

PG DEPARTMENT OF SOCIAL WORK
OOKAM FOUNDATION
STUDENTS PARTICIPATORY EMPOWERMENT FORUM
celebrating
TWO DAYS WORKSHOP ON THERAPIES DAY-1
on
19/05/2022, THURSDAY

TOPIC: WORKSHOP ON THERAPIES DAY-1

AGENDA

- Inaugural session
- Department song
- Welcome address
- Profile reading
- Introduction to counselling, basics of counselling, skills of counsellor, counselling format
- One to one counselling practice
- Introduction about psychotherapies & Gestalt Therapy- Empty chair therapy
- Gestalt Practical Session
- Jacobson's Progressive Muscle Relaxation Therapy (JPMR)
- Demo and practical
- Introduction to Expressive therapy
- Vote of thanks

MINUTES OF THE PROGRAM

- Program starts at 09:22 AM
- Department song: 09:24 AM – 09:27 AM
- Welcome address: 09:27 AM – 09:29 AM
- Profile reading: 09:29 AM – 09:31 AM
- Session - 1: 09:32 AM – 09:58 AM

- Session - 2: 09:59 AM – 10:15 AM
- Session - 3: 10:16 AM – 10:49 AM
- Break: 11:12 AM – 11:37 AM
- Session - 3 (continuation): 11:38 AM – 01:16 PM
- Lunch-break: 01:16 PM – 02:12 PM
- Session - 4: 02:13 PM – 03:00 PM
- Break: 03:00 PM – 03:15 PM
- Session - 5: 03:15 PM – 03:48 PM
- Session - 6: 04:00 PM – 04:49 PM
- Feedback session session: 05:00 PM – 05:10 PM
- Vote of thanks: 05:10 PM – 05:15 PM

WRITEUPS OF THE PROGRAM

The Day-1 Therapy Workshop program was started at 09:22 AM. This workshop was organized by PG Department of Social Work in collaboration with Ookam Foundation. The target population was BSW, MSW, B.Sc. and M.Sc. (Psychology) students from various colleges. The program was hosted by Janani. J of 2nd MSW and Aishwarya of 1st MSW. The program was started with department song sung by Pavithra. S of 2nd year MSW, Pavithra. L, Pavithra. S, Anisha of 1st year MSW. Followed by department song Welcome address was addressed by Nithyashri of 1st MSW. Then profile reading of resource persons were read by Raghini, Hepsiba, Preethi, Pavithra and Ramya of 1st year MSW. Then without any delay session - 1 was hand overed to resource person, Mr. Tilak, Member of Ookam Foundation. He was explaining about the Establishment, Mission, Vision, Activities and Programs organized by Ookam Foundation. Followed by, the session - 2 was handed over to Ms. Mounika Ravi, Member of Ookam Foundation. She was explaining about the Ground rules and Disclaimer of all sessions. And also, she was explaining about the characteristics, which participants should follow till the entire session.

Then here comes the session - 3, it was handed over to the Mr. Kaleeswaran, Psychologist and founder of Ookam Foundation. He was explaining about meaning and definition of counselling-It is a talking therapy that allows people to discuss their problems with trained professionals in a peaceful and safe ambiance and also, It is a provision of professional assistance and guidance in resolving personal or psychological problems. Then followed to this, He was explaining about the Rights of Client-client's willingness to come, willingness to

share, genuineness to share and commitments. And also explained about Skills of a Counsellor: genuineness, respect, basic empathy and active listening, advanced empathy, concreteness, caring confrontation and immediacy. In between the session, the participants had their break from 11:12 – 11:37 AM. Followed to this, he also explained the nine steps of counselling. Activities were given to participants by him. The activity is, that the participants should sit in pairs and act as counsellor and client by implementing those nine steps in counselling and vice-versa. The resource persons and the participants had their lunch between 1:16 PM to 2:12 PM.

After completing the lunch-break, the session - 4 was started and it was handed over to Ms. Nivetha, Member of Ookam Foundation. She was explaining about the Introduction to Gestalt Therapy - a psychotherapeutic approach developed by Fritz Perls. Which focuses on insight into gestalts in patients and their relations to the world, and often uses role playing to aid the resolution of past conflicts; Basic Principles: holism, field theory, figure formation process; Major Techniques: confrontation, enhancing awareness, role playing, enhancement, self-dialogue (empty chair technique) and uses of Gestalt Therapy. She conducted demo session for participants to show, how to implement this therapy with clients. Participants were actively listening to the session and asked doubts regarding this therapy and she also explained in a understandable manner to them.

Following this, session - 5 was started and it was handed over to Ms. Mounika Ravi, member of Ookam Foundation. She gave a brief explanation on JPMR (Jacobson Progressive Muscle Relaxation) therapy: Jacobson's relaxation technique is a type of therapy that focuses on tightening and relaxing specific muscle groups in sequence. It is a non-pharmacological method of deep muscle relaxation, based on the premise that muscle tension is the body's psychological response to anxiety-provoking thoughts and that muscle relaxation blocks anxiety. She conducted JPMR therapy with all the participants and also teaches them the steps of JPMR. After the therapy session, all the participants felt the relaxation of it.

Following this, session - 6 was started and it was handed over to Ms. Shanthini, Social Worker and member of Ookam Foundation. She gave a brief explanation on Art Therapy: It is a form of psychotherapy involving the encouragement of free self-expression through painting, drawing, or modelling, used as a remedial or diagnostic activity. It is a distinct discipline that incorporates creative methods of expression through visual art media. And also explained about the Expressive Art Therapy: It is a practice of using imagery, storytelling, dance, music, drama, poetry, movement, horticulture, dreamwork, and visual arts together, in an integrated way, to

foster human growth, development, healing and also as psychotherapy, counselling, rehabilitation. And she gave explanation on History of Art Therapy, Difference between Art Therapy and Art class, Scope of Art Therapy: directive and non-directive and benefits of it. And she gave an activity to participants, which is to draw two masks in their respective paper using sketches and to write their inside and outside interpretations of their heart or character in the masks separately. And she told all the participants to interpret their drawing according to the questions displayed in the power point. All the participants actively participated and enjoyed the therapy session and expressed their feelings and emotions through their respective arts (drawings). The session was ended for Day-1 workshop.

Then, the feedbacks were collected from all the participants. Everyone valued and enjoyed the sessions conducted throughout the Day-1. After that, the whole session was ended by delivering Vote of thanks.

ANNEXURE



