

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	01.08.2022 – 03.08.2022
Time	9:30 AM – 12:30 PM
Venue	MCA Smart Classroom
Collaboration/Sponsor (if any)	Institutional

Speaker/Guest/Presenter Details

Name	Mr. Staney
Title/Position	Psychotherapist & Trainer
Organization	ATMARA, Centre for Counselling
Title of Presentation	Practical Application of Cognitive Behaviour Therapies

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

Participants Profile

Type of Participants	Student & Faculty
No. of Participants	Students – 24 Faculty - 1

Synopsis of the Activity (Description)

Highlights of the Activity	1. Theoretical knowledge of CBT and REBT 2. Practical Application of CBT and REBT
Key Takeaways	1. Case assessment and case conceptualization based on CBT and REBT approach. 2. Differentiating CBT and REBT with reference to a real case.
Summary of the Activity	1. Introduction to the therapies 2. Tenets of CBT and REBT were explained. 3. The students were exposed to a systematic explanation with a live therapy session. 4. Practice sessions among the students after each live therapy session. 5. Practice sessions were followed by a feedback session and discussion on the individual experience as a counsellor and the client. 6. Pointers on what needs to be improved was discussed.
Follow-up plan	Practice learned therapies on a regular basis.

Report prepared by:

Name of the Organiser	Department of Counselling Psychology, Loyola College, Chennai
Designation/Title	Prof. Saadhiha Taj M
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



Practical Applications of Cognitive Behaviour Therapies**Date: 01.08.2022 – 03.08.2022****Time: 9:30 AM – 12:30 PM****Venue: MCA Smart Classroom****List of attendees**

SL. NO.	DEPT. NO.	STUDENT NAME
1.	21-PCP-001	D. A. UDHAYANA STEPHEN
2.	21-PCP-002	JULIETBENITTA.E
3.	21-PCP-003	ROSHINI A
4.	21-PCP-004	VARSHA VEDAGIRI
5.	21-PCP-005	HARINI K
6.	21-PCP-006	NANDHAKUMAR X
7.	21-PCP-007	POORNIMAA S
8.	21-PCP-008	GOKILA G
9.	21-PCP-009	EESHA M.
10.	21-PCP-010	L JOTHI LAKSHMI
11.	21-PCP-011	JAI SWETHA
12.	21-PCP-012	MONISHA S
13.	21-PCP-013	KRUTHIKA U
14.	21-PCP-014	PRIYANKA B
15.	21-PCP-015	AMNA MARIYAM
16.	21-PCP-016	DEVISRI K
17.	21-PCP-017	SURYA MOHAN
18.	21-PCP-018	LAKSHMI BIJU
19.	21-PCP-019	HASHIM HAMZA KH
20.	21-PCP-020	WINNIFRED.M
21.	21-PCP-021	A.MUSKAAN FATHIMA
22.	21-PCP-023	SWETHA S
23.	21-PCP-024	KEERTHANA RABIN
24.	21-PCP-026	NIDA FATHIMA