Job Title: Counsellor – Nayi Disha

Location: Mumbai (Work based primarily in correctional institutions across Mumbai region)

Organization: Project Mumbai

Type: Part-time/Consultancy

Reporting to: Program Lead – Mental Health

About Nayi Disha

Nayi Disha is Project Mumbai's mental health initiative dedicated to supporting the emotional well-being of inmates in prisons across Maharashtra. Through individual counselling sessions and arts-based therapy groups, the initiative fosters self-awareness, coping, resilience, and positive behavioural change among incarcerated individuals.

Role Overview

The Counsellor will play a crucial role in facilitating individual and group therapeutic interventions for inmates, utilizing both structured counselling techniques and creative approaches such as art, music, and storytelling. The role involves ongoing casework, documentation, assessment, and collaboration with prison and Project Mumbai teams to ensure continuity of mental health support.

Key Responsibilities

- Conduct one-on-one counselling sessions with inmates addressing emotional regulation, coping mechanisms, and interpersonal difficulties.
- Facilitate group sessions rooted in **arts-based therapy** methods to promote self-expression and emotional processing.
- Administer psychosocial assessments and maintain detailed case records with confidentiality.
- Identify and refer individuals requiring clinical intervention to appropriate mental health professionals.
- Coordinate with prison authorities, rehabilitation officers, and other stakeholders to plan and execute mental health sessions smoothly.
- Participate in case discussions, supervision meetings, and capacity-building trainings organized under the project.

- Assist with development and refinement of therapeutic modules and session plans tailored to the prison context.
- Document session processes, attendance, and progress for monitoring and evaluation purposes.
- Support research, storytelling, and knowledge-sharing components of Nayi Disha as required.

Qualifications and Experience

- **Master's degree** in Clinical Psychology, Counselling Psychology, or Social Work with specialization in mental health.
- Minimum **1–3 years of experience** in counselling, preferably with marginalized populations such as prisoners, youth at risk, or persons in institutional care.
- **Training or experience** in arts-based or expressive arts therapy is desirable.
- Strong understanding of trauma-informed and person-centered approaches.
- Excellent interpersonal and communication skills with the ability to work in sensitive, high-stress environments.
- Proficiency in **Marathi** is essential.

Personal Attributes

- Empathic, non-judgmental, and adaptable in approach.
- Comfortable working within correctional settings and maintaining professional boundaries.
- Committed to ethical practices, cultural sensitivity, and social justice in mental health.
- Collaborative mindset with openness to reflective practice and continual learning.

Remuneration

Compensation will be commensurate with qualifications and experience, aligned with Project Mumbai's organizational norms.

Application Process

Interested candidates may apply with a **CV and a short statement of purpose (300 words)** outlining their motivation for working within prison mental health programs. Applications can be sent to **[vijayalakshmi@projectmumbai.org]** with the subject line *"Application – Counsellor, Nayi Disha."*