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Empirical Evidence on the Effectiveness of Counseling and Mental Health Interventions at PICS NEPAL

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Abstract

There is a growing concern about mental health issues in this rapidly changing world. People still prioritize physical health, but Mental health is equally important for enhancing quality of life, as it has become the world's most significant concern nowadays. One of the leading organizations addressing these issues is PICS NEPAL. Out of the total 289, 154 males, 128 females, three gay, and four didn't disclose their identity. This record holds contrary to the previous beliefs that females are more likely to suffer from psychosocial issues and thus would be more likely to seek help.

The findings highlight a growing mental health burden among young, unmarried individuals, adolescent males and females, who face increased vulnerability due to factors such as dysfunctional family, academic stress, trauma, financial issues, childhood stress, social media factors, and relationship issues. Symptoms include low self-esteem, stress, fear, phobia, anxiety, post-traumatic stress disorder, depression, schizophrenia, and suicidal ideation.

The report represents the total number of sessions they attended at the center, ranging from 1 to 13. Therapeutic approaches, including Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), Person-Centred Therapy, Psychoeducation, and Psychiatric Consultation, proved effective in reducing symptoms and promoting emotional well-being. After completing the sessions, clients experienced notable improvements in their mental well-being, which helped them manage daily activities and maintain quality relationships. It also shows the role of early intervention, rapport building, culturally responsive counseling, effective therapeutic intervention, and proper medication in addressing the mental health challenges faced by Nepalese.

Keywords: Mental Health, Psychosocial Counseling, Therapeutic Approaches, Culturally Responsive, Consultation