

Workshop on Adolescent Counselling Skills

Date: 19th-23rd December 2017

Main Resource Person: Wing Commander P.R.N. Murthy, Director, GM Academy for Leadership Skills

Other Experts: Dr. Sangeetha Saksena, Co-Founder, Enfold India

Dr. Yesheswini Kamaraju, Child and Adolescent Psychiatrist,
REACH Clinic

Ms. Kalaivani Raipet, Director, FAME Academy

Ms. Shakunthala Ramesh

Ms. Misha Mariam Thomas, Psychiatric Social Worker

Venue : FAME Academy, Nadathur, Jayanagar 3rd Block

The fifth ACS Workshop for the year 2016 had 22 participants from schools, special schools and other educational organization, some of them were Heads of the Educational Organizations. Participants from Hyderabad, Hosur and Kerala had attended the Workshop.

Mrs. Janaki Vishwanth, Managing Director gave the inaugural speech for the Inaugural Function. Ms. Kalaivani Raipet, Director, FAME Academy and Wing Commander P.R. N. Murthy were also present for the Inaugural Function.



The main Resource Person was Wing Commander who has more than 30 years of experience in the field of training in Leadership and Counselling. Dr. Sangeetha Saksena from Enfold India was a new speaker whom we had invited to speak on Sex and Sexuality. The other external resource persons for the Workshop were Dr. Yashaswini

Kamaraju, Child and Adolescent Psychiatrist trained from Stanford university, spoke on Adolescent Behaviours and Abuse.

A visit to FAME India was an eye opening experience for the participants to expand their understanding on how to use innovative methods to handle children's behavioural issue. This was followed by a session by Ms. Kalaivani Raipet, Director and Ms. Shakunthala Ramesh, Practical Coordinator on how to handle the behavioural and sensory problems of children.

Ms. Misha Mariam Thomas, Psychiatric Social Worker handled the session on Mental Illness, Personality Disorder and Childhood and Adolescent Mental Health Disorder.

Topics Covered for 5 day Workshop on “ Adolescent Counselling Skills”

Day 1

Session I -Orientation to life and associated concepts by P. R. N. Murthy, Course Facilitator

- 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



Session II- Barefoot counseling and barefoot counsellors by P. R. N. Murthy, Course Facilitator

- Need and improvement of voluntary counseling
- Centers and barefoot counselors
- Parents, teachers, peers, care givers and service providers as barefoot counselors

- Barefoot counselors – criteria

Post Noon Session

Session III: Sex and Sexuality by Dr. Sangeetha Saksena

- The development of sexual organs in human body and description of the Male and Female Reproductive System
- The different sexual orientation present in human beings and the generalization of homosexual orientation in other organisms
- What is gender and gender role for a person?
- The different factors influencing the sexuality in today's adolescents



Dr. Sangeetha Saksena with the participants.

Day 2

Session on the previous day learning and clarification of concepts

Session I : The Adolescent Profile – P. R. N. Murthy, Course Facilitator

- Adolescence, Understanding their Life positions, their pressure and stress
- Reasons for stress- External and internal factors
- The mind of an adolescent
- Interpretation of Self, Life, Events and People.
- Insights into Thoughts, Feelings and Behaviors of Adolescents
- Typical problems in Adolescence

Session II: Common Issues Faced by Adolescents – by Dr. Yasheswini Kamaraju

- Changes observed in Adolescence
- Peer Pressure
- Anger Disorder
- Mood/Anxiety Issues
- Deliberate Self Harm
- Social Media
- Parental Training.

Session III - Abuse & Bullying

- Child Abuse
- Sexual Abuse
- Bullying
- Assertiveness training



Dr. Yesheswini's session on Common Issues faced by Adolescent

Post Noon Session

Session IV: Role Play by Different Groups on – Issues, problems and attitudes of Adolescents

Practice Session of Role of Counsellors in different

Role Play 1- Child with Issues with Classmate and Teacher

Role Play 2- Adolescent girl experiencing discrimination within the family

Role Play 3 – Parents with Adolescents who does not how to handle the regular issues of adolescents.

Role Play4 – Family handling an adolescent with thoughts of deliberate self harm.



Day 3

Discussion Previous day learning and Clarification of Concepts

Concepts of Counselling

Session I - Counselling Skills I- P. R. N. Murthy, Course Facilitator

- Counseling is a life skill
- Fundamentals of counseling
- What is not counseling?
- What is counseling
- Counseling process

Post Noon Session

Visit to FAME India

Session II: – Common Behavioural Problems observed in Special Needs Children by Ms.Kalaivani Raipet, Director & Mrs. Shakuntahla, Practical Co-ordinator, D. Ed Programme

Some of the most common behavioral problems of childhood and adolescence were discussed along with the problem, symptoms and recommendations. Some of the problem behaviors that were discussed are:

- Hyperactivity
- Sensory Seeking
- Tactile Defensiveness

- Attention Seeking
- Aggression
- Masturbation
- Defiance

Day 4

Session I – Counseling skills II- P. R. N. Murthy, Course Facilitator

- Managing Perception Bias
- Perception bias- Process
- Need and approach of non-judgmental approach in counseling.

The concepts of rationality and emotionality were explained. The participants were asked to observe on the different behaviour, words, attitudes that describe Rational and Emotional Behaviour and make a list of it.

Session II -Counseling skills III - P. R. N. Murthy, Course Facilitator

- Communication skills
- Barriers and Filters- Impact
- Verbal and Non Verbal Communication- Impact
- Active Listening, Empathy, Asking Questions
- Giving Information and Insights
- Extensive Training in Empathy

Post Noon Session

Session III: Practice Session

Groups of 3 were made to give hands on practice on Active Listening, Empathy and Paraphrasing based on Counselling Skills theory.



Day 5

Session I - Mental Illness – by Misha Mariam Thomas, Psychiatric Social Worker

- What is Mental Disorder
- Major Mental Illness (Schizophrenia and Bipolar Affective Disorder)
- Minor Mental Illness (OCD)
- Personality Disorder (Anti Social Personality Disorder, Emotionally Unstable Personality Disorder, Anankastic Personality Disorder and Paranoid personality Disorder)
- Childhood and Adolescent Mental Health Disorder (Conduct Disorder, Opposition Defiant Disorder and Separation Anxiety)

Session II- Practice Session on Empathy – Wing Commander P.R.N. Murthy

Post Lunch Session

Session III – Managing Suicidality – By P. R. N. Murthy, Course Facilitator

- Understanding Suicidality
- Risk assessment of Persons with Suicidal ideations or thoughts
- Action Plan for Individual with high risk of Suicidality

Session IV – Valedictory Function and Feedback

The Valedictory function was attended by Ms. Janaki Vishwanth, Ms. Kalaivasni Raipet and Wing Commander P.R. N. Murthy. Many positive feedbacks were given by the participants. The participants mentioned that the practical training given to them during the training programme helped them to learn skills actually used in counselling. The Resource Person's expertise to explain the different concepts in a scientific, systematic and simple manner was well appreciated by the participants. "The use of video clippings related to topics, case studies and role play helped us to gain a real insight on the different concepts being taught," said one participant. The results from the overall Workshop shows that all the participants rates the workshop very high and expressed very high satisfaction over the different aspects of the course. All the participants have reported that they would positively recommend the course to other people.