

REPORT
TWO DAY WORKSHOP
' Counseling Skills and Cognitive Behaviour Therapy (Basics)'
Association of Psychology
Dept. of Psychology
Student Service Center
S.D.M.Govt.P.G. College, Doiwala

DAY 1: 02 May, 2023

The Association of Psychology, Dept. of psychology under Student Service Center, S.D.M.Govt P.G.College, Doiwala conducted a two day workshop on 'Counseling Skills and Cognitive Behaviour Therapy(Basics)' on 2-3May, 2023.

The expert of the workshop was Dr. Atul Kumar Verma, Clinical Psychologist & Director, UIBS, New Delhi. On the first day of the workshop the students were introduced to concepts, strategies and practice of active listening, counseling appropriate non verbal communication, patience and effective counseling communication through role play technique. The students were told the characteristics of a good counselor. The counselor level and the client level factors affecting counseling process were also told to the students. During role play the students were made aware by the expert about the errors committed during counseling session and techniques of imparting effective counseling were introduced.

In the end, the students asked their queries which were appropriately satisfied. The session was interactive and informative.

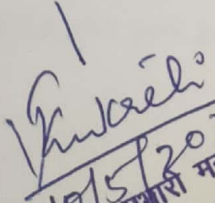
DAY 2: 03May, 2023

The expert Dr. Atul Kumar Verma introduced the basic concepts and techniques of Cognitive Behavior Therapy (CBT). The students were given basic practical hands on training of the application of CBT. During hands on training via role play the students were made aware about the basic errors made by amateur therapists while applying the concepts of the therapy for the alleviation of the psychopathological problem. The students were also made aware of the maladaptive thought processes which usually result in the manifestation of depressive volition. The importance of providing homework tasks and the considerations to be made while deciding the homework to the client was also told to the patients. The students were also introduced to the preliminary therapeutic tasks involved in treating the patients suffering from drug and substance abuse.

After the workshop the students who attended the workshop were asked to fill the feedback form on the experience they had on the workshop.

Valedictory Session:

The valedictory session was conducted by Dr. Rakhi Panchola, convenor, Counselling Cell, S.D.M.Govt.P.G.College, Doiwala. The expert trainer Dr.Atul Verma was awarded letter of appreciation and a memento by the Dr.D.C.Nainwal, Principal, S.D.M.Govt.P.G.College. Dr.D.C.Nainwal , patron of the workshop concluded the workshop. The thankyou note was extended by Dr. Vallari Kukreti, Incharge of Dept.of psychology, S.D.M.Govt.P.G.college,Doiwala. Dr. D.N.Tiwari, Dr. Vandana Gaur, Dr. Poonam Pandey, Dr. Puan Singh Khati and Manoj Bhushan were present during the program. Students, namely, Manisha Rawat, Anshika Tyagi, Uttam Badoni, Atul kumar, Sachin Dangwal, Sakshi Bahuguna, Siddhant Bahuguna,etc attended the workshop.


10/5/2023
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