development, learning, marriage, family, workplace adjustment, and social functioning.
 - e. To foster **research, training, and development initiatives** in the fields of mental health and community health within and beyond Lahore Garrison University.

5. **Core Values**

- a. Confidentiality
- b. Empathy
- c. Inclusivity
- d. Professionalism
- e. Accessibility
- f. Empowerment
- g. Evidence-Based Practice
- h. Client centered Approach

6. **Services Provided by GCC.** The following services are provided by the Garrison Counselling Centre (GCC) in the following areas, but not restricted to:-

- a. Teaching and Learning Difficulties in Academic Institutions
- b. Workplace Adjustment Difficulties in Industries/Organizations
- c. Psychological Testing & Assessment (Intelligence, Personality, Aptitude etc.)
- d. Career Choices and Counseling
- e. Need Based Counseling
- f. Group Counseling / Therapy
- g. Prevention and Counseling in Drug Addiction
- h. Prevention of Thalassemia Awareness Programs
- i. General Health Maintenance and Promotion Programs
- j. Workshops, Seminars and Conferences on Individual, Community and National Mental Health Issues.

7. **Organogram of GCC**

- a. **The Patron.** The Vice Chancellor.
- b. **The Chairperson.** Head, Department of Psychology.
- c. **The Clinical Psychologist.** In-charge Garrison Counselling Centre.
- d. **Team Members.** The team members (faculty of Psychology department) are experts from the areas of Counselling, Clinical, Psychometrics, Diagnostics, interventions, Community outreach etc.

8. **Psychological Assessment and Diagnostic Services.** The Garrison Counseling Centre provides the psychological testing, assessment and diagnostic services for the clients in the areas of:-

- a. General Behavioral Assessment
- b. General Intelligence Testing
- c. Emotional Intelligence Testing
- d. Personality Testing
- e. Achievement Testing
- f. Aptitude Testing

(Disclaimer: Garrison counselling Centre not deal with any medical condition, Psychiatric Mental disorder, or any active phase of psychosis).

9. **Procedure**

- a. Students may access the center through their Batch Coordinator, Faculty Member, Head of Department, or the Student Affairs Department to register and avail themselves of the facilities offered.
- b. Students may also self-refer.
- c. Students can also be referred to the centre by parents, or peers.
- d. Registration forms and consent forms are to be filled with by the student before the actual counselling session begins.
- e. The student and the counsellor will initially discuss the general and specific areas outlined by the students.

10. **Registration and Documentation**

- a. Students must complete a Registration Form and an Informed Consent Form prior to counseling.
- b. Counselling services are free of charge.

11. **Confidentiality Policy**

- a. The policies of the counselling centre, the ethical principles of counseling professionals, and the legal policies consider it important to protect the confidentiality of the information received in the interaction between a student and a counselor.
- b. The counselor will not speak with parents, teachers, friends or anyone else above their concerns without the permission of the respective student

- c. There are very rare exceptions in situation involving danger to life (e.g. suicidal tendencies in student); safety issues of the student (e.g. sexual abuse) or situation involving legal procedure (e.g. court orders).
- d. The documents that councilors' have such as a case history will also be maintained confidentiality.

12. **Scope of Services and Clinical Limitations**

- a. The University Counseling Center provides short-term psychological support for students experiencing academic stress, adjustment concerns, and mild to moderate emotional or behavioral difficulties.
- b. The Center does not provide assessment, diagnosis, or treatment for severe or acute psychiatric conditions, including but not limited to bipolar disorder, psychotic disorders, active suicidal ideation, self-harm risk, or other high-risk behaviors requiring immediate medical or psychiatric intervention.
- c. Management of such conditions falls outside the Center's scope of practice and available clinical resources.
- d. The Counseling Center does not function as a crisis intervention or emergency response unit.
- e. Students who have received appropriate medical or psychiatric treatment and are in a clinically stable condition may subsequently access counseling services at the Center for supportive care. This includes assistance with emotional regulation, coping strategies, academic functioning, and reintegration into university life.
- f. All services are delivered in accordance with ethical guidelines, confidentiality standards, and institutional policies. This framework ensures safe, appropriate, and responsible management of student well-being while maintaining clear professional boundaries and duty of care.