VALUE ADDED COURSE ON COGNITIVE BEHAVIOUR THERAPHY (CBT)

Target Audience: Post-Graduate Students.

Dates: March, 2018.

Resource Persons: Mr. K. Veerapandian, Consultant Psychologist.

OBJECTIVES/COURSE OUTCOMES

1. The didactic, activity based, training sessions will be helping the students to understand the importance of knowing oneself and knowing other's through the process of actualization of self.

2. This session will focus to answer some of the following questions, 'who am I and how I am being constructed as a person so far', 'how to deal with the challenges of life', 'how to respond to a friendly or aggressive approach from someone', and 'how can I protect myself from odds', etc. The following content will be covered in 2 days, facilitated by Mr. K. Veerapandian:

Human mind is not a passive receptacle of environmental and biological influences and sensations, but rather that individuals are actively involved in constructing their reality' (Clark, 1995: 156). In order to understand a person's emotional response to a particular event it is important to discover the meaning he attaches to events in his life: his subjective construction of reality. For example, a person who failed in a task believes he cannot be happy or cope on his own and becomes depressed; another person who believes that he can do something about it feels confident; a third person feels guilty as he views his bad behaviour as the reason for his failure – the same event for each person, but not the same emotional reaction to it as each reaction is mediated by the person's view of the event. Therefore in order to change the way we feel about events we need to change the way we think about them.

It is important to understand our patterns of thinking, and their impact in our problems, decisions and in life as a whole. Sometimes our patterns of thinking and feeling may come from our childhood experiences and knowing the roots provides a greater control in our lives. Further to say, course of our lives can be changed by altering ways of our thinking, feeling and behaving, so practicing relaxation, altering our thinking styles and emotional patterns can be healing and empowering. This two days didactic session gives hands on experience on management of thinking, feeling and behaviour skills for a successful life and career.

COURSE SCHEDULE

Day – 1

Forenoon session

- Ice Breakers,
- Expectations of participants,
- Ground rules, parking lot – concept, time keepers
- Session 1: Self-awareness – Understanding aspects of self through CBT
- Session 1A: Understanding the basics of CBT.

Afternoon Session

- Session 2: Learning to use worksheets – REBC & CBT Worksheets.
- Session 3: Working with NATs.

Day – 2

Forenoon session

- Session 4: Working with NATs, Continues…..
- Session 5: Behavioural Interventions – visualization, relaxation

Afternoon session

- Session 6: Working with Core Beliefs
- Session 7: Formulation of a case using CBT.
- Session 8: learning from the workshop – synthesis, feedback and wrap up.

PROFESSIONAL CHARGES

Fee for one trainer for one day @ 8000/- X 2 = 16,000/- (Total for 2 days = INR 16,000)

Handouts – actual will be claimed with bills.

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DEPARTMENT OF MA.HRM,
MADRAS SCHOOL OF SOCIAL WORK
IN ASSOCIATION WITH BALM INSTITUTE

PRESENTS

VALUE ADDED COURSE ON

COGNITIVE BEHAVIOUR THERAPY (CBT)

Sessions will be handled by experts from BANYAN institute.

Faculty coordinator
Dr. P. Prabakaran

Head of the department
Dr. Jayanti Peter

This is to certify

has successfully completed the
30 Hours Certificate Course in

COGNITIVE BEHAVIOURAL THERAPY

offered by

DEPARTMENT OF M.A.HRM

MADRAS SCHOOL OF SOCIAL WORK

in collaboration with

THE BANYAN ACADEMY OF LEADERSHIP IN MENTAL HEALTH (Balm, Chennai)

DR.JAYANTHI PETER
HOD, DEPT OF M.A.HRM

MS. MADHURI MENON
DEAN, BALM

PROFILE OF THE RESOURCE PERSON

Mr. Veerapandian is currently serving the Banyan Academy of Leadership in Mental Health as Assistant Professor of Psychology at the department of psychology (Courses run for Tata Institute of social sciences, TISS, Mumbai). He has also served Madras School of Social Work as Assistant Professor of Psychology at the department of Counselling Psychology for about 6 years. Mr. Veerapandian was trained in Psychology from the Presidency College, Chennai and completed M.phil in Professional Psychology from University of Madras. He has passion for teaching and began his career as lecturer in psychology at Apollo College of Nursing, Chennai, and served as lecturer, and as visiting faculty in various paramedical institutions in Chennai. He has a total of 19 years teaching experience and 11 years of teaching experience at the post-graduate level. He is awarded Diploma in Transactional Analysis by South Asian Association of Transactional Analysis (SAATA) and a practicing psychotherapist under supervision.

He also has worked as Research Assistant and then Research Associate in the field of health, particularly in the field of HIV/AIDS, during which time he developed interest in qualitative research methodology and had gone to the extent of equipping himself as faculty for the programmes conducted by IndiaCLEN, Samarth, and CMC, Vellore collaborative workshops on "Qualitative Research Methods" & "Instrument Development". He was instrumental in the development of Follow – Up Counselling Toolkit Training Modules (FUC TOOLKIT/Now, renamed as Positive Prevention Tool Kit - PPTK) for Counsellors working in the field of HIV/AIDS, and now being recognized as a consultant and facilitator in the implementation of PPTK throughout India. He is an invited speaker in schools, Colleges, Organizations on topics such as Parenting, Personality Development, and Stress Management.

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MADRAS SCHOOL OF SOCIAL WORK

(An Autonomous Institution affiliated to the University of Madras)

Accredited by NAAC With "A" Grade

PG DEPARTMENT OF HUMAN RESOURCE MANAGEMENT

VALUE ADDED COURSE ON "COGNITIVE BEHAVIOUR THERAPHY"

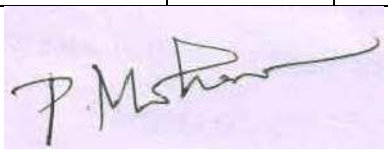
CANDIDATE ATTENDANCE REPORT (2019-2020)

NO.OF.HOURS: 30 HOURS

TIME: 9.00 AM TO 5.00 PM

S.NO	Name of the Student	Department Name	7.9.2019	14.9.2019	21.9.2019	28.9.2019
1	AISWARYA S	M.A HR OD	Present	Present	Present	Present
2	HIFA RAMELA V M	M.A HR OD	Present	Present	Present	Present
3	SAHITYA SRINIVASAN	M.A HR OD	Present	Present	Present	Present
4	SWATHI PARVATHI H	M.A HR OD	Present	Present	Present	Present
5	SIDDHARTH N	M.A HR OD	Present	Present	Present	Present
6	MUSSARET BANU A	M.A HRM	Present	Present	Present	Present
7	PAVITHRA V	M.A HRM	Present	Present	Present	Present
8	RAGHURAM P	M.A HRM	Present	Present	Present	Present
9	SAYONI MUKHERJEE	M.A HRM	Present	Present	Present	Present
10	SRI S	M.A HRM	Present	Present	Present	Present
11	STEPHEN JESURAJ E	M.A HRM	Present	Present	Present	Present
12	DARATHI NIVETHA S	MSW SF HRM	Present	Present	Present	Present
13	BHUVANESWARI K	MSW SF HRM	Present	Present	Present	Present
14	MADHUMITHA R	MSW SF HRM	Present	Present	Present	Present
15	NISHANTH D	MSW SF HRM	Present	Present	Present	Present
16	SREYAA PRAVEEN	MSW SF HRM	Present	Present	Present	Present
17	TEENA BLESSY CHD	MSW SF HRM	Present	Present	Present	Present
18	YOKESH V	MSW SF HRM	Present	Present	Present	Present
19	SHALINI S	MSW SF HRM	Present	Present	Present	Present
20	SACHIN K	MA SE	Present	Present	Present	Present
21	VAMSIKRISHNA KC	MA SE	Present	Present	Present	Present
22	ABHINAYA S K M	MSW SF HRM	Present	Present	Present	Present
23	DHEVI PRIYADHARSHNI M	MSW SF HRM	Present	Present	Present	Present
24	KIRTHIKA I	MSW SF HRM	Present	Present	Present	Present
25	MERIN M JOY	MSW SF HRM	Present	Present	Present	Present
26	NAVEEN RAJ S	MSW SF HRM	Present	Present	Present	Present
27	PRITHA PAUL	MSW SF HRM	Present	Present	Present	Present
28	SHARON JUSTIN	MSW SF HRM	Present	Present	Present	Present
29	HARINESH M	MSW SF HRM	Present	Present	Present	Present

30	JIM ISRAEL MF	MSW SF HRM	Present	Present	Present	Present
31	ROHINI S	MSW SF HRM	Present	Present	Present	Present
32	TEPHILLA BEATRICE R	MSW SF HRM	Present	Present	Present	Present
33	VINOTH KUMAR S	MSW SF HRM	Present	Present	Present	Present
34	BEULA SHARON M	MSW SF HRM	Present	Present	Present	Present
35	PRAVIN RAJ S	MSW SF HRM	Present	Present	Present	Present
36	AHIL PRASANTH S	MSW SF HRM	Present	Present	Present	Present
37	AKSHAY KUMAR V P	M.A HR OD	Present	Present	Present	Present
38	KEZIAH EVANGELINE V	M.A HR OD	Present	Present	Present	Present
39	HELEN CHERUBA R	M.A HRM	Present	Present	Present	Present
40	PONSEKAR G	M.A HRM	Present	Present	Present	Present



Co-ordinator

(Dr.P.Prabakaran)

HOD - MAHRM

(Dr.P.Mohana)