

# REPORT ON: WEBINAR: THERAPUTIC PROCEDURES IN COUNSELLING AND PSYCHOTHERAPHY

NAME OF THE ORGANIZATION: PLANET PSYCHOLOGY

DATE: 31<sup>st</sup> JAN 2021

All the information and organizing was done under the guidance of Dr. Shilpa Suri and Dr. Nidhi Soni (directors of planet psychology, SCO 376 SECTOR 37D)

SPEAKER: Dr. AJAY KUMAR

Dr. Ajay Kumar enlightened the participants about the psychotherapy, it's meaning, types, and technique in detailed and also explained the importance of counseling, also discussed about the varieties of psychotherapy and significant variable that influences psychotherapy. He also discussed about the various supportive therapies like Guidance, Tension Control, Milieu Therapy (Environmental Adjustment, Sociotherapy), Externalization of Interest, the Creative Art Therapy and So On.

REC A.JAY KUMAR is presenting Shivani Sharma and 51 more 11:21 AM You

## What Is Psychotherapy & Counselling?

- The **treatment**, by **psychological means**, of problems of an **emotional nature** in which a **trained person deliberately establishes a professional relationship** with the Pt. with the object of
  1. Removing, modifying, or **reducing** existing symptoms,
  2. Mediating disturbed patterns of behavior,
  3. Promoting positive personality growth and development.
- **Counselling**: A way of helping or assisting others to make their own adjustment and decisions in the face of life problems.

Meeting details ^

Activate Windows. Go to Settings to activate Windows. AJAY KUMAR is presenting

Raise hand Turn on captions

The screenshot shows a Google Meet interface. On the left, a presentation slide is displayed with the following text:

**How to deal with ruptures in the alliance**

Ruptures can be related to the **goals or tasks of therapy and client-therapist bond**

*A woman became irritated when the therapist had to change an appointment. Client was perceiving herself very low priority to the therapist. When client was asked to consider other possibilities, she insisted therapist to explain why he could not make the original appointment time. At this point, therapist chose to reveal that he was going to a family funeral.*

*They then discussed what the client could take away from this experience and how to respond to unpleasant feelings.*

*Client agreed to continue to try to check out whether her initial responses were likely to be accurate, or whether other explanations could be relevant/adaptive.*

10

On the right side of the screen, a grid of participants is visible, including 'You', 'AJAY KUMAR', 'Faculty Devel...', '203045 PRA...', 'Poonam f...', 'harshita arvind', 'neera atri', 'Ankita Kansal', 'Stuti Sood', 'Kudrat Sa...', 'Amandeep K...', 'Aashita', 'simran kaur', 'Rajni Phougat', 'Gauri Vas...', 'Ranveer Sidhu', 'Vartica Shar...', '203018 Aditi', 'Ratna Robins', and 'a swaras'. The bottom of the screen shows the Windows taskbar with the search bar, taskbar icons, and system tray.

## WORKSHOP ON RESEARCH PAPER WRITING

Venue: Main Hall, Dev Samaj College of Education, 36B

Date: 29th November, 2021

Dev samaj College of education sector 36, Chandigarh held one day workshop on research paper writing in collaboration with Planet Psychology, a leading training and consultancy for psychological services.

Dr. Shilpa Suri an eminent psychologist and director of the institute Planet Psychology was invited as a resource person. She shared nuances of research paper writing with the participants by explaining step-by-step procedure to undertake research and statistically analyze the findings.

The students understood the nitty gritty of writing empirical and theoretical papers as per the APA guidelines. The resource person shared the avenues of undertaking research and the prospects of getting the papers published in National and international journals. The insightful experience instilled a sense of initiative and confidence among the students to take up research seriously.

The students actively participated in the session by formulating research problems, exploring their areas of interest and clarifying doubts about the roadblocks.

Mrs. Karuna Singh, faculty Dev samaj college and organizer of the program delivered the keynote address and lauded participants for their enthusiasm and

eagerness to explore opportunities in the field of research and counselling psychology.

