

Madras School of Social Work

Department of Psychology MSc Family Counselling

Outbound Training Program Report

The Department of Family Counselling organized a study tour with Outbound Training from 23/10/ 2023 to 26/10/2023 organized by Amal College of Advanced Studies, Kerala. The students had seminars on stress management and assertiveness training. The facilitator for the seminars was Dr. Neetulal. The seminar on assertiveness training included activities like hypothetical case formulation of clients with low assertiveness and open discussions on the ways counsellors can help the clients develop assertiveness. The stress management seminar included discussions about factors that could lead to stress and ways counsellors can help clients deal with stress effectively. The students actively participated in all the activities and gained valuable insights. A seminar on resilience was facilitated by Dr. Sudhesh N. T. The students got motivated about the importance of resilience in life and how it serves as a protective factor from stress. The family counselling department also presented two papers at the conference. The students were asked to participate in many activities for their outbound training. The students were asked to guess their classmates' photos and students enjoyed the activity. Then, the students were asked to write down their future goals and also the negative experiences that they want to remove from their past on two papers separately. This was a self-healing activity for the students. A seminar on mobile addictions was facilitated by Dr. Milu Maria Anto. The students understood the influence of the internet on the human mind and the possible causes of mobile addiction. A seminar about assistive technology was facilitated by Dr. Hena N.N. She enlightened the students about how technology was a powerful tool to help those in need. The conference ended with lots of learning and valuable lessons.



Date	23 rd January 2023
Venue	AMAL College - Kerala
Topic	Stress Management and Assertiveness
No of students present	25
Faculty In-charge	Ms. Sona Varghese