

**LOYOLA COLLEGE (AUTONOMOUS), CHENNAI
DEPARTMENT OF COUNSELLING PSYCHOLOGY
ACTIVITY REPORT**

General information

Type of activity	Workshop/seminar/conference/training/events - soft skills/ language and communication skills/ life skills
Title of activity	workshop
date	20/12/2022
time	9:00 - 5:30 pm
venue	CAS 03, Department of counselling psychology, Loyola college
Collaboration/sponsor (if any)	Institutional

Speaker/guest/presenter details

name	Prof. Kavitha Sebastian
Title/position	Asst Prof & Psychotherapist
organisation	JBAS College, Chennai 18.
Title of presentation	Solution focused brief therapy

Participants profile

Type of participants	Students/ faculty
No. Of participants	Students-23 Faculty-2

Synopsis of the activity (description)

Highlights of the activities	<ol style="list-style-type: none"> 1. Understanding how SFBT works and working with its tenets 2. Practice and knowledge
Key takeaways	1. How to practice SFBT. Framing effective questions to focus on the now and then problem and help the client find solutions for themselves
Summary of the activity	<ol style="list-style-type: none"> 1. The workshop was conducted for the I st PG students 2. The resource person started with the theoretical aspect of the topic including the history- how it emerged and how its following up in the present times. 3. The whole session took place with systematized and professional activities. 4. With each activity we could relate the theory and understand the subject with more practicality. 5. The facilitator engaged the students throughout the session. 6. Following were the activities conducted in the session: <ul style="list-style-type: none"> ● An ice breaker session (helped to understand our own selves, brainstorming into understanding ourselves) ● Case study (to understand the topic through practical

	aspect and understanding applications of tenets) ● Client, therapist, observer interaction ● Feedback writing
--	---

Report prepared by:

Name of organizer	Department of Counselling Psychology, Loyola College, Chennai
Designation /title	Prof. G Niranjana , Assistant Professor
signature	

Vice Principal

Deputy Principal

HoD/ coordinator



Shift II

Date: 20th December 2022

Time:9:00 am- 5:30 pm

Venue: CAS 03, Department of Counselling Psychology, Loyola College, Chennai

Participants list

Sr. no	DEPT. NO	STUDENT NAME
1	22-PCP-001	AROKIYA SHELCY
2	22-PCP-002	A PRIYADARSHINI
3	22-PCP-003	NIHAYA
4	22-PCP-004	SAHAYA JEFFINA
5	22-PCP-005	JENIFER
6	22-PCP-006	SHARMILA S
7	22-PCP-007	DEBBY MERLIN SYLVIA
8	22-PCP-008	MIRIAM
9	22-PCP-009	KARTHIKEYAN S
10	22-PCP-010	MERLIN A
11	22-PCP-011	SANGEETA BEHERA
12	22-PCP-012	BHARTHI
13	22-PCP-013	MISBA
14	22-PCP-014	SAMANTHA JOANAH
15	22-PCP-017	LAKSHANA S
26	22-PCP-018	NIVETHA S
17	22-PCP-019	AMANDA DORTHY
18	22-PCP-020	JEEVANA R
19	22-PCP-021	DIVYA A
20	22-PCP-022	SUDHA RAJESHWARI V
21	22-PCP-023	RAHUL
22	22-PCP-025	ROOPAN
23	22-PCP-026	JENNIFER J