

## DAY 2

- 9:30 – 11:00 **Session 5**  
15 min - Meditation  
20 min - Discussion and clarification on 'Self-healing & Creating one's reality': Home work' done by participants  
30 min - Basics of Counselling: Listening skill, Therapeutic relationship, ethical considerations, Confidentiality, etc.  
25 min - Nature of two minds in us  
11:00 – 11:15 Coffee Break
- 11:15 – 1:00 **Session 6**  
30 min - Counselling: Demonstration of working with others  
60 min - Group practicing on each other & Feedback  
15 min - Meditation  
1:00 – 2:00 Lunch break
- 2:00 – 3:15 **Session 7**  
30 min - Reflective practice & supervision: experiences and case studies  
45 min - More on practice [Secondary gains, Resistances, role of beliefs, etc.]  
3:15-3:30 Coffee Break
- 3:30 – 4:00 **Session 8**  
20 min - Group discussion: Questions and answers  
10 min - Summary  
4:00 – 4:15 Concluding talk  
4:15 – 4:30 Concluding Meditation

### Resource Persons

**Dr. ShibuKaripai and Dr. TreasaKaripai**

Consultant Psychologists, Therapia Consultancy, London

**Mr. BineshKappan**

Team Manager, Leaving Care and Asylum Seeking Young People's Team, Southend England



# ST.TERESA'S COLLEGE (AUTONOMOUS) Department of Sociology and Centre for Research

## INTERNATIONAL WORKSHOP ON "TRAUMA MANAGEMENT"



ORGANIZED BY  
THE DEPARTMENT OF SOCIOLOGY  
IN COLLABORATION WITH  
THERAPIA CONSULTANCY AND THE  
UNITED KINGDOM

Venue: Arts Block, St.Teresa's College  
(Autonomous), Ernakulam  
Date: 13<sup>th</sup> and 14<sup>th</sup> October 2018  
Time: 9:30 am - 4:30 pm