



**National Institute of Mental Health and Neuro Sciences (NIMHANS)  
NIMHANS Centre for Well Being (NCWB)**

***Title: Counseling Skills for Working with Children, Adults, and Families***

**Venue:** "Mind Space", NIMHANS Centre for Well Being, 1/B, 9th Main, 1st stage, 1st phase, BTM layout, Bengaluru-560076

**Date:** 30/03/2017 (Thursday) & 31/03/2017 (Friday)

**Time:** 9.00am to 4.00 pm

**Aim:**

To impart basic counseling skills to deal with psychosocial issues in children, adults, and families.

**Introduction:**

Nearly 20% of the adult population and about 17% of the child population in India are known to suffer from various mental health problems. In addition, a large number of people face adjustment difficulties in day to day life. Research on these issues has shown that many of them can be helped with some basic counseling skills like listening, empathizing, and improving their problem-solving skills. This workshop aims to provide basic training in counseling skills to counselors for working with common mental health issues faced by children, adults, and families. The program content has been designed to address themes relevant to counseling in various settings.

**Who can attend?**

Students of post graduate degree/diploma courses on psychological counseling; practicing counselors.

Registration request from students must be forwarded through college.

**Number of seats: 50**

**Registration fee: Students - Rs.400/-, others- Rs.800/-**

**Last Date for Registration: 22<sup>nd</sup> March 2017 (Wednesday)**

**Background resources for those interested:**

<http://www.apa.org>; [www.theaca.net.au/](http://www.theaca.net.au/);

<https://www.counseling.org/resources/aca-code-of-ethics.pdf>

### **Program Details:**

	March 30 <sup>th</sup> 2017 (Thursday)	March 31 <sup>st</sup> 2017(Friday)
9.00-9.30	Registration	Recap of Day 1
9.30-12.00	Orientation to NIMHANS, NCWB, and program Family counseling (Dr AS, Dr VAS, Ms AT, Ms FS)	Counseling for children and adolescents (Dr BNR, Dr TK, Mr NA, Ms FS) Skill- building activities for children and families
12.00-1.00	Counseling for children (DrTK, Ms FS, Ms MD)	(Dr AS, Dr TK, Ms AT, Ms FS)
1.00-2.00	Lunch	Lunch
2.00-3.00	Interactive session (Dr TK, Ms FS)	Interactive session ( Dr VAS, Ms FS, NA)
3.00-4.00	Counseling for adolescents (Dr BNR, Ms MD) Skill- building activities	Counseling for adults Skill- building activities /feedback/Q&A

### **Workshop Co-ordinators/Resource Persons:**

**Dr. Anisha Shah** (Professor), consultant-family therapy/marital enrichment services, 32 years of experience as a clinical psychologist, psychotherapist, teacher, researcher and supervisor

**Dr. Thomas Kishore** (Associate Professor), consultant-child and adolescent mental health, 16years of experience as a clinical psychologist, psychotherapist, teacher, researcher and supervisor

**Dr. Roopesh B.N.** (Associate Professor), consultant-child and adolescent mental health, 18 years of experience as a clinical psychologist, psychotherapist, teacher, researcher and supervisor

**Dr. Veena A.S.** (Assistant Professor), consultant-adult psychiatry/ trauma recovery clinic/marital enrichment services/perinatal clinic, 15 years of experience as a clinical psychologist, psychotherapist, teacher, researcher and supervisor

*Assistant coordinators/Resource Persons:*

**Ms. Ashwini Tadpatrikar**, (clinical psychologist) 4 years of experience as a clinical psychologist, psychotherapist, and supervisor

**Ms. Fasli Sidheek** (Ph D. Scholar) 3 years of experience as a clinical psychologist, psychotherapist, teacher, researcher and supervisor

**Mr. Naseer Ahmed** (Ph D. Scholar) 2 years of experience as a clinical psychologist, psychotherapist, teacher, researcher and supervisor

**Ms. Mitali Devgun** (Ph D. Scholar) 1 year of experience as a clinical psychologist, psychotherapist, teacher, researcher and supervisor

All are presently members of the Department of Clinical Psychology, NIMHANS, Bengaluru.

### **Contact for registration:**

**Ms. Padmavathy/ Ms. Anu Antose**

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