



Foundation for Action, Motivation and Empowerment  
156, 36<sup>th</sup> Cross, 2<sup>nd</sup> Main, Jayanagar 7<sup>th</sup> Block,  
Bangalore

CRE Workshop on “Advanced Adolescent Counselling Skills”  
May 22-26, 2017

#### A Brief Report

A 5 day RCI approved CRE workshop on “Advanced Adolescent Counselling Skills” was conducted by FAME Academy from May 22<sup>nd</sup> to May 26<sup>th</sup> 2017 at ACADEMY premises.

32 Participants from Aurangabad, Delhi, Vellore, Chennai, Hyderabad, Hosakote, Kerala and Karnataka benefited from the workshop. The profile of the participants include those

- who have completed Basic Level Adolescent Counselling Skills workshop
- Practicing Counsellors from Mainstream Schools and Special Schools
- Special Educators and Vocational Instructors
- PHd scholars
- Professionals with a background of counselling/or specialization in their under graduation/post graduation programme

The goal of this workshop was to provide a conceptually sound framework of knowledge, skills and attitude for ethical practice of counseling skills in real life situations

#### **This workshop was designed with the following Learning Outcomes in mind:**

1. Develop and demonstrate a deeper diagnostic understanding for sensitive handling of adolescents
2. Develop and Systematize the Counselling process into an empowering tool
3. Sharpen and demonstrate individual counseling skills
4. Situationally apply Advanced Counselling skills to assist adolescents with diverse needs

**Methodology Used** : Audio visuals, Discussions, Video clips analysis, Simulations, Case vignettes, Activities, Role Plays, Group Discussions, Presentations, Training Work Book.

The workshop commenced with an inaugural address by Mrs. Janaki Vishwanath, Managing Trustee of FAME INDIA. This was followed by Mr. PRN Murthy briefing the participants about the workshop and setting the workshop context.



The Topics covered are as follows:

**Total Recall - Basics of Counselling Skills: Mr. PRN Murthy**

The Adolescent Profile , Life Stress & Implications  
Coping and Problem Solving, The world of Mental Health  
Counsellors , Roles of Barefoot Dynamics of Counselling

**Adolescent Relationships: Mr. PRN Murthy**

Concept of Relationships , Need and Importance of Relationships , Situation of Adolescence - Identify Search and Low Self Esteem, Loneliness , Relating to Own and Other Sex , Inclusion, Exclusion, Rejection , Peer Pressure , Infatuation , Romanticism, Martyrdom, Pessimism , Competition, Ego and Image, Letting Go and Moving On

**Dynamics of Adolescent Addictions - I Dr. Arun Kandaswamy, NIMHANS**

Chemical Dependencies – Alcohol, Drugs and Tobacco, gadget and tech addiction

Acquisition and Possession, Shopaholic Behaviours  
Intrusive Sexual thoughts , High Risk Adventures, Other Significant Addictions ,  
Adolescent Sociopathy , Juvenile Delinquency



**Advanced Empathy Workshop – Extended Applications :Mr.PRN Murthy**

The Three Feeling Levels  
Identification of Feelings in Real Life Situations  
Segregation of Feelings in Multiplicity Clusters  
Different Empathy Statements and Questions  
Healing Strategies while Empathising  
When we cannot Empathize!

**Adolescent Sexual Issues and Management-Dr.Sandip Deshpande**

Libido – Hypo and Hyper Sexual Desire, Myths and Reality on Sexual Activities,  
Sexual Confidence, Sexuality and Relationships  
Sex Education - Media Influence , Sexual Behaviours  
Virginity , Impotence , Frigidity , Homosexuality,  
Teenage Pregnancy , Sexually Transmitted Diseases, Safe Sex Practices, ,  
Contraception  
Macro Strategies for Sex and Sexuality Related Issues



### **Connecting & Communicating with Adolescents: Mr.PRN Murthy**

Helpful Mindsets , Fundamentals of Communication  
Communication Styles – Aggressiveness, Non Assertiveness, Assertiveness  
Verbal and Non Verbal Indicators , Benefits of Assertiveness  
Assertiveness Practice



## **Managing Adolescent Mental Illnesses: Ms.Divya Ballal, NIMHANS**

Psychoses & Neuroses, Personality Disorders , Child Sexual Abuse  
Strategies & Therapies for Management  
Cognitive Therapy , Behaviour Therapy , Cognitive Behaviour Therapy  
Management of Suicidals (Deliberate Self Harm)



## **Managing Adolescents with Special Needs and their Parents: Dr.Deepak Jayarajan, NIMHANS**

Temper tantrums, Non-compliance, Running away from school/home, Sensory overloads, Sexuality and inappropriate sexual behaviour, addressing unrealistic expectations, Non compliance of medical advice



The valedictory function was organized on May 26<sup>th</sup> and Dr. Gayathri Krishna, Founder Director of Brindavan Education Trust, who was the Chief guest, reminisced her experience of attending the I<sup>st</sup> Batch of ACS workshop and how much she learned from the workshop. In her address, Dr. Krishna stated that unless the participants practice the skills it would be difficult to master the skills. Dr. Krishna distributed the certificate of participation. The participants opined that it was one of the best workshops they had ever attended and that they had benefited immensely both at personal and professional level.

The over all rating of the workshop is 9.34 on a scale of 0-10



Dr. Gayathri Krishna giving away the certificate of participation



Highly energetic group of AACs!