

WORKSHOP-VIII

Workshop proposal / Skill building (Half Day)

Psychotherapy skills for university setting

Resource Person: Naveen Grover, Department of Clinical Psychology, IHBAS Delhi 110095

Email: grovernav@gmail.com

Overview:

There is significant increase in the felt need for psychological help in the student population in universities/colleges. Many of these students are not able to have access to psychological help due to various issues including feasibility issues. The availability of psychotherapy/counseling services on the campus increases the likelihood of its utilization. These services require interest and skills on the part of provider. The present workshop provides an opportunity to become aware of these skills, brush up these skills, or develop an interest to learn these skills. The skill building has the potential to provoke interest in starting new counseling facility/strengthening the existing facility. The focus is on discussing self-learning approach to basic clinical skills required for the university setting. The objectives will be achieved through discussion on psychotherapy skills and role plays.

Target group: PG students, teachers, practitioners of psychology

No of participants: No bar

Time duration required: 90 – 120 minutes session during conference days

About the Workshop proposer

I am involved in psychotherapy training and supervision since two decades. I am currently faculty member at Department of Clinical Psychology at Institute of Human Behaviour and Allied Sciences (IHBAS) Delhi since 2007. We have a two years intensive clinical psychology training program. I have also worked as a faculty member at NIMHANS Bangalore and Kasturba Medical College Manipal after completing my PhD and MPhil in Clinical Psychology from NIMHANS. I have special interest in adult psychotherapy and psychotherapy training and supervision. I have conducted workshops and symposiums in various national and international conferences on the same theme including ANCNAOP. I am associated with the NAOP since almost a decade now.