

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

General Information

Type of Activity	Workshop
Title of the Activity	Group Therapy
Date/s	06/01/2023
Time	9:00 am to 6:00 pm
Venue	Loyola college
Collaboration/Sponsor (if any)	Nil

Speaker/Guest/Presenter Details

Name	Br. Prem Anand Parthiban C.S.C
Title/Position	Superior and Director of Pre Novices, Bangalore
Organization	Loyola institute of social science training and research(LISSTAR)
Title of Presentation	Group therapy workshop

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

Participants Profile

Type of Participants	Students
No. of Participants	24

Synopsis of the Activity (Description)

Highlights of the Activity	<ol style="list-style-type: none"> 1. Heart talk – to know about oneself. 2. Dream work – sharing future goals with safe place.
Key Takeaways	<ol style="list-style-type: none"> 1. To engage with groups in a healthy way. 2. Role and skills of a counsellor in group therapy.
Summary of the Activity	<ol style="list-style-type: none"> 1. The workshop was conducted for the 2nd year of PG students.

	<p>2. The resource person conducted lot of group activities and made the participants relate them to life situations.</p> <p>3. He taught the students about the role, relationship, skills and responsibilities of a counsellor/therapist in a Group Therapy session.</p> <p>4. He made the students create a small group of similar problem and to come up with its aim and objectives to work on.</p> <p>5. Overall, this workshop gave the foundation of how a Group Therapy works.</p>

Report prepared by:

Name of the Organiser	Ms. Niranjana
Designation/Title	Asst. Professor
Signature	

Deputy Principal

Vice Principal

HoD/Coordinator

Annexure:

1. Speaker Profile :

Name : Mr. Premanand CSC

About:

He currently serves as the Superior and Director of Pre Novices in Bannerghatta Bangalore. He goes around taking classes for the novices and those in the formation in the field of group therapy, mindfulness, goal setting and biblical prayers. He connects with God and religion, psychology and spirituality. He conducts retreats regularly and classes for silver jubilee religious. He is engaging in the Formation and been part of Formation commission for the congregation of Holy Cross. He has attended number of seminar both in India and abroad and constantly helping the young counsellors in their struggles.

Education:

He holds UG degree in English from Loyola Chennai and studied theology in Pune. He studied M. A psychology in Counseling in De La Salle university, Manil.

Experience:

While studying in the Philippines he has worked in SACID a clinic for the integral development of the people and spending time there writing reports, conducting individual and group therapy. He had spent 300 hrs for both individual and group counseling. He has contributed for the assessment of students, teachers and young professionals for their psychological reports. He worked in the drug rehab centre in the Philippines called SAKLAY DRUG REHAB PROGRAM conducting group therapy and individual counseling for them. He conducted for them the Mindfulness program for them which is their first time experience and benefited a lot.

Summary:

The workshop was conducted for the 2nd year of PG students. The resource person conducted lot of group activities and made the participants relate them to real life situations. He asked us to share our best and worst qualities within a short group of three. He conducted an engineering activity by dividing the student participants into 3 groups where it was very useful in learning skills that are needed in a group task. The skills that were learnt in this activity can be used in the professional career. Walking through obstacles activity was based on trust walk and the sentence completion task 'heart talk' made students to develop lot of self-awareness. The session about the roles, relationship, skills and responsibilities of the therapist in group therapy encouraged students to practice these skills effectively in their counselling sessions. Facilitation to share the dream through dream work within a safe place made students work on their unconscious concerns in life. Finally, a group was formed and asked to come up with a similar problem with its aim and objectives to work on. Overall, this workshop gave the foundation of how a Group Therapy works and the role of counsellor in conducting group sessions in a community.

2. Photos activity (not more than two)





3. Attendance list of participants

Udhayana Stephen

Juliet Benitta

Roshini

Varsha

Harini

Nandha Kumar

Poornimaa

Gokila

Jothi Lakshmi

Jai Swetha

Monisha

Kruthika

Priyanka

Amna Mariyam

Devisri

Surya Mohan

Laskmi biju

Hashim Hamza

Winnifred

Muskaan Fathima

Swetha

Keerthana Rabinraj

Nida Fathima

Shift II

Date: 6th January, 2023

Time: 9:00 am to 6:00 pm

Venue: Loyola College, Counselling Psychology Department