

Workshop on Family and couple therapy

Skills development

The workshop on “Family and Couples Therapy” has been organized by department of Counseling Psychology on 26th February 2018. It was arranged for all the students of counseling Psychology department. The resource person for the workshop is Ms. Aswini faculty in Jain University, Bangalore.

Brief Profile

Ashwini N.V is the founder and director of MUKTHA Foundation (An Initiative to Prevent Abuse and Promote Mental Health). She is an adjunct faculty member in the Post Graduate Department of Psychology at Jain University, Bangalore and Montfort College, Bangalore. She served as the co-ordinator of ‘Centre for Diversity in Counselling and Psychotherapy’, a collaborative effort of Montfort College, Bangalore and University of Toronto, Canada in the past. Her organization MUKTHA foundation was recognized by KailashSathyarathi , Nobel Peace Prize Winner as one of the committed organizations in the country fighting against child sexual abuse in September, 2017.

She is a Gold Medallist in her Post Graduate studies. She is a NET (UGC) qualified educator of Psychology. Her doctoral work is pertaining to motives behind women choosing to burn themselves and their intra-psychoic conflicts post surviving. She is a consultant to several non-governmental organizations working in the area of prevention of abuse and promotion of mental health. She has conducted hundreds of workshops on issues of psychological relevance, especially on prevention of abuse, counselling, and psychotherapy and capacity building programmes for teachers, parents, social workers and organizations. She is associated with Vimochana, a Bangalore-based women rights forum in their initiative to rehabilitate women survivors of burns and bring about policy level changes in collaboration with Government of Karnataka.

She was recognized as one of the 100 ‘leaders under 30’ and as a leader of tomorrow from across the globe for her idea titled ‘FOCUS formula to foster mental health in low and middle income

countries' at St. Gallen Symposium, Switzerland in May 2015. Her idea was presented amidst several world leaders including presidents and prime ministers of countries, top academicians and media professionals and the initiative was voted as the best among other proposals that came from researchers from over 120 countries.



Contact details

Mobile: +91-8861431673

Email id: ashwiniganig@gmail.com

The outline of the programme was as follows:

1. Introduction to Family and Marital Therapy: System theory, Marital contract theory, Lyman Wynne's concepts
2. Violence in Intimate Partner Relationship: Psychological Entrapment theory, Traumatic Bonding theory, Theory of Learned Helplessness, Cycle of Abuse
3. Bowenian Approach to Family Therapy : Concepts and Techniques

4. Experiential Family Therapy: Concepts and Techniques.



Concepts were explained using case examples and simulation sessions.

It was very useful for students and the feedback was good and provoked students to know more.

There was also suggestion on extending for more hours. The whole content was also given in Power point presentation.

**DEPARTMENT OF COUNSELLING PSYCHOLOGY
WORKSHOP ON FAMILY AND COUPLE COUNSELLING**

DATE – 26-2-2018

**LIST OF PARTICIPANTS
ATTENDANCE**

S No	Name	S No	Name
1	DivyaJatinChoksi	30	Aarth S
2	Linda M	31	Aiswarya S
3	Anindhitha R	32	Amrutha R
4	Swetha A	33	Apoorva K
5	SreshtaBorar	34	Atchaya S
6	Suhrudhaa L	35	Bargavi G
7	Aparna M	36	Dolly
8	Pooja Rajesh	37	Janani G
9	Kamalam B G	38	Kaaviya R
10	PrasannaBharathi K	39	Kathrin Golda J
11	ChanthingVashum	40	Lakshmi PriyaTg
12	Indupriya S	41	Lokesh S
13	Jayashree V	42	Monica R
14	SaadhihaTaj M	43	Niwetha H
15	Mary Esther M	44	PriyadarshiniKarunakaran
16	ShakthiPriya N	45	Ranjani R
17	Manasa R B	46	Revathi Shree R
18	Dharanidharan D	47	Sankavi S K
19	Ammrith Paul	48	Sharon R
20	Hannah Grace B	49	SubathraEkambaram
21	Vijaya Lakshmi N	50	Surya Prabha V
22	Varshith P K	51	Swathi C
23	Saino Susan Zachariah	52	Thaarasri M A
24	SuprajaShridar	53	Vijayalakshmi V
25	Nivedha V L	54	Yashita K Jain
26	KeziahVerghese	55	Chandrasekar V
27	Tamilnangai S	56	Gayathri R
28	Nivetha M R	57	Sowmya D
29	NikithaMuralikrishnan		

y. vijayakumar



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Ashwini N.V <ashwiniganig@gmail.com>

13 Feb
2018, 19:42

to me

Dear Ma'am,

The outline of the programme could be as follows:

1. Introduction to Family and Marital Therapy : System theory, Marital contract theory, Lyman Wynne's concepts
2. Violence in Intimate Partner Relationship: Psychological Entrapment theory, Traumatic Bonding theory, Theory of Learned Helplessness, Cycle of Abuse
3. Bowenian Approach to Family Therapy : Concepts and Techniques
4. Experiential Family Therapy: Concepts and Techniques.

Concepts shall be explained using case examples and simulation sessions.

Please find attached my brief profile.

I am alright with 12: 30 pm - 5:30 pm. Lets not change the regular timings.

Thank you

Regards,

Ashwini N.V

Founder-Director ::MUKTHA:: (Foundation Committed to Prevent Abuse and Promote Mental Health)

Adjunct Faculty (PG Department of Psychology, Jain University)

Adjunct Faculty (PG Department of Psychological Counselling, Montfort College)

Attachments area



Hannah John <hannahjohn@mssw.in>

13 Feb
2018,
20:59

to Ashwini

Thanks a lot.
