



SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FOR WOMEN (AUTONOMOUS)

Affiliated to University of Madras, Re-Accredited with "A+" Grade by NAAC
Chromepet, Chennai -44

PG DEPARTMENT OF SOCIAL WORK

in collaboration with

OOKKAM FOUNDATION

Organises

'TWO DAYS WORKSHOP ON THERAPIES'



Date : 19th & 20th May 2022
Timings: 09.00am to 05.00pm

ABOUT SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE

Shrimathi Devkunvar Nanalal Bhat Vaishnav College for women was Started in 1968 with the generous donation of 10 acres of land by our Late Founder Chairman Shri Nanalal Bhatt and 6 lakhs donated by Cork Industries Charities Trust. The College has rendered five decades of immaculate service for the betterment of women and society. Self-supporting courses under evening structure was started in the year 1984-85 at the Under Graduate level, in 2001 at the post Graduate level and M. Phil. Programme in 2011. The college has carved a niche in women's education by upgrading its status as a Research Institute in 2012 with 6 Department viz. History and tourism, Statistics, and Physics, Plant biology and Plant Biotechnology, Computer science, and Commerce, offering Ph.D. programme and 3 department offer Part-time Ph. D. programme. At present there are 10 Under Graduate courses and 15 Under Graduate courses, 14 Post Graduate courses, 5 M. Phil. Courses in the self-supporting structure and there are 52 research scholars. The College was accredited with 'A' grade by NAAC in 2003. The College was re-accredited with 'A+' grade by NAAC in January 2017 and extension of autonomy granted in 2013.

ABOUT PG DEPARTMENT OF SOCIAL WORK

The department of social work was established in the year of 2003 and it offers Masters Degree in Social Work (MSW) with specializations in Human Resource Management and Medical & psychiatry. Besides theory learning, MSW students also undergo two days of field work training in a week, which reflects the ways to learn the practical aspects of their respective field of study. The Department of social work, under its multitude of feathers organizes an array of activities that contribute towards enhancing social sensitivity. "Students Participatory Empowerment Forum" (SPEF), is an active students body, under which all the department activities are carried out with great passion, zeal and social responsibility.

ABOUT OOKKAM FOUNDATION

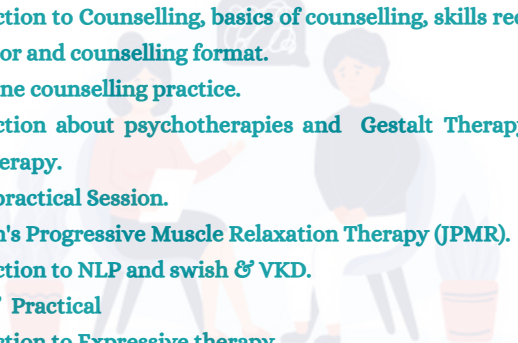
"OOKKAM Foundation is a non-profit governmental organization founded in 2019 with a strong passion to provide a better platform for every individual in our society to learn about mental health and well-being in order to create a better today, tomorrow, and future. The foundation's vision is to remove the stigma associated with mental health and well-being in our society, as well as to make mental health and well-being resources available to all. The key areas of focus for OOKKAM are psychosocial education, awareness, training and development, counselling, psychotherapy, and community development programmes".

ABOUT THE WORKSHOP

Therapies helps people live happier, healthier and more productive life. Therapy is a great preventive way which further aids one's emotional well-being. Psychotherapy is an interactive process for the client's with mental health or behavioral problems. It seeks to explore thoughts, feelings, and behaviors in order to solve intrapsychic problems or to enhance one's level of interpersonal functioning. Psychotherapy is provided by qualified mental health professionals, typically a clinical social worker, psychologist, psychiatrist or other licensed professional. As psychotherapy plays a major role in day-to-day life as well as in clinical practice, this two days workshop would highlight its importance and provide practical knowledge on it.

WORKSHOP SCHEDULE

DAY-1 : 19.05.2022

- Introduction to Counselling, basics of counselling, skills required for counsellor and counselling format.
 - One to one counselling practice.
 - Introduction about psychotherapies and Gestalt Therapy -Empty chair Therapy.
 - Gestalt practical Session.
 - Jacobson's Progressive Muscle Relaxation Therapy (JPMR).
 - Introduction to NLP and swish & VKD.
 - Demo & Practical
 - Introduction to Expressive therapy.
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DAY - 2 : 20.05.2022

- Recalling previous day sessions.
- Introduction to Cognitive Behaviour Therapy (CBT).
- CBT practical.
- Introduction to Rational Emotive Behaviour Therapy (REBT).
- Demo Session.
- One to one Practical.
- Group Sharing.

INSTRUCTIONS TO PARTICIPANTS

Rs.500/-

- 1.Registration should be done on or before 13.05.2022
- 2.Registration fees will be **Rs.500/- per individual participant.**
- 3.Payment should be made through Google Pay (Phone no:9087416241, Recipient name: Priyadharshini) on or before 16.05.2022
4. Every registered participants will receive workshop kit along with Refreshments and lunch
5. Participant who attend two days of workshop alone will receive Certificate of Participation.
6. All registered participants should bring their college ID cards.
7. All are requested to follow COVID Safety guidelines.

Dr.R.Geetha
Principal

Dr .Mahishasuramardini
Vice Principal (SFS-Shift-1)

Dr .S Seethalakshmi
Vice Principal (SFS-Shift-2)

Ms.F.Esther Vincy
Head In-Charge

Ms.Jesy Stephy
Assistant Professor

WORKSHOP COORDINATORS

Ms.G.Aruna Abirami,
Assistant Professor

Ms.Priya dharshini.K,
Assistant Professor

WORKSHOP ORGANISERS

I & II MSW Students

For any queries, contact



Ms.Akshaya . S V , II MSW - 7358465903

Ms.Raghini .R, I MSW -9710762787

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