

**PG DEPARTMENT OF SOCIAL WORK**  
**STUDENTS PARTICIPATORY EMPOWERMENT FORUM**

Celebrating

**TWO DAYS WORK SHOP ON THERAPIE**

Through Offline

On

**20/05/2022, FRIDAY**

**TOPIC: WORKSHOP ON THERAPIES**

**AGENDA**

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

**MINUTES OF THE PROGRAM**

- Program Started at 9:30 AM
- Session 1 – 9:35 AM to 11:15 AM
- Break – 11:15 AM to 11:30 AM
- Session 2 – 11:30 AM to 1:05 PM
- Lunch – 1:05 PM to 2:00 PM
- Session 3 – 2:00 PM to 3:40 PM
- Break – 3:40 PM to 4:00 PM
- Session 4 – 4:00 PM to 4:30 PM
- Feedback – 4:30 PM to 4:45 PM
- Certificate Distribution – 4:45 PM to 5:00 PM
- Vote of Thanks – 5:00 PM

**WRITEUPS OF THE PROGRAM**

Mr. Kaleeswaran, Founder and Managing Director, Ookam Foundation started the session by recalling the previous day session and Ms. Nivetha, Ookam Foundation made all the participants to dance as a warmup.

Mr. Thilak Ookam Foundation started his session, he taught about NLP Epistemology – Neuro Linguistic Programming. He asked the participants to write Five challenges Faced & won and Faced & Lost.

NEURO means Organize our Thoughts

LINGUISTIC means Communicate with Others

PROGRAMMING means Organize our Ideas and Actions to Produce Results

He shared some story related to alcohol and asked the participants to write three points to achieve goal.

The participants were asked them to sit in pair and to do the Therapy. After the session complete, the participants had their break between 11:15 AM to 11:30 AM.

Mr. Kaleeswaran, Ookam Foundation continued the session with NLP Anchoring. Mr. Thilak continued the next session with REBT – Rational Emotive Behavioral Therapy, he taught about Structural Model of Cognitive. He gave an activity for the participants to propose each other and this activity is to accept the negativity. Mr. Thilak continued the session by taking ABC Model.

The resource persons and the participants had their lunch between 1:05 PM to 2:00 PM.

After the lunch Ms. Divya, Ookam Foundation gave an ART Therapy in the form of dance to the participants. Mr. Kaleeswaran continued the session with CBT, he gave counselling for the participants who volunteered herself for Gestalt Therapy.

The participants had their break between 3:40 PM to 4:00 PM. After the break Mr. Kaleeswaran took the rest part of CBT.

Feedback session was started at 4:30 PM followed by certificate distribution at 4:45 PM and the session was ended by giving vote of thanks.



