

LOYOLA COLLEGE (AUTONOMOUS), CHENNAI
DEPARTMENT OF M.Sc. COUNSELLING PSYCHOLOGY
ACTIVITY REPORT

General Information

Type of Activity	Workshop/Seminar/Conference/Training/Events - Soft Skills/ Language and Communication Skills/Life Skills (Yoga, Physical fitness, Health, and Hygiene)/Awareness of trends in Technology/ National and International Commemorative Days
Title of the Activity	Workshop
Date/s	13.03.2023 –17.03.2023
Time	9:00 AM – 6:00 PM
Venue	MCA Smart Classroom
Collaboration/Sponsor (if any)	Institutional

Speaker/Guest/Presenter Details

Name	S M P Staney
Title/Position	Psychotherapist & Trainer
Organization	-
Title of Presentation	Psychotherapy Workshop

(Add/repeat above rows if there is more than 1 Speaker)

Participants Profile

Type of Participants	Student & Faculty
No. of Participants	Students – 26 Faculty - 1

Synopsis of the Activity (Description)

Highlights of the Activity	1. Facilitating knowledge of Psychotherapies 2. Training in psychotherapies
Key Takeaways	1. Importance of therapeutic environment 2. Catering different psychotherapies to appropriate clients and their concerns
Summary of the Activity	1. Introduction to etiquette of Counselling 2. Practicing active listening and paraphrasing 3. Anchoring Technique 4. Golden Circle of Excellence 5. Gestalt- Empty Chair Technique 6. Visual-Kinesthetic Dissociation 7. Systematic Desensitisation 8. Gestalt-Empty Chair (Different Version) 9. Focusing Technique 10. New Behaviour Generator
Follow-up plan	Practicing the techniques and therapies taught for personal growth as well as in a therapeutic setting

Report prepared by:

Name of the Organiser	Department of Counselling Psychology, Loyola College, Chennai
Designation/Title	Prof. Anitha Yazhini
Signature	

Deputy Principal**Vice Principal****HoD/Coordinator****Annexure:**

1. Speaker Profile
2. Photos of the activity (not more than two)
3. Attendance list of participants







Psychotherapy Workshop

Date:13.03.2023 –17.03.2023

Time: 9:00 AM –6:00 PM

Venue: MCA Smart Classroom, Loyola College, Chennai -34

List of attendees

SL. NO.	DEPT. NO.	STUDENT NAME
1.	22 -PCP-001	AROKIA SHELICY
2.	22 -PCP-002	A PRIYADARSHINI
3.	22 -PCP-003	NIHAYA FATHIMA N
4.	22 -PCP-004	SAHAYA JEFFINA
5.	22 -PCP-005	JENIFER
6.	22 -PCP-006	SHARMILA S

7.	22 -PCP-007	DEBBY MERLIN SYLVIA
8.	22 -PCP-008	MIRIAM SHAVON DALY
9.	22 -PCP-009	S KARTHIKEYAN
10.	22 -PCP-010	MERLIN A
11.	22 -PCP-011	SANGEETHA
12.	22 -PCP-012	BHARATHI
13.	22 -PCP-013	MISBA
14.	22 -PCP-014	SAMANTHA JOANAH
15.	22 -PCP-015	IMMACULATE
16.	22 -PCP-017	LAKSHANA S
17.	22 -PCP-018	NIVETHA S
18.	22 -PCP-019	AMANDA
19.	22 -PCP-020	JEEVANA R
20.	22 -PCP-021	A DIVYA
21.	22 -PCP-022	SUDHA RAJESWARI
22.	22 -PCP-023	RAHUL M
23.	22 -PCP-025	T HEMAROOPAN NADAR
24.	22 -PCP-026	JENNIFER J
25.	22 -PCP-027	GRACEMA D R
26.	22 -PCP-028	MONICA SRI I