

Emotional expressions in Problem solving



The MCJ counselling centre of MADRAS SCHOOL OF SOCIAL WORK has conducted an one day workshop on “EMOTIONAL EXPRESSION IN POBLEM SOLVING ” ON 19th August 2019. The students from various departments and students from other colleges have also participated. The program was facilitated by MR. DANIEL BENJAMIN.

TOPICS COVERED ARE AS UNDER:

EMOTIONS

TYPES OF EMOTIONS

PROBLEM SOLVING

BASIC WAYS OF HANDLING ISSUES

INTENDED EMOTIONS IN PROBLEM SOLVING

53 students participated in and Mr. Daniel student counselor gave training based on Transactional analysis concepts and students came to know more and learnt different ways of expressing emotions appropriately.(Photos attached). This training had more interactional phases . The workshop was based on an interactive learning where the facilitator guided the students with several situations of how to express once emotions in problem solving.

students raised their concerns related to relationship skills. Students were trained for exhibiting their skills in problem solving . They were guided to choose right contact doors (one of the key concepts of TA) 6 students from other colleges also participated and they were charged Rs. 200 each as fees.





Several problem solving situations was given to the participants to clearly understand what are all the underlying emotions in problem solving.

Students who have difficulty in expression also sought individual counselling.