



MADRAS SCHOOL OF SOCIAL WORK (AUTONOMOUS)

#32, CASA MAJOR ROAD, EGMORE, CHENNAI – 600 008

MSW (AIDED)

III& IV SEMESTER (2020-2021)

SOFT SKILLS REPORT



Head of the department

Dr.J.S.GUNAVATHY

Skill Lab Coordinator

DR.P. AMUTHALAKSHMI

Title of the Programme : Cognitive Behaviour Therapy

Date : 10/02/2021

Name of the Resource Person : Dr.Ganesh Kumar

No. of Students Attended : 11

The third day session was handled by Dr. Ganesh Kumar on the topic Cognitive Behaviour Therapy; the resource person gave an introduction about himself and the yoga therapy he finds very effective among individuals to address the psychological and physical aspects. Then the resource person started with ice breaking session where the students have to make eye contact for a while with the random person they meet while walking inside the class, and then have give compliment to all the person in the class at least one. The students were then asked to analyse their bodily sensation when they were asked to do the activity and also about how they felt when they got positive compliments from others.

The resource person also questioned about the questioning skills of the students and also evaluated the skill of the students based on their listening skills. The next part of the session was on the theoretical part of the Cognitive Behaviour Therapy where the history of CBT was briefed and also about Buddha already explained on how the thinking of the individual affects oneself.

The students were then given an another activity based on their cognitive thinking which were on how they think about themselves in a negative manner, what they think about the world, what they think about their own future; later was asked to present which was then analysed by the resource person on what the cognition problem has affected their way of thinking.

Then the students were given another activity on the ways how the cognition can be classified – Problem, Emotion, Physiological, Behaviour, Thought Process. The students were asked to identify one problem and work on the aspects of emotions expressed during the problem, the physiological changes happening during the situation, the behaviour of the individual and the thought process how they think during the situation.

The levels of Cognition:

- Negative Automatic Thinking
- Core Belief
- Dysfunctional Assumption

The session also included about the learning process of the individual, the concept of recap learning, how the learning of the individual makes an individual relearn certain learnt events and also on the process how it affects the individual behavioural aspects.

The students were also given an assignment for the next day of class of how they can take the problem formulation process the categories for cognition for another person, to understand the level of cognition of the problem which they face for the next class.



Student Completed List

Sl. No	Register No	Student Name	Attended
1	1915772091040	AKHIL KUMAR PANDULA	Present
2	1915772091041	ANCY BABU	Present
3	1915772091042	CIJU SILPA B P	Present
4	1915772091043	HEMALATHA P S	Present
5	1915772091044	JITHIN KRISHNA	Present
6	1915772091045	LOGANAYAKI S	Present
7	1915772091046	PAUL SOLOMON S	Present
8	1915772091047	POONGKOTHAI T	Present
9	1915772091048	RAZIA K J	Present
10	1915772091049	SANGEETHA JILLIAN B	Present
11	1915772091050	JAYALAKSHMI.M	Present

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