

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

**General Information**

Type of Activity	Workshop
Title of the Activity	Cognitive Behavioural and Rational Emotive Behavioural Therapy
Date	30/11/2023
Time	9:00 am to 5:30 pm
Venue	MCA Smart Classroom
Collaboration/Sponsor (if any)	None

**Guest Lecturer Details**

Name	Staney SMP
Title/Position	Counselling Psychotherapist
Organization	Atmara, Centre for Counselling and Psychotherapy
Title of Presentation	Cognitive Behavioural and Rational Emotive Behavioural Therapy

**Participants Profile**

Type of Participants	Students
No. of Participants	II PG - 23

**Synopsis of the Activity (Description)**

Highlights of the Activity	<ol style="list-style-type: none"> <li>1. Theoretical explanation of Cognitive Behavioural therapy followed by a demo session.</li> <li>2. Theoretical explanation of Rational Emotive Behavioural Therapy followed by a demo session.</li> </ol>
Key Takeaways	<ol style="list-style-type: none"> <li>1. Practical knowledge of how to perform a Cognitive Behaviour-based counselling session.</li> <li>2. Practical knowledge of how to perform a Rational Emotive Behavioural-based counselling session.</li> </ol>
Summary of the Activity	The practical demonstration session on both CBT and REBT techniques was conducted by the resource person for the students. Students have gained deeper knowledge about the basic theoretical principles and have gained knowledge about the practical application. The workshop was instrumental in the professional upliftment of the students.
Follow-up plan	Encouraging students to learn and practise the therapies to obtain a lasting, practical, and more in-depth understanding.

**Report prepared by:**

Name of the Organiser	Prof. Anitha Yazhini D
Designation/Title	Coordinator & Assistant professor

M. Sachin Raj

**Deputy Principal**

**Vice Principal**

**Coordinator (i/c)**

**Annexure:**

1. Speaker Profile:

SMP Staney:

- CEO and Head of Resources at, ATMARA, Centre for Counselling, Psychotherapy & Life Skill Training, Chennai

**Training**

- Worked as Counsellor and psychotherapist at ANUGRAHA Institute of Counselling Psychotherapy and Research, Dindigul, Tamil Nadu from May 2006-2021 as visiting Professor
- Working as a guest lecturer at St. Agnes College, Mangalore (2009 onwards)
- Worked as a visiting Professor at St Alphonsus Theological College, Bangalore, Karnataka (2006-2015)
- Worked as a guest lecturer and student counsellor at St. Peter's Seminary, Viraganur, Madurai, Tamil Nadu (2007-2013)
- Also Run Seminars and workshops on various psychological themes for groups and institutions. (2006 onwards)
- Over eight thousand hours of clinical practice as a counsellor and Therapist.
- Handled individuals, groups, and families of various interests as Counselor and Therapist
- Handled Motivation and Soft skill seminars and workshops in various Schools and Colleges for Teachers and Students in Tamil Nadu, Kerala, Andhra Pradesh, Maharashtra and Karnataka
- Adept knowledge of client assessment, evaluation, development, and implementation of effective treatment plans.
- Conducted periodic parenting workshops for Parents, evaluated them, and reported progress.

2. Photos of the activity



3. Attendance list of participants

SL. NO.	DEPT. NO.	STUDENT NAME	SIGNATURE	
1.	22 -PCP-001	AROKIA SHELICY	shelcy-S	shelcy-S
2.	22 -PCP-002	A PRIYADARSHINI	Priyadarshini	priyadarshini
3.	22 -PCP-003	NIHAYA FATHIMA N	Nihaya	Nihaya
4.	22 -PCP-004	SAHAYA JEFFINA	Sahaya B	Sahaya B
5.	22 -PCP-005	JENIFER	Jenifer	Jenifer
6.	22 -PCP-006	SHARMILA S	A	A
7.	22 -PCP-007	DEBBY MERLIN SYLVIA	Debbys	Debbys
8.	22 -PCP-008	MIRIAM SHAVON DALY	Miriam	Miriam
9.	22 -PCP-009	S KARTHIKEYAN	A	A
10.	22 -PCP-010	MERLIN A	R. Merlin	R. Merlin
11.	22 -PCP-011	SANGEETHA	S. Sangeetha	S. Sangeetha
12.	22 -PCP-012	BHARATHI	R. Bharathi	R. Bharathi
13.	22 -PCP-013	MISBA	Misba	Misba
14.	22 -PCP-014	SAMANTHA JOANAH	S. Samantha	S. Samantha
15.	22 -PCP-015	IMMACULATE	C. Dimple	C. Dimple
16.	22 -PCP-017	LAKSHANA S	Lakshana	Lakshana
17.	22 -PCP-018	NIVETHA S	Nivetha	Nivetha
18.	22 -PCP-019	AMANDA	A	A
19.	22 -PCP-020	JEEVANA R	J. R	J. R
20.	22 -PCP-021	A DIVYA	A Divya	A Divya
21.	22 -PCP-022	SUDHA RAJESWARI	Sudha	Sudha
22.	22 -PCP-023	RAHUL M	Rahul M	Rahul M



Am

23.	22 -PCP-025	T HEMAROOPAN NADAR	T. Hemaroopan	T. Hemaroopan
24.	22 -PCP-026	JENNIFER J	Jennifer J	Jennifer J
25.	22 -PCP-027	GRACEMA D R	Gracema D R	Gracema D R
26.	22 -PCP-028	MONICA SRI I	M. Monica Sri I	M. Monica Sri I