



MADRAS SCHOOL OF SOCIAL WORK
(An Autonomous Institution Accredited by NAAC With A+ Grade)

MSc Family Counselling Program

Value Added Course (Certificate Course) 2023-2024 Report Acceptance and Commitment Therapy (ACT)

Family Counselling Program has offered a value added (certificate) course on Acceptance and Commitment Therapy (ACT) for the academic year 2023-2024. ACT is a type of psychotherapy that emphasises acceptance to deal with negative thoughts, feelings, symptoms, or circumstances. ACT therapy encourages increased commitment to healthy, constructive activities that uphold individual values and goals. Acceptance and Commitment Therapy (ACT) is a mindfulness-based, values-directed behavioural therapy. There are six core processes in ACT – self as context, diffusion, acceptance contact with present moment, values and commitment to action. This will create behaviour change and to focus on building stronger bond within family relationship. This course will help students to develop case conceptualizations and learning core processes.

Profile of the Resource Person



Dr. Gita Srikanth

- Founder Chairperson of WeCAN India, the first ABA center in Chennai for children affected by autism spectrum disorder
- Co-Founder at ProACT Behavioral services, the diagnostics, assessment, counselling and support services initiative of WeCAN
- Clinical Psychologist
- BCBA® (Board Certified Behaviour Analyst)
- IBA™ (International Behaviour Analyst)
- MA in ABA (Ball State University, USA)
- ADOS-2® Clinician
- Acceptance and Commitment Therapy Clinician
- PEAK Certificant
- PECS® Certificant
- Co-author “A world of Difference: The ultimate autism handbook for mindful parenting” and Co-host of the Autism Everyday Podcast and Co-Host of the Mindful Masala Podcast.

Dr. Gita started her professional career as a Chartered Accountant and Company Secretary. Finding that numbers are not half as interesting as people are, motivated her to change career paths. She began the centre

catering to only about 10 children with Autism armed with great intentions and little knowledge, she went on to pursue her Masters in ABA from Ball State University, USA and qualified as a BCBA – currently 1 of 50 Board Certified Professionals in India. She heads outreach programs where she travels to remote locations and provides workshops and consultations to teachers, therapists, families and individuals affected by Autism. Dr. Gita is passionate about breaking geographical and language barriers when it comes to disseminating knowledge and conducts parent and professional workshops in English, Tamil, Hindi and Malayalam. www.wecanindia.org, www.proactllp.com

Session Reports

Session 1 Report

The first session of ACT took place on 8/07/2023 at 10 am at the Department of Family Counselling. The course was introduced by the faculty coordinator Ms Najeeha PV, Assistant Professor, MSc Family Counselling, and the resource person was introduced by Ms Samruthi Raja, IInd year student of MSc Family Counselling Programme. The session kicked off with each participant setting their values and agenda out of this course and proceeded to explanations about the theoretical underpinning of the Acceptance and Commitment Therapy. The session concluded at 2 pm.

Session 2 Report

This was on 22/07/2023 at 10 am at the Department of Family Counselling. The second session expanded on applying some of the theoretical principles learned in session 1 on the participants. The session involved role playing and some scenario discussions. This session demonstrated how ACT can be applied to the individual themselves. The resource person also demonstrated some techniques along with the participants. The session concluded at 2 pm.

Session 3 Report

This was on 05/08/2023 at 10 am at the Department of Family Counselling. The session on 29/07/2023 was postponed because of government holiday. This session involved discussion on the reading materials send students and live demonstration and role playing of ACT techniques. This session focused on the concept of psychological flexibility – its theory, application, and advantages. There was a discussion on the book “A world of Difference: The Ultimate Autism Handbook for Mindful Parenting”, which outlines how ACT principles can be applied to special population too. The session was concluded at 2 pm.

Session 4 Report

This was on 09/09/2023 at 10 am at the Department of Family Counselling. This session focused on Clinical Behavioural Analysis and its applications. The session also looked into problematic statements, its effect on behaviour and how to accept them as part of ACT. It also looked at cognitive defusion and activity on how to be in contact with present moment. The resource person also demonstrated some techniques along with the participants. The session concluded at 2 pm.

Session 5 Report

This was on 16/09/2023 at 10 am at the Department of Family Counselling. This session focused on the common pitfalls and errors that an ACT therapist is bound to make. This was well exemplified, and role played too via some scenario discussions. The session then went on to discuss on functional analysis and three term contingency along with how these can be incorporated with all the principles learned in previous sessions. The session concluded at 2 pm.

Session 6 Report

This was on 07/10/2023 at 10 am at the Department of Family Counselling. The session on 23/09/2023 was postponed as some attendees from MSSW had put in a request to attend a conference. This session focused on ACT in action, the common errors and how to

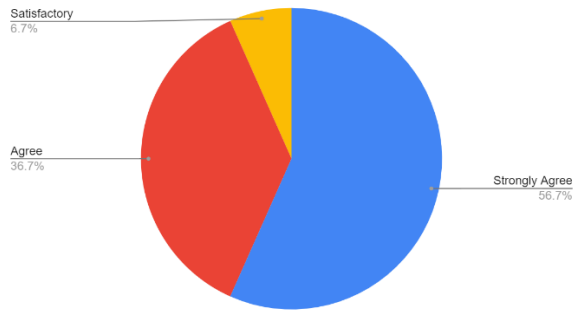
circumvent them. Specific context related discussions and role play analysis was also done. The session concluded at 2 pm.

Session 7 Report

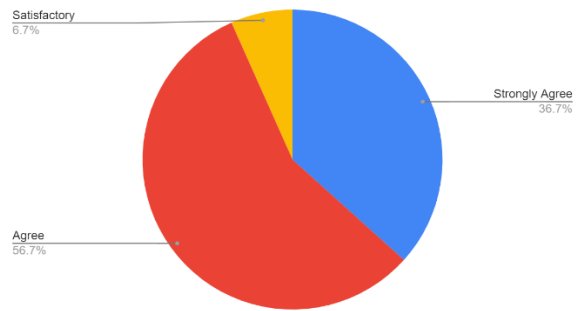
This was on 14/10/2023 at 10 am at the Department of Family Counselling. This last session had an assessment for the students that checked on their learning so far. After the assessment, the questions were discussed, and student queries were clarified. After collecting feedback and group photo, the session concluded at 2 pm.

Student Feedback

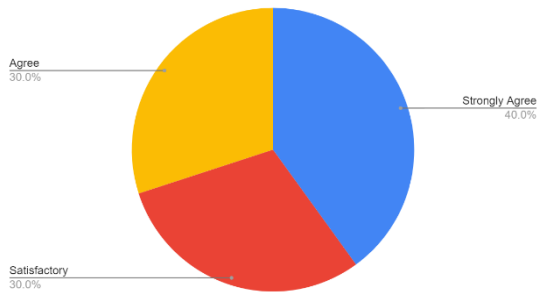
The course contributed to my learning



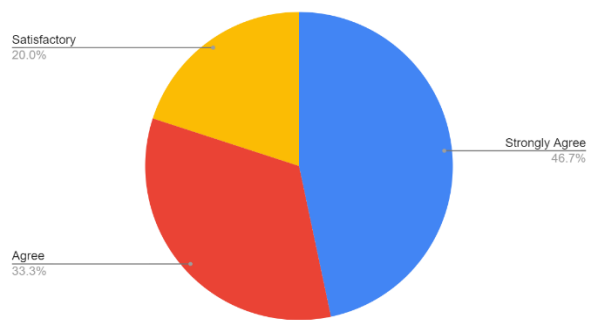
The course met my expectations



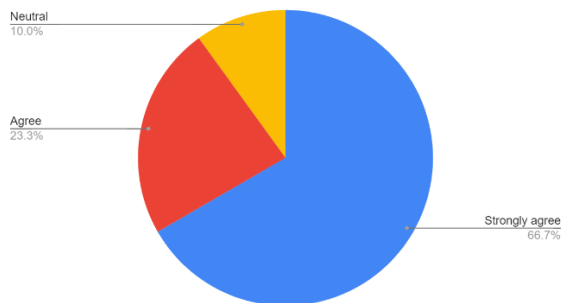
The course was structured and well organized



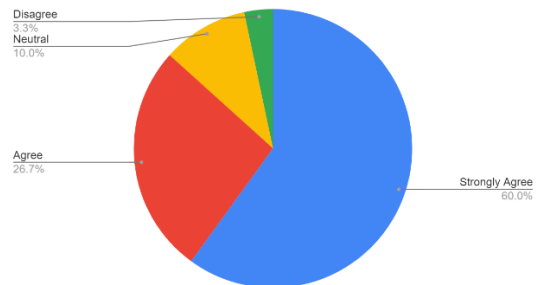
The activities and resources were useful and relevant



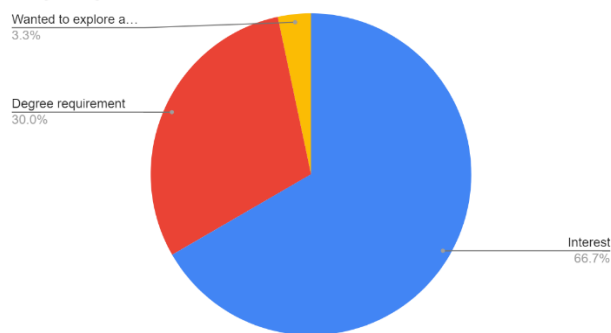
Participation and interaction was encouraged



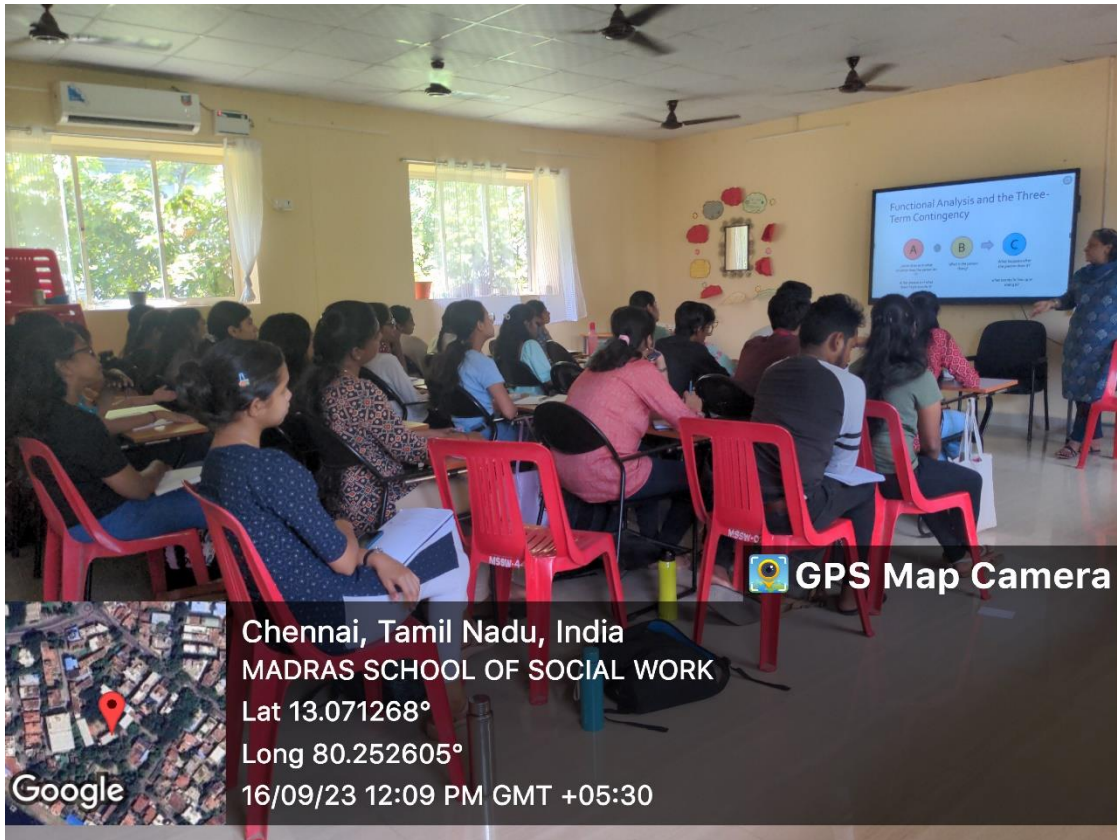
Adequate time was provided for questions and discussions



Why did you choose this course?







 **GPS Map Camera**



Chennai, Tamil Nadu, India
MADRAS SCHOOL OF SOCIAL WORK
Lat 13.071268°
Long 80.252605°
16/09/23 12:09 PM GMT +05:30

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 **GPS Map Camera**



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