

THREE DAYS WORKSHOP ON COUNSELLING & PSYCHOTHERAPIES

27/04/2023 to 29/04/2023

Under the public outreach program school of studies in psychology organized 3 days' workshop on psychotherapies from 27/04/2023 to 29/04/2023 spoke person for this program was Dr. Promila Singh ex HOD of school of studies in psychology, Pt. RavishankarShukla University, Raipur. This program was specially organized for MA final year students, PGDRP students and PGC students to develop their skills in their profession.

On the first day of workshop Dr. Promila Singh gave lecture on importance of mental health, how mental health and physical health is interconnected and for being mentally healthy maintaining good physical health is important. If person's life-style is not good that could lead to mental health issues. To stay mentally sounds having some kind of mental strategies are necessary. Activity based on brainstorming was also conducted on this day. Different topics related to mental health issues and possible strategies were given to students and they have to give a presentation based on their group discussion.





On the second day of workshop lecture on Students told about how to deal with anxiety, stress. Dr. Promila Sing gave lecture on cognitive behavioural therapy, rational emotive behavioural therapy(REBT) and behavioral therapy. How we can use principles of CBT to reduce cognitive errors of the client and help them to maintain their good psychological health.



On the last day of workshop Dr.Promila Singh addressed students and gave them knowledge about different method of treat client with depression. If people are feeling that they need professional help they should consult to any trained professional. In this session students solved case study and present their methods how they can help client in need through following different psychotherapeutic manner like cognitive-behavioural therapy, and behavioural techniques. In this three days' workshop 36 students took training. On this occasion Dr. P. Shukla, Dr.MeetaJha, Dr RoliTiwari, Dr JeethaBehra, Mr.TikeshwarSahu and research scholarMamtaSahuwere present.