



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

Workshop on Adolescent Counselling Skills-Batch 6
April 24-28, 2017

A Brief Report

A 5 day workshop on “Adolescent Counselling Skills” was conducted by FAME Academy from April 24th to April 28th 2017 at ACADEMY premises.

27 Participants from Chennai, Hyderabad, Kolkata, Mysore, Hosakote and Vishakapatnam benefited from the workshop. Participants included Asst. Professor from Madras University, Ph. D Scholars in Psychology, Special Educators from both government and Special Schools, Teachers from Mainstream schools, Occupational Therapy trainee, administrators of special schools, practicing counsellors, Parents and Siblings of Children with Special Needs.

The objectives of the workshop was to equip the participants with the skills to:

1. List out the steps in the Counseling process.
2. Identify the symptoms of increased stress levels in Adolescents and their Families
3. Develop and Demonstrate Individual Counseling Skills.
4. Decide and execute the appropriate type of counseling specific to people and situations

The topics covered were

- Orientation to life, defining life problems, coping and problem solving, mapping life phases and life situations.
- Life stress cluster and effects on people, insight into thoughts, feelings and behaviors
- Introduction to Barefoot counseling and its importance
- Orientation to mental health, mental hygiene and Mental Illnesses
- Detailed description of various Mental Disorders
- The Adolescent Profile, their Life positions, their pressure and stress
- Insights into Thoughts, Feelings and Behaviors of Adolescents
- Sex and Sexuality
- Counseling Skills I- Fundamentals of counseling and Counseling process
- Counseling skills II- Managing Perception Bias, Perception bias- Process
- Need and approach of nonjudgmental approach in counseling.
- Counseling skills III- Communication Skills
- Barriers and Filters- Impact , Verbal and Non Verbal Communication- Impact
- Active Listening, Empathy, Asking Questions , Giving Information and Insights
- Managing Adolescents with Special Needs

Mr.PRN Murthy, the Main Facilitator, conducted the workshop seamlessly and effortlessly through an innovative approach which was highly appreciated by all the participants.

The introductory session was extremely insightful and set the right tone to the workshop. The concepts of life situations, stress, stressors and how stress can be positively directed towards goal achievement, empathy, were beautifully explained through role plays. Group discussions and presentations facilitated in understanding perception bias and strengthened their empathy and non judgmental skills. Mr.Murthy set the basic foundation for the expert sessions.



Participants engrossed with the discussions



Dr. Yesheswini's session on Family Counselling

The expert session on Common issues faced by adolescents and family counselling was conducted by Dr.Yesheswini. Her unassuming personality coupled with the expertise in the field made it easy for the participants to understand and grasp the insights.

Dr.Sandeep Deshpande session on Sex and Sexuality demystified sex and sexuality. Kinsey scale, PLISSIT model of sex therapy was heard for the first time by the participants. His session was packed with humour and that made it much more comfortable for the participants.

The session on Adolescents with Special Needs was conducted by Ms. Kalaivani Raipet. The ICF framework was introduced through role plays. The behavioural manifestation of some of the under lying issues seen in adolescents in special needs and the strategies to handle problem behaviour was discussed in detail. Avoidance of 4 C's was once again reinforced.

Ms. Misha Mariam Thomas's session on psychiatric disorders in adolescents was well executed through case vignettes, followed by group discussions.

The overall feedback received from the participants was overwhelming.

