



An opportunity to
become Internationally
Accredited
Professional



International Stress Management Association (ISMA)

Three-day Workshop (25 Hrs.) On Stress Management Professional Certification

In collaboration
with



Date
25th to 27th May
2017

Venue
Hotel Best Western Ashoka,
Lakadi Ka Pul
Hyderabad

Rationale

Stress-related illnesses are forecast to be the **leading causes** of the global disease burden by 2020 -WHO. The epidemiological evidence indicates that job stress is rapidly emerging as the single greatest cause of work-related disease and injury. There is a severe dearth of skilled professionals in the area of stress management. ISMA in collaboration with ICSMP has designed a structured and scientific approach for creating, developing and certifying professionals to contribute in enhancing productivity, promote healthy work culture, harmonious industrial relations and holistic wellbeing of individuals and organisations.

SMP Syllabus:

SMP Syllabus and the programme design have been scrutinized by senior professors from more than 25 major Universities in the country during the National Conference on Stress Management Professional, November 2013. SMPC workshop modules were designed and again refined by the panel of experts during 1st International Conference on Stress Management Professional (ICSMP 2014). Pilot workshop modules were conducted during first half of 2015 and got the positive feedback from the participants.

Who should attend?

Executives, Engineers, Scientists, Professionals from Governments, Private sector and Public Sector Undertakings (product, process and service sectors), Faculty members, Corporate Trainers, Human Resource Professionals, Occupational Health Professionals, Doctors, Physiotherapists, Professionals from Counseling, Rehabilitation and Wellness areas will find the programme useful.

Eligibility:

A degree or post-graduate degree and one or two year's work experience is desirable.

Overall benefits of the Certification

- Greater confidence and acquire required abilities in successfully addressing stress issues from an individual and organization perspective.
- Access to a patented tool i.e. STRESTUNE™ to facilitate your professional services (viz. online stress audit, stress coaching, stress counseling etc.)
- Network with professionals from similar fields and Step-wise completion certificates will be given.

SMPC Programme Details

SMP programme has been designed in such a way that the working professional can actively participate without interrupting their regular work. Quality of the programme is assured with the following steps and rigor in execution. To maintain the sanctity of the certification and also provide enough convenience to the participants the council has decided to divide the International certification into 3 steps. Thus the 100-hour certification will now be split into 25+50+25 hours respectively.

Step ONE: Stress Management Professional Certification (SMPC) Workshop: 25 hours

Module 1. Stress Coaching (10 hours)

Content: Stress Basics, Personal Stress Audit, Physical Quotient & its development, Neural Quotient & its development, Emotional Quotient & its development

Module 2. Stress Counseling (10 hours)

Content: Stress Counseling Concepts, Protocol based Stress Counseling, Cognitive Quotient & its development, Psychosocial Quotient its development, Case Studies

Module 3. Workplace Interventions (5 hours)

Content: Workplace Stress and prudent strategies, Organisational Stress Audit, Psychosocial factors and Stress Resilience

Step TWO: Online Self-Paced Learning (50 hours)

After completion of SMPC Workshop, based on the convenience participants can register for Self-paced In-depth learning Program. This will be a 50 hour online learning program. Participants will have register and access the Patented tool of Stress Management Lab. Participants will gain In-depth knowledge of 7 domains of Stress management aspects. They can conduct online stress Audits for their clients. candidate can take online examination conducted by International Council of Stress Management Professionals (ICSMP) and result will be declared instantly.

Syllabus outline

1. Physiological aspects of stress: Introduction to Stress Physiology; Neuro-endocrine Axis; Endocrine Axes; Integrated response to Stress; Effect of Stress on various body systems; Stress and Disease.
2. Emotional aspects of stress: Emotions; The Emotional Basis of Stress; A systems model of emotion; Emotions and Moods; Organizational Behaviour (OB) Applications of Emotions and Moods.
3. Cognitive aspects of stress: Stress and Cognition; Psychological effects of stress; Stress and Memory; Stress and Other Cognitive Variables; Stressful environmental conditions on cognitive performance.
4. Psychosocial and Bio-ecological aspects of Stress: Adaptation; Frustration; Overload; Deprivational Stress; Stressors unique to Women; Biorhythms; Stress Prone Diet.
5. Organizational aspects of stress: Approaches and Models of Job Stress; Organizational Role Stress; Individual Differences in Reactions to Workplace Stress; Coping Strategies and Interventions; Management Standards and Management Competencies.

Step THREE: Certification by ICSMP Sydney (25 hours)

This will be hands on experience program where participants have to submit case studies and evidences of real time application of learning. A minimum of 25 hours of delivery should be submitted to ICSMP. ISMA India will provide opportunities as and when they are ready.

About the Lead Trainer

Dr. B. Udaya Kumar Reddy has more than two decades of post-doctoral experience in the areas of Stress Management training, research, consultancy and counseling. He is working with Stress Management Lab Pvt. Ltd, Hyderabad in the capacity of Director (Training & Consultancy). Presently, he is the only MASTER TRAINER certified by ICSMP to conduct Stress Management Professional Certification Workshops in India. Dr. Reddy is the founder of International Stress Management Association (ISMA), India chapter (1999). Dr. Reddy had his Masters Degrees in philosophy, psychology and management; he took his Ph.D. in stress management area from S.V. University, Tirupathi, India (1995).



Resource Person

Rajender Singh M. Operations Director-SML, Prior experience includes Vice president Global Operations and Talent Management for Kantar group of Companies. A professional with over 25 years of experience in Research domain and has played vital roles in Nurturing Talent and Organisational Performance. Expertise in strengthening Corporate and Academic relevance and Managing Stress at Organizational level.



Workshop Registration Enquires

International Stress Management Association.
4-6-22/1/B , 103, Trinity Complex
Attapur, Hyderabad – 500048, Telangana
Mobile: 9701736007

Some of the Organizational Clientele ...

NFC, NTPC, BARC, CISF, INDIAN ARMY, DRDO
Hetero Drugs, Aditya Birla, TechMahindra
J K Fennar, SSI, BE, Dharwad Univ., NRSI, etc.

ICSMP Secretariat

Suite 501, Level 5, 52-58 William Street
East Sydney NSW 2011, AUSTRALIA
www.icsmp.org

SMPC fee details: Step Wise

Step ONE-Workshop Fee (25 Hrs.): - 7,000/-
Step TWO- Online learning Fee (50 Hrs.): 4,000/-
Step THREE- Certification Fee (25 Hrs.): 4,000/-

Corporate Participant needs to pay INR. 7,000
for workshop registration

Some pictures of previous SMPC Workshops...

Step-wise completion certificate will be given

Payment Option:

Wire transfer

*A/C Name: Stress Management Lab Pvt. Ltd.
Bank Name: IDBI Bank, A/C No.: 1048102000001090
Branch: Rajendranagar, Hyderabad,
IFSC: BKL0001048*

Offline Payment:

Registration Fee may be deposited in the form of Demand Draft drawn in favour of "Stress Management Lab Pvt. Ltd." payable at Hyderabad and to be sent along with the filled in and signed Registration Form to the ISMA Address.



For more details of SMPC Workshop
visit: www.isma.org.in