

# ACTIVITIES OF THE DEPARTMENT OF COUNSELLING PSYCHOLOGY

## ODD SEMESTER, 2018

### Forum Inauguration



**Vridhhi 2018**, student forum of the department of psychology, was inaugurated on 4<sup>th</sup> August, 2018. This occasion was graced by chief guest Dr. V. Shanta, chairman of Adyar Cancer Institute. She is a tireless and ageless person working towards the service of mankind and going to OPs even till today. She enlightened us about how as students we can serve others and how it is our duty to be altruistic. Our special guest, Dr. V. D. Swaminathan shared his intellectual knowledge about finding our purpose and working hard enough to achieve it.

After listening to the words of inspiring people, the new office bearers were ready to take their responsibilities for the year forward. The chief guest pinned the badges to the respective people. President- Ms. Suhrudhaa, Vice President- Ms. Priyadarshini Karunakaran, Secretary- Ms. Anindhitha, Joint Secretary- Dolly and Treasurer- Ms. Saino Susan Zachariah.

After the investiture ceremony, the president of Forum '18 Ms. Suhrudhaa explained the way forward about the objectives and plans of the new forum in the coming year.

### **SNEHA – SUICIDE PREVENTION WORKSHOP**



Students and faculty of the Department of Counselling Psychology attended a one-day workshop on suicide prevention conducted by SNEHA.

Sneha is a voluntary organisation which values human life and feelings. It was started in Chennai on 14th April 1986. Sneha's primary concern is prevention of suicide. It was started for the purpose of extending unconditional support, warmth and understanding to persons who are in crisis. Sneha is a non-religious, non-political organization and services are totally free.

The facilitator, Mrs. Roja, began the interactive session by breaking myths related to suicide. During the workshop, students were taught to identify signs of depression and suicidal tendencies. Counselling approaches and psychological first aid for individuals with suicidal ideation were also discussed.

## SUICIDE PREVENTION RALLY



Students of the Department of Psychology organized a rally to promote awareness about suicide prevention in Chennai. The rally was organized on World Suicide Prevention Day, which was observed on 10<sup>th</sup> September, 2018. Students from various departments participated in the rally.

About 800,000 people commit suicide worldwide every year, of these 135,000 (17%) are residents of India, a nation with 17.5% of world population. The suicide rate has drastically increased with higher suicide rates in southern and eastern states of India. Student suicides have been on the rise in Tamil Nadu. Suicides among students are typically attributed to depression, academic pressure, family expectations, inability to cope with stress, social isolation and substance abuse.

This rally focused on prevention of suicide and asking for help when individuals are plagued with thoughts of committing suicide. The police and media were present throughout the duration of the rally.

## NIPMED VISIT



The students of MSc counselling psychology visited National Institute for Empowerment of Persons with Multiple Disability (NIEPMD) as a part of their curriculum. Initially the students have been introduced to all departments. Students were allowed to see how children are treated in different setting.

They were given orientation how any client who is entering here how clinically examined for their nature, extent and causes of disability in the department of Medical Science. Genetic counseling, referrals for psychological, therapeutic and special education inputs were also provided. Students visited the units of Physiotherapy, Occupational Therapy, Prosthetics and Orthotics Material development unit and sensory integration, witnessed the services provided for persons with Multiple Disabilities.

Students attended an orientation on disability conducted by the department of clinical psychology on disability and the faculty member Dr. Karthy, gave a lecture and challenged the students' roles and responsibilities on rehabilitation. The field visit helped the students to gain explore counseling need in rehabilitation setting.

## Psychodrama workshop



A one day workshop on Jungian Psychodrama was organized by the Department of Counselling Psychology. The speaker, Professor Maurizio Gasseau, is a Jungian Analyst, Psychotherapist, and Psychodramatist. Professor Maurizio is based in Turin, Italy, and leads training groups all over the world.

Psychodrama, an experiential form of therapy, allows those in treatment to explore issues through action methods (dramatic actions). This approach incorporates role playing and group dynamics to help people gain greater perspective on emotional concerns, conflicts, or other areas of difficulty in a safe, trusted environment. Psychodrama is more of individual based.

During the workshop, Professor Moreno introduced the theoretical background of Jungian Psychodrama. Soon after, he used warm up activities and role play to demonstrate the process of psychodrama. He talked about dream interpretation, collective unconscious and other essential Jungian ideologies that supports his therapeutic method. The students participated in the activities facilitated by Professor Moreno, and experienced psychodrama as a form of therapy first hand.

## **Soft skills- COMPUTER ASSISTED RESEARCH SKILLS**

The Soft skill workshop was organized by the department to re-orient the students on Research methodology. Facilitator Dr. R. Muthuvel conducted a series of sessions on computer assisted research skills for the students of final year post-graduation. The basic concepts of research methodology were discussed. The significance of every stage of research was discussed.

The basic configuration, outline, design and arrangement of SPSS Data editor data view and variable view were covered during the sessions. Students evolved a model research topic with few psychological study variables along with demographical variables for the effective learning and understanding in SPSS.

An assignment was given to students on performing these functions and submit the data and output files through mail. Hypotheses were formulated by the students on the model data and then testing was carried out in SPSS using appropriate statistic tests. The statistical test that were performed are descriptive statistics, independent and paired t-tests, bivariate and partial correlation, Reliability tests, ONE WAY ANOVA and post-hoc, ANCOVA, MANOVA, nonparametric crosstabs, chi square test analysis and graphs. While running the test all the important desertion points of output table, interpretation of the results, significance value, reporting and design of the table were discussed appropriately. Regression and Factor Analysis were demonstrated to build confident among students on their future use.

## **Guest Lecture on SFBT, Reality Therapy and Guided Imagery**

A guest lecture was conducted by the Department of Counselling Psychology on SFBT, Reality therapy and Guided imagery by Dr. Sangeetha Makesh on 16.08.2018.

Firstly, reality therapy was introduced. The basic principles, concepts and essential terminology like needs, quality world and total behavior were discussed after a brief introduction about the founder of this therapy. The techniques for reality therapy were wonderfully explained using the previously presented case study and combining it with the concepts and theories of the same.

Next, solution focused brief therapy was briefed on. The basic ideology of the therapy and the different kinds of questioning were dealt with effectively using the second case discussed earlier. The techniques of exceptional, miraculous, relationship and mirror questions were further elaborated with common examples for a better understanding. Finally the session ended with an overview of guided imagery technique and a few prerequisites and precautions were discussed before closing the session. Over all, it was very information packed session with an exposure to the tip of the ice berg of the vast therapies of counselling.

## Soft skills- GETTING ALONG WITH OTHERS



Soft skills on *getting along with others* had been arranged for period of 20 hours spread through 4 days (23rd 28th to 30th of July). Dr Sangeetha Magesh, founder of PSYCAFE-CENTRE for Psychological Counseling and Behavioral Science Research, Annanagar, Chennai, was invited as a resource person.

As a part of our curriculum, topics related to self-awareness, understanding the self and self image development were included in the training. The training started with explanation on scientific theory of happiness and on how growth is important for every individual. It paved way for the students to understand how valuing self is important. Case studies were discussed to enhance good self image and how it is inter-connected with interpersonal relationships.

Students were provided with opportunities to learn through activities for interpersonal communication and developing close relationships - personality variables were discussed in detail for developing close relationship.