



ANNAMALAI UNIVERSITY



DEPARTMENT OF PSYCHOLOGY

FACULTY OF EDUCATION

Offers online one week course on

STRESS COUNSELLING

Date: 15/05/2020 to 21/05/2020

Time: 10 am onwards

Registration Link: <https://forms.gle/ZmDsw5VR7qyQo2md8>

Last Date for registration is 10/05/2020

Eligibility: Students pursuing or completed UG/ PG courses (any discipline)

No of seats: 30

Note: *There is no Registration Fees/the course will be conducted through Zoom, Google Classroom hence Gmail ID is mandatory/ only shortlisted candidates will be permitted to undergo the course/ the candidates will be issued e-certificate on the successful completion of the course.*

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RESOURCE PERSONS CUM COURSE ORGANIZERS

Sl. No	NAME	DESIGNATION
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EXTERNAL RESOURCE PERSONS		
10.	Mr. SHIVA KUMAR	Clinical Psychologist Hyderabad Email: shiva.cli.psy@gmail.com Mobile: 9866256020
11.	Mrs. ANUPAMA BAJAJ	Psychologist, Art based therapist, Mpower, Bangalore Email: anupama.bajaj1@gmail.com Mobile: 9901411333
12.	Mr. S. ANTONY SAMY	Counsellor, Chidambaram Email: frantonysamyosm@gmail.com Mobile: 9600393380
13.	Dr. DEEPIKA CHAMOLI SHAHI	Cognitive Psychologist and Director, Speaking Cube New Delhi Email: drdeepikachamoli@gmail.com Mobile: 9650302133

COURSE CONTENTS

DAYS	TOPICS
Day 1	<p><u>Orientation to Counselling</u> Definition- Guidance vs Counselling- Concept- Origin- Characteristics of a Counsellor- Counselling myths and misconceptions- Scope- Need for Counselling- Steps in Counselling Process- Levels of Counselling</p> <p><u>Introduction to Stress</u> Definition of stress- Etiology of stress- Symptoms and Signs of stress- General Adaptation Syndrome (GAS)- Types of Stressors- Fight or flight response- Type A personality- Hardiness</p>
Day 2	<p><u>Approaches to Counselling</u> Psychodynamic counseling- Behaviouristic counselling- Humanistic counselling- Existential counselling- Eclectic approach to counselling</p> <p><u>Cataclysmic Events</u> What are cataclysmic events?- Natural Disasters: Types and Characteristics- Technological Catastrophe: Types and Characteristics</p>
Day 3	<p><u>Basic Counselling Skills</u> Active listening- Empathy- Genuineness- Unconditional Positive Regard- Concreteness- Open Questions- Counsellor Self-Disclosure- Interpretation- Giving information and removing obstacles to change</p> <p><u>PTSD (Post Traumatic Stress Disorder)</u> What is PTSD? - Symptoms- Etiology- Types of PTSD- Are some people prone to PTSD?- Impact of PTSD- Mental health and PTSD</p>
Day 4	<p><u>Isolation Epidemic</u> Loneliness: Concept- Loneliness vs aloneness- Causes- Effects- Types- Stress and perceived isolation</p> <p><u>Cognitive Behaviour Therapy</u> What is CBT?- Aaron Beck's REBT- Albert Ellis Cognitive restructuring</p>
Day 5	<p><u>The Role of Yoga in Stress Management</u></p>
Day 6	<p><u>Counselling Techniques for Stress Management</u></p>
Day 7	<p><u>Telephonic Counseling, CBT Skills, Emotional Freedom Techniques (EFT), Mindfulness Meditation for Stress Management</u></p>