

REPORT

International Conference Cum Workshop On Psychotherapy And Counselling

Steps4skills and Department of Psychology, St. Joseph's College, Irinjalakuda (affiliated with University of Calicut, Kerala) jointly organized "Insight 2k19", a three days international conference cum workshop on psychotherapy and counselling. The event took place on 1st, 2nd, & 3rd August 2019 from 9.30 am to 5.00 pm at the Research Center, St. Joseph's College.

The chief aim was to bring together leading academic scientists, researchers and research scholars and PG students to exchange and share their experiences and research results on various aspects of counselling and psychotherapy. It also served as a platform to present and discuss the most recent innovations, trends, and concerns, as well as practical challenges, encountered and the solutions adopted in the field of counselling and psychotherapy.

The event started with registration at 9.00 am and the inaugural ceremony by Dr Vedagiri Ganesan followed by the presidential addressing by Sis Dr Isabelle.

The opening session was by Rtn. MPHP. PP. Prof. Dr Vedagiri Ganesan, PhD on the topic "Behaviour Technology for Behaviour Problems". He is the Honorary Director & Former Syndicate Member and the Ex-Professor and Head Dept. of Psychology Bharathiar University, Coimbatore.

The second session was by Dr S Kadhiravan, PhD (Edu.Tech), PhD (Psy) on the topic "Application of Gestalt Psychology". He is the Dean of Social Science Dept. as well as the Head of Psychology Dept. Periyar University, Salem.

The third session was by Dr Varghese Paul K, PhD on the topic "Counselling & Psychotherapy: Challenges and Possibilities in New Millennium". He is the Head of Sahrdaya College of Advanced Studies, Kodakara.

The fourth session was by Mr K A Sebastian B.Sc., LLB, PGDPM, MTA on the topic "Role of Transactional Analysis in Psychotherapy".

The fifth session was by Dr Kajal Sewak Mugrai PhD on the topic “Spirituality & Mental Health”.

The sixth session was the Scientific Paper Presentation. Presenters were allotted seven minutes each with five minutes for paper presentation, the rest two minutes for a Q&A session. There were more than 200 presenters from various fields as in researchers, professors, students.

The seventh session was by Dr Rita Karmakar, PhD on the topic “Stress Management among Generation: The Role of Parenting Style”. She is an Assistant Professor, Dept. of Psychology, Amity University, Kolkota.

The eighth session was by Dr Dhanya Deepak BHMS, MSc (Psy), Qatar, on the topic "Intervention for Children with ADHD”.

The final session was the awards ceremony followed by the valedictory session. Individuals with the best paper for each theme were awarded. The Certificate of Participation was handed out to every presenter.

The sessions were engaging with lots of interactions in between. The event was a success with positive feedback from both the Guests of Honour and the Presenters.