

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

**General Information**

Type of Activity	Counselling and Psychotherapy
Title of the Activity	Psychotherapy
Date/s	24/11/2023 – 30/11/2023
Time	9:00 A.M - 6:00 P.M
Venue	MCA Smart classroom, LOYOLA COLLEGE
Collaboration/Sponsor (if any)	Nil

**Speaker/Guest/Presenter Details**

Name	Staney SMP
Title/Position	Counsellor, Psychotherapist Trainer
Organization	ATMARA Centre for Counselling and Psychotherapy
Title of Presentation	Counselling and Psychotherapy

**Participants Profile**

Type of Participants	Students
No. of Participants	I PG - 26

**Synopsis of the Activity**

Highlights of the Activity	<ol style="list-style-type: none"> <li>1. Training sessions to be an effective therapist</li> <li>2. Gestures to be maintained by the counsellor throughout the counselling process.</li> <li>3. The session started on 24 November, 2023 Department of counselling psychology with faculties and the students at the MCA Hall. It was a session for 6 days from 9.00AM to 6.00PM.</li> <li>4. The session started with an introduction of the speaker Mr. STANEY S.M the Co-Founder and head of the Resources at ATMARA Centre for counselling and psychotherapy.</li> <li>5. During the whole training, the students were very much eager to learn more on how</li> </ol>
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	<p>to handle the client, how to understand their emotions and how to probe questions.</p> <p>6. During the one-on-one counselling session, the students were given pre-session feedback and post-session feedback.</p> <p>7.. During the training students posted a lot of questions to the speaker.</p> <p>8. During the training sessions we had many practical demonstrations and practice sessions among the students which helped the students build confidence to deal with a client.</p>
Key Takeaways	<p>The 6 days of the workshop, provided us with the knowledge of how to deal with a client in real-time.</p> <p>The way of addressing a client, and welcoming them to open up about their issues.</p> <p>To maintain confidentiality and respect the client's privacy.</p> <p>It helped us to gain more knowledge relating to different theories with practical sessions.</p> <p>Through this training, students were able to gain professionalism in gestures and communication as a therapist</p> <p>We also learnt that it is not necessary to provide solutions but being there for the person and listening to them matters.</p>
Summary of the Activity	<p>The workshop focused on providing supervised and hands-on training in therapeutic techniques within the field of psychology.</p>
Follow-up plan	<p>The students gained theoretical knowledge and hands-on practice through practical demonstrations and practice sessions during the training period of five days. It helped students learn more about the connections between various theories and the practical session.</p> <p>This intense training provided students with insights and more confidence while handling clients. The workshop provided the students with professional guidance and etiquette of Counselling and Psychotherapy. The psychotherapies demonstrated in the workshop include Circle of Excellence, Gestalt therapy, Empty chair technique, Visual Kinesthetic Dissociation, and systematic desensitization, leading to equipment of professional skills in counselling.</p>

**Report prepared by:**

<b>Name of the Organiser</b>	<b>Prof. Anitha Yazhini D</b>
<b>Designation/Title</b>	<b>Coordinator &amp; Assistant professor</b>

**Deputy Principal**

**Vice Principal**

M. Anitha Yazhini D

**Coordinator (i/c)**

## **Annexure:**

### **1. Speaker profile:**

SMP Staney

- CEO and Head of Resources at, ATMARA, Centre for Counselling, Psychotherapy & Life Skill Training, Chennai

#### Training

- Worked as Counsellor and psychotherapist at ANUGRAHA Institute of Counselling Psychotherapy and Research, Dindigul, Tamil Nadu from May 2006-2021 as visiting Professor
- Working as a guest lecturer at St. Agnes College, Mangalore (2009 onwards)
- Worked as a visiting Professor at St Alphonsus Theological College, Bangalore, Karnataka (2006-2015)
- Worked as a guest lecturer and student counsellor at St. Peter's Seminary, Viraganur, Madurai, Tamil Nadu (2007-2013)
- Also Run Seminars and workshops on various psychological themes for groups and institutions. (2006 onwards)
- Over eight thousand hours of clinical practice as a counsellor and Therapist.
- Handled individuals, groups, and families of various interests as Counselor and Therapist
- Handled Motivation and Soft skill seminars and workshops in various Schools and Colleges for Teachers and Students in Tamil Nadu, Kerala, Andhra Pradesh, Maharashtra and Karnataka
- Adept knowledge of client assessment, evaluation, development, and implementation of effective treatment plans.
- Conducted periodic parenting workshops for Parents, evaluated them, and reported progress.

**2. Photos of the activity:**



### 3.Attendance list of participants:

LOYOLA COLLEGE (AUTONOMOUS)  
DEPARTMENT OF COUNSELLING PSYCHOLOGY  
PSYCHOTHERAPIES IN COUNSELLING DAY 1  
DATE: 24.11.2023

SL. NO.	DEPT. NO.	STUDENT NAME	SIGNATURE			
			FORENOON		AFTERNOON	
1	23-PCP-001	CHRISTINA J	AAA	AAA	AAA	AAA
2	23-PCP-002	CAROL A STANLEY	OK	OK	OK	OK
3	23-PCP-003	SHELCHA R	SHELCHA R	SHELCHA R	SHELCHA R	SHELCHA R
4	23-PCP-004	ANNETTE NILANTHIA	A	A	A	A
5	23-PCP-005	DEEPTHI JOYCE P	DEEPTHI JOYCE P	DEEPTHI JOYCE P	DEEPTHI JOYCE P	DEEPTHI JOYCE P
6	23-PCP-006	ABITHA MARY	AAA	AAA	AAA	AAA
7	23-PCP-007	MOHITHA SHRI K V	M	M	M	M
8	23-PCP-008	PON MARGRET	PM	PM	PM	PM
9	23-PCP-009	NATASHA KARTHIKEYAN	N	N	N	N
10	23-PCP-010	SWETHA P	S	S	S	S
11	23-PCP-011	SHARON JIVANGELINE C S	S	S	S	S
12	23-PCP-012	SREE AVANTHIKA A	S	S	S	S
13	23-PCP-013	HERO VIVIL J	H	H	H	H
14	23-PCP-016	ANGEL D	A	A	A	A
15	23-PCP-017	RACHEL N	R	R	R	R
16	23-PCP-018	APARNA A	A	A	A	A
17	23-PCP-019	ABINAYA VP	AAA	AAA	AAA	AAA
18	23-PCP-020	WINYA A	W	W	W	W
19	23-PCP-021	UMA DEVID	U	U	U	U
20	23-PCP-022	ASWATHY JEVARAJASEKAR	A	A	A	A
21	23-PCP-023	YASHIMETA N S	Y	Y	Y	Y

SL. NO.	DEPT. NO.	STUDENT NAME	FORENOON		AFTERNOON	
			FORENOON	AFTERNOON	AFTERNOON	AFTERNOON
22	23-PCP-024	SAM BHARATHI	AAA	AAA	AAA	AAA
23	23-PCP-025	LIZA MARIAM CHERIAN	L	L	L	L
24	23-PCP-026	ANA CHRITINE FELICITY J	A	A	A	A
25	23-PCP-027	JOTHIKA BHARADHI K	J	J	J	J
26	23-PCP-028	SRISHA D	AAA	AAA	S	S

LOYOLA COLLEGE (AUTONOMOUS)  
DEPARTMENT OF COUNSELLING PSYCHOLOGY DAY 2  
DATE: 25.11.2023

SL. NO.	DEPT. NO.	STUDENT NAME	SIGNATURE			
			FORENOON		AFTERNOON	
1	23-PCP-001	CHRISTINA J	AAA	AAA	AAA	AAA
2	23-PCP-002	CAROL A STANLEY	OK	OK	OK	OK
3	23-PCP-003	SHELCHA R	SHELCHA R	SHELCHA R	SHELCHA R	SHELCHA R
4	23-PCP-004	ANNETTE NILANTHIA	A	A	A	A
5	23-PCP-005	DEEPTHI JOYCE P	DEEPTHI JOYCE P	DEEPTHI JOYCE P	DEEPTHI JOYCE P	DEEPTHI JOYCE P
6	23-PCP-006	ABITHA MARY	AAA	AAA	AAA	AAA
7	23-PCP-007	MOHITHA SHRI K V	M	M	M	M
8	23-PCP-008	PON MARGRET	PM	PM	PM	PM
9	23-PCP-009	NATASHA KARTHIKEYAN	N	N	N	N
10	23-PCP-010	SWETHA P	S	S	S	S
11	23-PCP-011	SHARON JIVANGELINE C S	S	S	S	S
12	23-PCP-012	SREE AVANTHIKA A	S	S	S	S
13	23-PCP-015	HERO VIVIL J	H	H	H	H
14	23-PCP-016	ANGEL D	A	A	A	A
15	23-PCP-017	RACHEL N	R	R	R	R
16	23-PCP-018	APARNA A	A	A	A	A
17	23-PCP-019	ABINAYA VP	AAA	AAA	AAA	AAA
18	23-PCP-020	WINYA A	W	W	W	W
19	23-PCP-021	UMA DEVID	U	U	U	U
20	23-PCP-022	ASWATHY JEVARAJASEKAR	A	A	A	A
21	23-PCP-023	YASHIMETA N S	Y	Y	Y	Y

SL. NO.	DEPT. NO.	STUDENT NAME	FORENOON		AFTERNOON	
			FORENOON	AFTERNOON	AFTERNOON	AFTERNOON
22	23-PCP-024	SAM BHARATHI	AAA	AAA	AAA	AAA
23	23-PCP-025	LIZA MARIAM CHERIAN	L	L	L	L
24	23-PCP-026	ANA CHRITINE FELICITY J	A	A	A	A
25	23-PCP-027	JOTHIKA BHARADHI K	J	J	J	J
26	23-PCP-028	SRISHA D	S	S	S	S

LOYOLA COLLEGE (AUTONOMOUS)  
DEPARTMENT OF COUNSELLING PSYCHOLOGY  
PSYCHOTHERAPIES IN COUNSELLING 2473

DATE: 17.11.2023

Sl. No.	DEPT. NO.	STUDENT NAME	SIGNATURE	
			FORENOON	AFTERNOON
1.	23-PCP-001	CHRISTINA J	AAA AAA	AAA AAA
2.	23-PCP-002	CAROL A STANLEY	OK OK	OK OK
3.	23-PCP-003	SHELCEA R	Shelce R Shelce R	Shelce R Shelce R
4.	23-PCP-004	ANNETTE NILANTHI A	ANNETTE NILANTHI A	ANNETTE NILANTHI A
5.	23-PCP-005	DEEPTHI JOYCE P	DEEPTHI JOYCE P	DEEPTHI JOYCE P
6.	23-PCP-006	ARITHA MARY	ARITHA MARY	ARITHA MARY
7.	23-PCP-007	MOHITHA SIRRI K V	MOHITHA SIRRI K V	MOHITHA SIRRI K V
8.	23-PCP-008	PON MARGRET	PON MARGRET	PON MARGRET
9.	23-PCP-009	NATASHA KARTHIKEYAN	NATASHA KARTHIKEYAN	NATASHA KARTHIKEYAN
10.	23-PCP-010	SWETHA P	SWETHA P	SWETHA P
11.	23-PCP-011	SHARON JIWANGELINE C S	SHARON JIWANGELINE C S	SHARON JIWANGELINE C S
12.	23-PCP-012	SREE AVANTHIKA A	SREE AVANTHIKA A	SREE AVANTHIKA A
13.	23-PCP-015	JERO VIVIL J	AAA AAA	AAA AAA
14.	23-PCP-016	ANGEL D	ANGEL D	ANGEL D
15.	23-PCP-017	RACHEL N	RACHEL N	RACHEL N
16.	23-PCP-018	APARNA A	APARNA A	APARNA A
17.	23-PCP-019	ABINAYA VP	ABINAYA VP	ABINAYA VP
18.	23-PCP-020	WINYA A	AAA AAA	AAA AAA
19.	23-PCP-021	UMA DEVI D	UMA DEVI D	UMA DEVI D
20.	23-PCP-022	ASWATHY JEVARAJASEKAR	ASWATHY JEVARAJASEKAR	ASWATHY JEVARAJASEKAR
21.	23-PCP-023	YASHMEETA N S	YASHMEETA N S	YASHMEETA N S

22.	23-PCP-024	SAM BHARATHI	SAM BHARATHI	SAM BHARATHI
23.	23-PCP-025	LIZA MARIAM CHERIAN	LIZA MARIAM CHERIAN	LIZA MARIAM CHERIAN
24.	23-PCP-026	ANA CHRISTINE FELICITY J	ANA CHRISTINE FELICITY J	ANA CHRISTINE FELICITY J
25.	23-PCP-027	JOTHIKA BHARADHI K	JOTHIKA BHARADHI K	JOTHIKA BHARADHI K
26.	23-PCP-028	SRIISHA D	SRIISHA D	SRIISHA D

LOYOLA COLLEGE (AUTONOMOUS)  
DEPARTMENT OF COUNSELLING PSYCHOLOGY  
PSYCHOTHERAPIES IN COUNSELLING DAY 2

DATE: 28.11.2023

Sl. No.	DEPT. NO.	STUDENT NAME	SIGNATURE	
			FORENOON	AFTERNOON
1.	23-PCP-001	CHRISTINA J	CHRISTINA J	CHRISTINA J
2.	23-PCP-002	CAROL A STANLEY	CAROL A STANLEY	CAROL A STANLEY
3.	23-PCP-003	SHELCEA R	SHELCEA R	SHELCEA R
4.	23-PCP-004	ANNETTE NILANTHI A	ANNETTE NILANTHI A	ANNETTE NILANTHI A
5.	23-PCP-005	DEEPTHI JOYCE P	DEEPTHI JOYCE P	DEEPTHI JOYCE P
6.	23-PCP-006	ARITHA MARY	ARITHA MARY	ARITHA MARY
7.	23-PCP-007	MOHITHA SIRRI K V	MOHITHA SIRRI K V	MOHITHA SIRRI K V
8.	23-PCP-008	PON MARGRET	PON MARGRET	PON MARGRET
9.	23-PCP-009	NATASHA KARTHIKEYAN	NATASHA KARTHIKEYAN	NATASHA KARTHIKEYAN
10.	23-PCP-010	SWETHA P	SWETHA P	SWETHA P
11.	23-PCP-011	SHARON JIWANGELINE C S	SHARON JIWANGELINE C S	SHARON JIWANGELINE C S
12.	23-PCP-012	SREE AVANTHIKA A	SREE AVANTHIKA A	SREE AVANTHIKA A
13.	23-PCP-015	JERO VIVIL J	JERO VIVIL J	JERO VIVIL J
14.	23-PCP-016	ANGEL D	ANGEL D	ANGEL D
15.	23-PCP-017	RACHEL N	RACHEL N	RACHEL N
16.	23-PCP-018	APARNA A	APARNA A	APARNA A
17.	23-PCP-019	ABINAYA VP	ABINAYA VP	ABINAYA VP
18.	23-PCP-020	WINYA A	AAA AAA	AAA AAA
19.	23-PCP-021	UMA DEVI D	UMA DEVI D	UMA DEVI D
20.	23-PCP-022	ASWATHY JEVARAJASEKAR	ASWATHY JEVARAJASEKAR	ASWATHY JEVARAJASEKAR
21.	23-PCP-023	YASHMEETA N S	YASHMEETA N S	YASHMEETA N S

22.	23-PCP-024	SAM BHARATHI	SAM BHARATHI	SAM BHARATHI
23.	23-PCP-025	LIZA MARIAM CHERIAN	LIZA MARIAM CHERIAN	LIZA MARIAM CHERIAN
24.	23-PCP-026	ANA CHRISTINE FELICITY J	ANA CHRISTINE FELICITY J	ANA CHRISTINE FELICITY J
25.	23-PCP-027	JOTHIKA BHARADHI K	JOTHIKA BHARADHI K	JOTHIKA BHARADHI K
26.	23-PCP-028	SRIISHA D	SRIISHA D	SRIISHA D



LOYOLA COLLEGE (AUTONOMOUS)  
DEPARTMENT OF COUNSELLING PSYCHOLOGY  
PSYCHOTHERAPIES IN COUNSELLING

DATE: 29/11/2023 DAY 5

SL. NO.	DEPT. NO.	STUDENT NAME	SIGNATURE	
			FORENOON	AFTERNOON
1.	23-PCP-001	CHRISTINA J	[Signature]	[Signature]
2.	23-PCP-002	CAROL A STANLEY	[Signature]	[Signature]
3.	23-PCP-003	SHEL CIA R	[Signature]	[Signature]
4.	23-PCP-004	ANNETTE NILANTHA	[Signature]	[Signature]
5.	23-PCP-005	DEEPTHI JOYCE P	[Signature]	[Signature]
6.	23-PCP-006	ABITHA MARY	[Signature]	[Signature]
7.	23-PCP-007	MOHITHA SIBI K V	[Signature]	[Signature]
8.	23-PCP-008	PON MARGRET	[Signature]	[Signature]
9.	23-PCP-009	NATASHA KARTHIKEYAN	[Signature]	[Signature]
10.	23-PCP-010	SWETHA P	[Signature]	[Signature]
11.	23-PCP-011	SHARON JIVANGELINE C S	[Signature]	[Signature]
12.	23-PCP-012	SREE ANANTHIKA A	[Signature]	[Signature]
13.	23-PCP-013	HERO VIVIL J	[Signature]	[Signature]
14.	23-PCP-016	ANGEL D	[Signature]	[Signature]
15.	23-PCP-017	RACHEL N	[Signature]	[Signature]
16.	23-PCP-018	APARNA A	[Signature]	[Signature]
17.	23-PCP-019	ABINAYA VP	[Signature]	[Signature]
18.	23-PCP-020	WINYA A	AAA	AAA
19.	23-PCP-021	UMA DEVI D	AAA	AAA
20.	23-PCP-022	ASWATHY JEYARAJASEKAR	AAA	AAA
21.	23-PCP-023	YASHMEETA N S	[Signature]	[Signature]

22.	23-PCP-024	SAM BHARATH	[Signature]	[Signature]
23.	23-PCP-025	LIZA MARIAM CHERIAN	[Signature]	[Signature]
24.	23-PCP-026	ANA CHRITINE FELICITY J	[Signature]	[Signature]
25.	23-PCP-027	JOTHIKA BHARADHI K	[Signature]	[Signature]
26.	23-PCP-028	SRISHA D	[Signature]	[Signature]

LOYOLA COLLEGE (AUTONOMOUS)  
DEPARTMENT OF COUNSELLING PSYCHOLOGY  
1 PG ATTENDANCE  
COGNITIVE BEHAVIORAL APPROACHES WORKSHOP

DATE: 30/11/23 DAY 6

SL. NO.	DEPT. NO.	STUDENT NAME	SIGNATURE	
			FORENOON	AFTERNOON
1.	23-PCP-001	CHRISTINA J	[Signature]	[Signature]
2.	23-PCP-002	CAROL A STANLEY	[Signature]	[Signature]
3.	23-PCP-003	SHEL CIA R	[Signature]	[Signature]
4.	23-PCP-004	ANNETTE NILANTHA	[Signature]	[Signature]
5.	23-PCP-005	DEEPTHI JOYCE P	[Signature]	[Signature]
6.	23-PCP-006	ABITHA MARY	[Signature]	[Signature]
7.	23-PCP-007	MOHITHA SIBI K V	[Signature]	[Signature]
8.	23-PCP-008	PON MARGRET	[Signature]	[Signature]
9.	23-PCP-009	NATASHA KARTHIKEYAN	[Signature]	[Signature]
10.	23-PCP-010	SWETHA P	[Signature]	[Signature]
11.	23-PCP-011	SHARON JIVANGELINE C S	[Signature]	[Signature]
12.	23-PCP-012	SREE ANANTHIKA A	AAA	AAA
13.	23-PCP-013	HERO VIVIL J	[Signature]	[Signature]
14.	23-PCP-016	ANGEL D	[Signature]	[Signature]
15.	23-PCP-017	RACHEL N	[Signature]	[Signature]
16.	23-PCP-018	APARNA A	[Signature]	[Signature]
17.	23-PCP-019	ABINAYA VP	[Signature]	[Signature]
18.	23-PCP-020	WINYA A	AAA	AAA
19.	23-PCP-021	UMA DEVI D	AAA	AAA
20.	23-PCP-022	ASWATHY JEYARAJASEKAR	AAA	AAA

21.	23-PCP-023	YASHMEETA N S	[Signature]	AAA
22.	23-PCP-024	SAM BHARATH	AAA	AAA
23.	23-PCP-025	LIZA MARIAM CHERIAN	AAA	AAA
24.	23-PCP-026	ANA CHRITINE FELICITY J	[Signature]	[Signature]
25.	23-PCP-027	JOTHIKA BHARADHI K	[Signature]	[Signature]
26.	23-PCP-028	SRISHA D	[Signature]	[Signature]