



DEPARTMENT OF COUNSELLING PSYCHOLOGY



LOYOLA COLLEGE, CHENNAI

REPORT ON WORKSHOP

  Department of  
Counselling  
psychology

Workshop on  
**SFBT**  
Solution focused brief therapy

**Resource Person:**  
Fr. Richard S.J.  
Assistant Professor.  
Dept. of Psychology.  
St. Joseph's College.  
Trichy

 16th-18th May 2022  9:30 AM - 6:30 PM  2ND Floor, MCA Block

Organized by Loyola College (Autonomous), Chennai-600 034, Department of Counseling Psychology

**TOPIC : SOLUTION FOCUSED BRIEF THERAPY**

**DATE : 16.05.2022 to 18.05.2022**

**VENUE : LOYOLA COLLEGE, CHENNAI**

**BENEFICIARIES: I ST YR STUDENTS OF COUNSELLING PSYCHOLOGY**

**NO OF BENEFICIARIES: 24**

The workshop was conducted for 3 days with concurrent theoretical sessions, discussions ,demos and practice sessions on Solution focused Brief Therapy, which is an empirical, evidenced based practice of the Post-modern approaches .The session followed by sharing of learnings and our review the workshop.

The outcome of the workshop was that the students learnt to effectively understand, practice and deliver SFBT. The feedback collation reports efficient learning and positive feelings in administering the same as it caters to present and futuristic solution outcomes alone.



