

# Madras School of Social Work

## Department of Psychology MSc Family Counseling

### *Lecture Series – Erraple on observation of Mental Health Week and Platinum Jubilee year (7<sup>th</sup> October 2022 to 12<sup>th</sup> October 2022)*

#### **Day 1**

**07.10.2022**

#### ***MODERN RELATIONSHIPS AND SETTING BOUNDARIES***

On the occasion of platinum jubilee year of the college The Department of Psychology, Msc. Family Counselling has conducted a lecture series to commemorate the Mental Health Week. The theme of the lecture series has named as “Erraple” a Hebrew name which denotes divine healer.

On the eve of 7th October, the lecture series has been started with the great presence of our chief guest for the event Dr. Nappinai Seran Ma'am . The welcome address for the event was given by the program head Dr. Hannah John Ma'am. In continuation with that Dr. Nappinai ma'am has addressed the gathering and talked about modern relationships and setting of boundaries. In her speech a contrast was shown between relationships of previous decades and present generations. Reasons were given as to why we need boundaries in relationships and life. Signs of healthy boundaries and potential signs of unhealthy boundaries were given. The difference between boundaries and rules, demands were also discussed. How, where and when to set boundaries in a relationship is discussed. The important of having a boundary was highlighted. Healthy relationships were defined. Types of boundaries including emotional, intellectual, physical, financial, sexual boundaries also discussed and then the session was concluded by teaching how to recognize the boundaries of others. Finally the day was ended by giving vote of thanks and facilitating the guest speakers with handmade plastic free gifts and samplings.



### ***HEALING THROUGH SOUND***

On commemorating the Jubilee celebration of Madras school of social work the Department of Psychology, MSc. Family counselling organized 5 days lecture series called “ERRAPLE” which was around the theme of healing. On the first day which was held on 7<sup>th</sup> October 2022 the second session was on the Topic “Healing through sound”. The speaker for the session was Ms. Pooja Hemant Dugar ma’am. The session commenced at 2:20 pm with welcome address and introduction of the speaker.

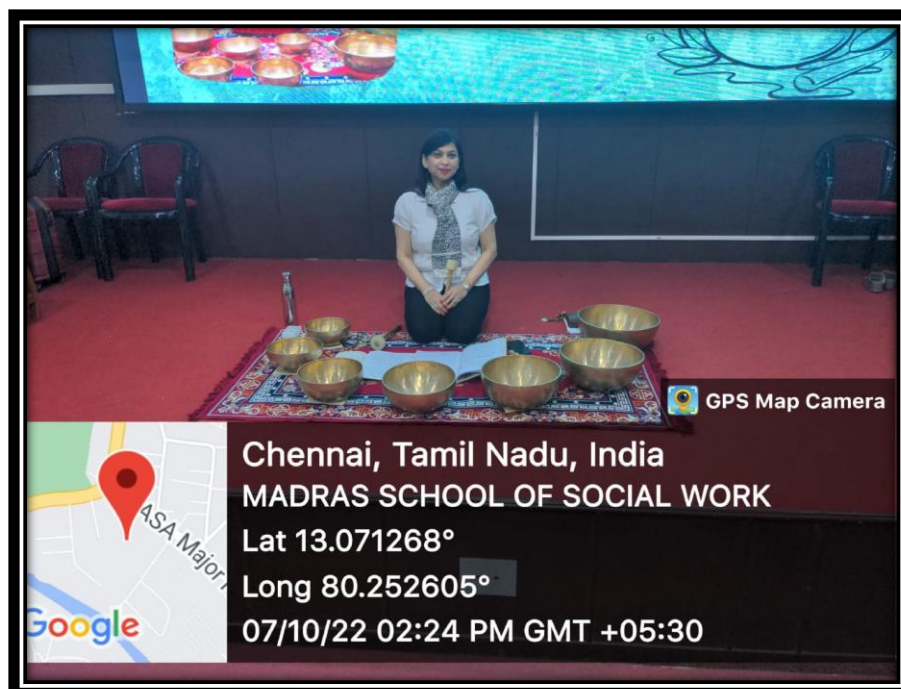
Ms. Pooja Hemant Dugar is an advanced master sound healing therapist, certified by AISH (Academy of International Sound Healing). She has also successfully facilitated over 600 patients through healing sessions and over 10,000 people have meditated under her guidance. She also offers treatments for general and critical illness, deep emotional and mental disorders, early recovery from surgery, Chakra balancing, space cleansing and spiritual enlightenment. In 2021, she was awarded "Realistic Award" by Pakwan group and "Women who inspires" by Style Bazaar. And among different healing methods she found her peace in singing bowls.

As part of the healing session, participants were asked to sit comfortably and it was notified prior that participants should bring scarves or eye masks so that ma’am could perform her healing effectively. Ms. Pooja with her singing bowls took her place on the stage and once the participants were ready she began with her procedures. When she struck the bowls with a striker known as a “mallet”, she created a harmonic aura that filled the room with divine vibrations while guiding the participants to focus their attention on each body part from the feet and gradually moving upwards to the head. Which she explained later as are 7 chakras, and by incorporating singing bowl what she did was chakra healing.

The word “chakra” derived from Sanskrit conveys wheel or disk where in human body it refers a spiritual energy centring the being. And the 7 chakras are root chakra (base of the spine), sacral chakra (below the belly button), Solar Plexus Chakra( upper abdomen), heart chakra (centre of the chest), throat chakra, third eye chakra (between eyes on the forehead), crown chakra (top of our head). "Prana" is the healing energy held within our chakras and also around us that keeps us healthy, happy, and vibrant.

A singing bowl, Ms.Pooja explained, has seven bowls which are made of different metals and have varying sizes that when struck with a striker will create friction, which will lead to the vibrations which are the sound the person hears. Jevon Dängeli an Authentic self-empowerment (transcendence of ego and growth) trainer and facilitator says that singing blows can naturally align the imbalanced chakras. The use of singing bowls today is common in sound healing practices, meditation sessions, and yoga classes. She also emphasized on the fact that all procedure she did have a scientific reason behind it. Any sound stimuli reaching our ears which are converted into electrical signal and travel through auditory nerve and reach the part of the brain where these signals are processed i.e. auditory cortex, hence these sound ways have capacity in triggering and altering our emotions, hormones and certain impulses.

Approximately 40 minutes into the session, a sense of calmness echoed throughout the room. Many participants even shared how relaxed their body and mind felt, while some felt palpitations and pain in parts of their body while concentrating which Ms.Pooja explained that it could be because of the imbalance in that chakra and in this process of healing it is common to have. Towards the end of the session, participants' doubts were clarified by Ms.Pooja, who was very patient in explaining them. After which the session ended at 3:20 with vote of thanks and as a token of appreciation Ms.Pooja was presented with a small plant and a handmade gift made by fellow students from the family counselling department.

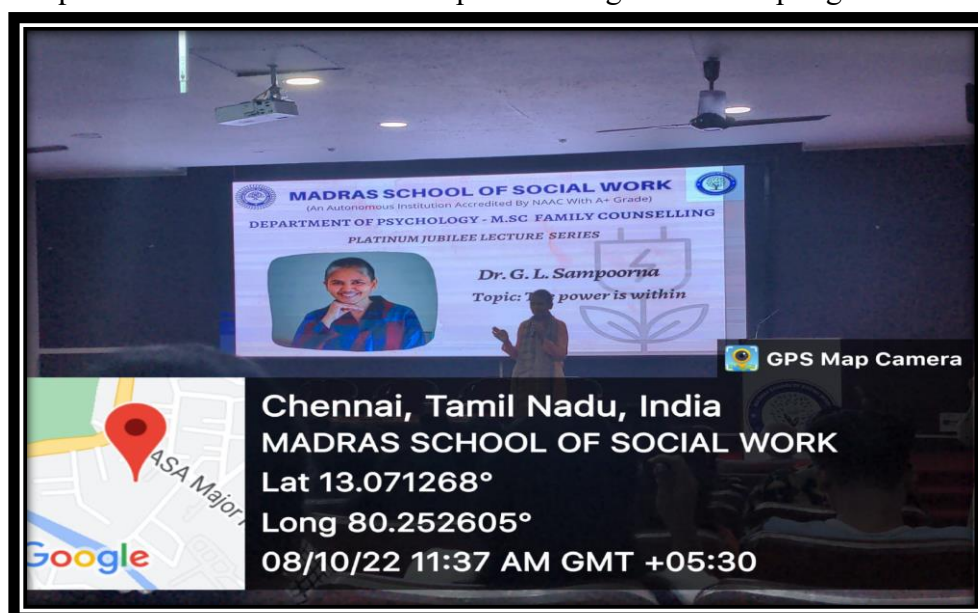


## DAY 2

08.10.2022

### *THE POWER WITHIN*

The second day of the lecture series Erraple event was conducted on 8th October. The speaker for the day is Dr. G. L. Sampoorna Ma'am. She addressed the gathering with the topic called "The power within". Where she specially spoke about the famous author Loise Hay, whose books are international bestseller, was used as an example to show how well of all the difficulties she faced, especially her cancer diagnosis, at the end of six months. After working on so much in search of solution for her diagnosis she was cancer free by the help of healing herself. Her main aim was to spread the concept of loving our own self. She says that In order for a person to heal themselves, they should overcome all the negative emotions and feelings. So that we can cope with our crises in the form of defense mechanisms. To feel this an activity was conducted where the participants were asked to close their eyes and think of few people who have hurt them. This visual activity is a beautiful experience which has shown that healing happens in the present. She also said that health is compromised during the 20s because of people not being in the present lifestyle changes and pollution. In order to evidence this an exercise was done where the participants asked to close their eyes and wish the best for those who have hurt them and then visualizing getting good things happen. This second visualization activity thought us a great value that is "We stop getting good things for ourselves when we don't wish the same for others". In continuation to this she came with another beautiful concept in which she explained that there is no child in this world who doesn't have conflicts with their parents. In order experience this another exercise was done where we, our parents are supposed to be imagined as inner small child, searching for love because the love in our heart can heal the whole planet and then the session was concluded with the utterance of a positive affirmation being said by Sampoorna Ma'am while our eyes were being closed to absorb the meaning of the affirmation being said. This was followed by the question and answer session. The day ended with vote of thanks and facilitating sampoorna ma'am with handmade plastic free gifts and samplings.



## ***HEALING THE SHADOW***

As a part of our platinum jubilee lecture series, Dr. Sumathi Chandrasekaran was invited to our college on the 8th of October at 12.30pm to give us a lecture on the topic 'Healing the Shadow'. Dr. Sumathi Chandrasekaran is the founder of Neha Foundation. She has a doctorate in Developmental Psychology and is specialized in Parental counseling and children behavioral problems. She has been a practicing Psychologist for the past 17 years. She is also a Basic NLP Practitioner Certified by NFNLP, USA and a certified Happiness coach, from Berkeley institute, California (online). She is a Certified Mindfulness Coach, Happiitude, Mumbai. She was awarded the best Professional Psychologist by The Chennai Counselors' Foundation,(CCF) in 2017.

She started the lecture with the concept of 'integration of inner self' i.e integrating our automatic behavior and focussed behavior. We, humans are driven by our automatic behaviors and only a few are focussed behaviour. Only when integration occurs between these two, we feel wholeness. She then explained what shadow is - the dark side of our personality which consists mostly of primitive and negative emotions and impulses. If we ignore these negative emotions, it grows. Shadow is the part of us which causes the problem. It is a part of our identity. We are only 5-7% aware of what we really are. The rest is hidden in our unconsciousness. Thus knowing your shadow helps us label it and bring it to our consciousness. Shadow work is working with our shadow selves to eradicate their negative effects in ourselves and to integrate the dissociated part of ourselves to whole. The ultimate goal of shadow work is to become whole - integrated. This is what is done in shadow work. She also spoke about the continuum of emotions. For example, fear and courage are not two separate emotions but are a part of the same continuum.

She then listed out the benefits of Jungian Shadow Work as follows:

1. Clear perception
2. Improved relationships
3. Creativity
4. Psychological integrity and maturity
5. Increased energy and physical health

She explained how the shadow is created. i.e

Before the development of the conscious part of the brain - prefrontal cortex (between the ages 1-5) the child will be fuelled by emotions programmed by family and society. Our unaccepted/ discouraged parts of us in the first 20 yrs are kept outside our conscious awareness (in our shadow). Repression of these unwanted parts create 'personal shadow'.

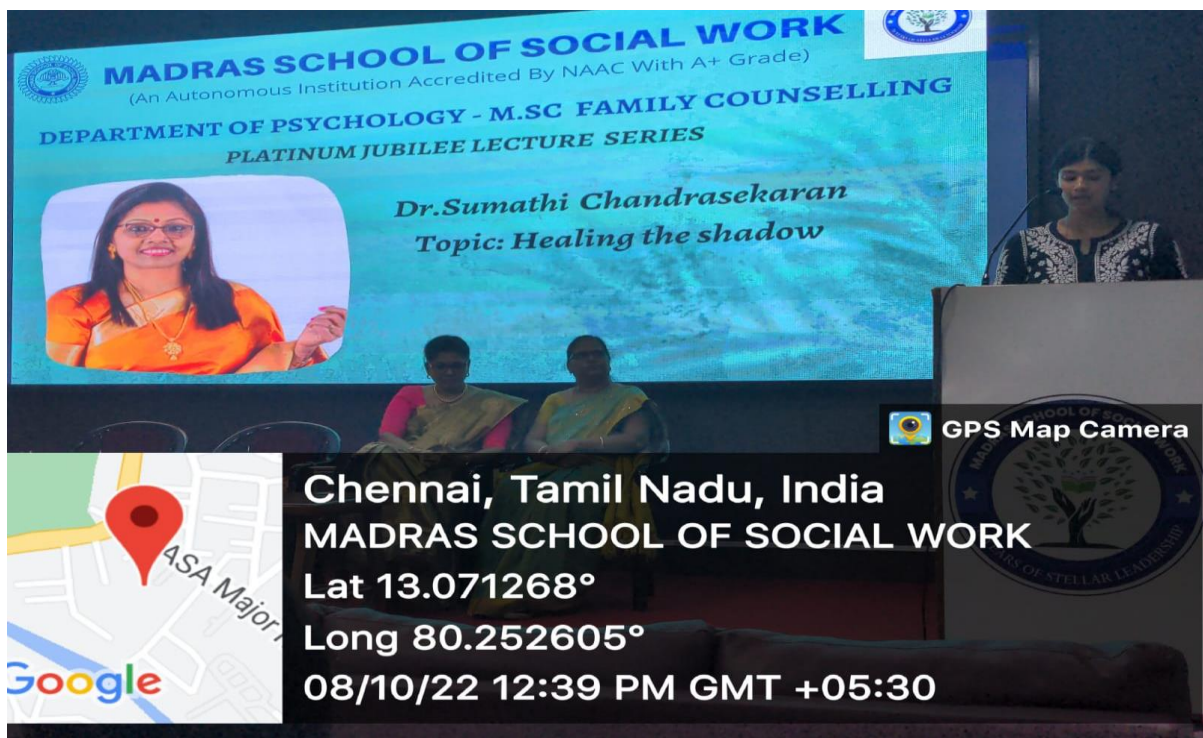
She concluded her presentation by talking about how our shadow plays an important role in the formation of our self identity too which has 3 parts:

1. Self image ( perception/evaluation of self )
2. Self efficacy ( how others view us which contributes to our self confidence)



### 3. Self esteem (self love)

After the presentation, she made us close our eyes and think about something we hate by personifying it to an object. For example, if something unpleasant has happened in our life that disturbs us currently, we assign an object (say, a chair) to that unpleasant event. She then instructed us to externalise ourself from that object (event) mentally - so that we make ourself free from the disturbing event. After externalizing, she asked us to embrace the object so that we no longer hold any grudge against it. After this activity, we all felt at ease and light. It is a method in shadow healing where we remove you from conflicting events or persons and realising that we do not dwell as one but rather we are separated from it and we have more power and control towards ourself.



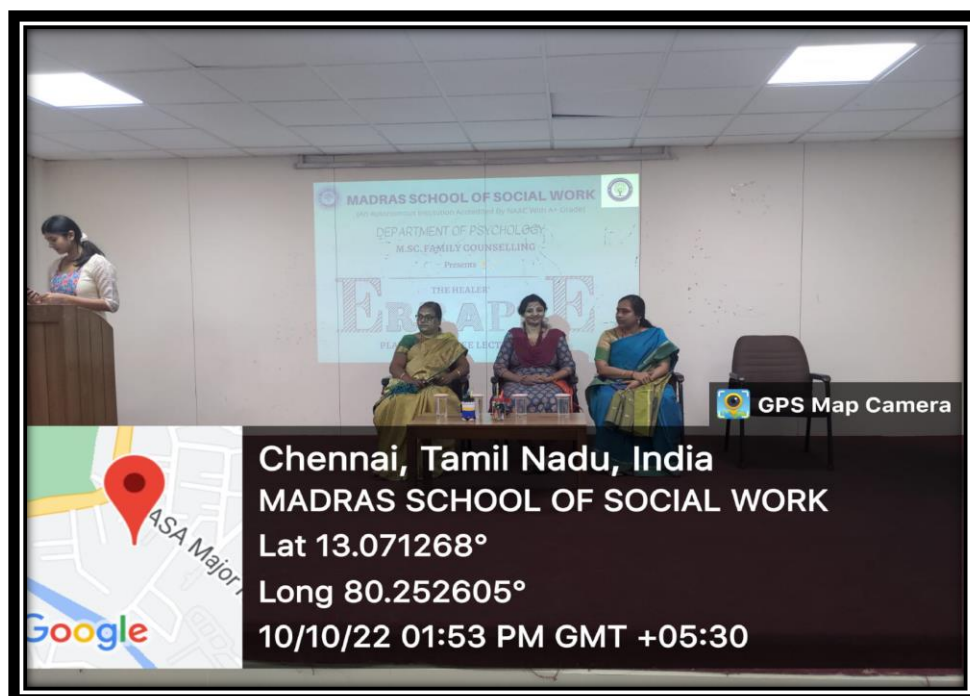
DAY 3  
10.10.2022

### ***AN ECLECTIC APPROACH TO HEALING***

The third day of the lecture series Errapple event was conducted on 10<sup>th</sup> of October. The speaker for the day is Dr. Chitra Aravind . the topic for the day is eclectic approach to healing. Dr. chitra ma'am completed her BA, MA, M.Phil., and PhD in psychology, PGDHRM and GNIIT graduate. She is an RCI certified clinical psychologist. Also, member of American psychological association. Dr.Chitra Aravind is the founder of MANAS she started this organization with the idea of spreading awareness about mental health and to provide preventive psychological health services to make people's life productive and happy.

Various counselling , training , and human resource services were undertaken by MANAS. It aims to bridge the gap by taking preventive measures in the forms of various awareness programs pertaining to mental health, skill building, training and workshops for the society. The ultimate goal of MANAS is to shape the society to make people more aware, resourceful, resilient, and productive which in turn would result in healthy and strong India.

The session was started at 1.30 pm with welcome address and Dr. Chitra ma'am addressed the gathering about giving a brief introduction about eclectic approach in healing. And then She started the session by saying that the eclectic therapy is an approach that draws multiple theoretical orientation and techniques. She also stated that this eclectic approach is a multi modal method for therapy. Then she explained the characteristics of eclectic approach and why it is used in therapy. She also spoke about types and techniques used in eclectic therapy. When she started explaining about the techniques she gave in depth information about each therapy such as behavioral, cognitive behavioral, systemic therapy etc., she spoke that behavioral therapy is a technique used to maladaptive behavior. It is rooted from the school of thought in principles of behaviorism. She said that techniques used in this type of therapy is based on classical and operant conditioning. Under classical conditioning she spoke about systematic desensitization and explained that how it is applied in treatment basis. In operant conditioning she explained about behavior modeling and token economy. Then she spoke how behavioral therapy can be used treat psychological disorders. Secondly she gave us in depth explanation about cognitive behavioral therapy. In this therapy she spoke about DBT,REBT, and cognitive therapy and how it is used to treat mental conditions. And then she spoke about systemic therapy in eclectic approach and how it is used treat people with unhealthy condition. She gave lot of in depth information about different therapies and how it is used to heal a person in life. Overall summed up the importance, characteristics of different therapy and how it is used to heal.

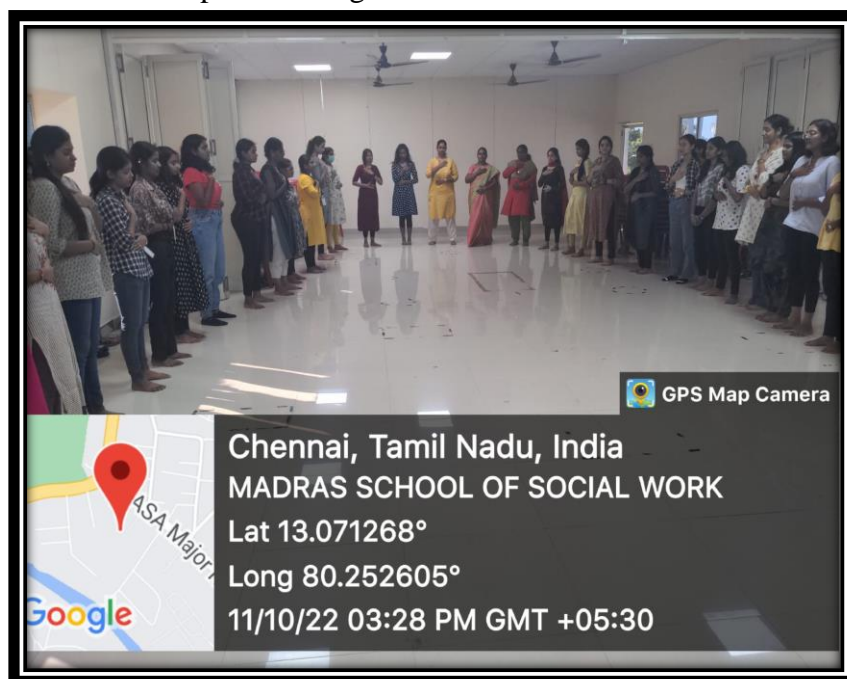


## DAY 4

11.10.2022

### ***DANCE MOVEMENT THERAPY***

The fourth day of the lecture Series Erraple event was conducted on 11<sup>th</sup> of October. The speaker for the day was Ms. Aparna Ramakrishnan. She addressed the gathering with the topic called Dance Movement therapy. First of all she gave an brief introduction to dance movement therapy. And then she spoke about the historical development of dance movement therapy. Following that the principles of dance movement therapy and what it is based upon, the definition of Dance Movement Therapy and what brings people to choose that as a form of therapy, the benefits of dance movement therapy was also explained. The process of doing a dance movement therapy session was discussed and an activity was conducted to demonstrate that. In the first activity, she made us all form a big circle and sit so that we all can see each other. And then She asked us to introduce ourselves with our name, the emotion we felt right then with an action that depicts the emotion we felt. After this, we all stood up and got ready for the warm up. We stood forming a circle. Aparna ma'am played a soothing background music and started with a dance movement which we all followed. She then asked each one of us to start a move which will be followed by the others. In the second part of the activity, she allowed us to dance freely, moving our hands and legs as freely as possible and maintaining eye contact with whoever we crossed. In the third activity, she divided us in groups and asked us to prepare a sequence of dance movements with a concept that explains 'what movement means to us' and then we performed the sequence and explained the concept to other groups. At last a short question and answer session happened in which Aparna ma'am spoke about how dance movement therapy is used to treat even severe mental disorders like schizophrenia. She also spoke about the scope and opportunities of Dance movement therapy in India. The session ended with the vote of thanks and felicitating Aparna ma'am with our handmade and plastic free gifts.





## ***EXPRESSIVE ART THERAPY***

On commemorating the Jubilee celebration of Madras school of social work, the Department of Psychology, MSc. Family counselling organized 5 days lecture series called “ERRAPLE” which was around the theme of healing. On the fifth day which was held on 12<sup>th</sup> October 2022 was on the Topic “expressive art therapy approach to healing”. The speaker for the session was Ms.Sasi Vijayan ma’am. The session commenced at 1:30 pm with welcome address and introduction of the speaker.

Ms.Sasi Vijyan have completed her master’s in counselling psychology, she also completed a certification in “Expressive arts therapy” from San Diego university for integrative studies. She has more than 5 years of experience in working with children and adult population. As a therapist, she uses an integrative approach based on humanistic theory combined with expressive arts therapeutic approaches.

Ms. Sasi Vijyan ma'am opened the session by reminiscing about her time at M.S.S.W, being a master’s degree student with doubts of future she found her interest in arts which had led her to this journey.

She started the presentation with quoting Paul McNiff’s quote “Art and creativity are the soul’s medicines—what the soul uses to minister to itself, cure its maladies, and restore its vitality” , She elaborated further and provided distinct explanations of two schools of thought in art therapy, one characterized by creative art therapy, a clinical approach with diagnostics, while the other approach is expressive art therapy, which is a combination of art therapy modules in an eclectic fashion. Expressive arts therapy is different because it integrates many of these techniques and incorporates a variety of tools instead of being limited to a single approach. And this eclectic approach is not about interpreting art rather it focuses on healing and therapy. The main premise behind this approach is “high sensitivity and low skill”. Because she mentioned that people hesitate approaching art therapy since there is a misconception that art therapy needs prior knowledge or they should be good at any art modalities but it is self-expression and exploration through art.

"Sensitizing" is the first part of expressive art therapy; the client talks about the problem before works with any material, and "de-centring" is a process of bringing the client into the present which usually involves more play with the material, more imagination, and a process where therapist and client try to create something together. The third stage is “harvesting” where discussion happens between the client and therapist about whatever been discovered in stage 1 and 2. Ms.Sasi Vijayn emphasis the role of the therapist in this stage since it is where they look for the connection between stage 1 and stage 2, what is been said and their self-expression. Some of the challenges while working in EXA as said by Ms.Sasi Vijyan ma’am are when working with adults as she quoted “they are many layers when it comes to adult”, the trauma, the intensity of their conflict will be high hence setting goals and planning actions as done for children may not work for adults. But EXA can be better approach of healing since while playing with arts its difficult to be objective hence the individual will have a true self-expression and when once the inhibition in the person is broken more expression can be seen through arts.

Ms.Sasi Vijayan also briefed about various art therapy modalities like movement therapy, music therapy, drama therapy and art therapy. Finally she ended her presentation by

explaining about different types of art therapists, expressive art therapists, who use art as a tool for therapeutic and healing purpose. An expressive art facilitator is someone who can offer workshops based on a variety of art modalities, while an expressive art educator is who can make models and teach using different art modalities.

After the presentation there was activity conducted where each participant was given a sheet of paper and some colours. Ms.Sasi Vijayan ma'am then asked the participants to choose a colour which would represent 4 different emotions i.e. happiness, sadness, anger, calmness and asked to draw figures or symbols which to the person would represent each of these emotions. Next a group activity was done where a group of 4 to 5 participants were asked to share some significant incident from their life to the group.

With this the session ended at 3:30 pm with a vote of thanks and as a token of appreciation Ms.Sasi Vijayan ma'am was presented with a small plant and a handmade gift made by fellow students from the family counselling department.



<b>Dates</b>	07 <sup>th</sup> October to 12 <sup>th</sup> October 2022
<b>Venue</b>	Tag auditorium and 4 <sup>th</sup> floor Auditorium - MSSW
<b>Students attended</b>	25
<b>Faculty attended</b>	7
<b>Faculty In-charge</b>	Ashwini U R