

Stress Audit and Stress Counselling for Attitudinal and Emotional Issues

ISMA Flagship
One-day
Workshop

Distinguished Speakers:



Dr. Niranjan Reddy K
- Clinical Psychologist, Hyderabad



Dr. Vasuki Mathivanan
- Consultant Psychologist, Chennai



Dr. Rita Bhattacharjee
- Counseling Psychologist, VIT, Vellore

Visit @ www.isma.org.in/icsm2018

Date : 9th November 2018 (10:00 am to 06:00 pm)

Venue : **HOTEL THE MANOHAR, BEGUMPET, HYDERABAD.**

Workshop Imperative:

In modern life due to competitive environment facing challenges are inevitable and it is well-known fact that the challenges in life are always associated with a certain amount of Stress. As a positive influence, stress can motivate us to action. As a negative influence, it leads to distorted thinking and can create distress and lead to health problems. Stress Audit brings out the comprehensive stress profile of the person and Stress Counselling address the client's distorted thinking and negative emotions thus helps them to modify their beliefs and behaviour. It also enable to learn new ways of relating to themselves and all stake holder to solve difficulties in their lives.

The One-day workshop designed to empower professionals to get hands on experience in understanding Stress response at emotional and attitudinal level and effective application of required techniques, protocols and instruments.

Objectives:

- Explain the Concepts of Stress Audit, Stress Counselling
- Discuss the Application of Stress Counselling in handling Attitudinal and Emotional Issues
- Explain Stress Audit Process and demonstrate the Stress Audit tools
- Demonstrate Effectiveness of Protocol-based Stress Counselling

Program benefits:

- Hands-on experience, Case discussions, Exercises, Assignments
- Certificate awarded to all participants
- Reading material plus references. (All participants shall receive reading material in their email upon registration to be read before the workshop. This maximizes your learning during the workshop.)

Against the above backdrop, the workshop is proposed with following tentative agenda.

Program Schedule

10:00am - 10:15am	Registration
10:15am - 10: 45am	-Introduction of Participants & Resource Persons -Overview of Workshop
10:45am-11: 15am	<i>influence of Stress on Attitudes and Emotions</i> -Dr. K. Niranjan Reddy
11:15am - 11:30am	Tea Break
11:30am - 12:00noon	<i>Group discussion and Q & A on Attitudes and Emotions</i> -Dr. K. Niranjan Reddy
12:00noon - 01:30pm	<i>Role of Stress Audit and Stress Counselling in Academic Excellence</i> -Dr. Rita Bhattacharjee
01:30pm - 02:15pm	Lunch Break
02:15pm - 03:45pm	<i>Role of Stress Audit and Stress Counselling Organisational Excellence</i> -Dr Vasuki Mathivanan
03:45pm - 04:00pm	Tea Break
04:00pm - 05:30pm	<i>Professional implementation of Stress Safety Net GD & Presentations</i>
05:30pm – 6:00pm	<i>Concluding Remarks & Valediction</i>

Speakers' Profile

Dr. K. Niranjan Reddy worked as Prof of Clinical Psychology (RTD) Institute Of Medical Health, Hyderabad. Presently, He is working as a consultant at ROSHNI Counselling Center and Stress Management Lab. He had more than 40 Year experience in Psychometric Assessment and Psychological Counselling. He got Ph.D. from Osmania University and D.M&S.P (Clinical Psychology) NIMHANS, Bangalore. Dr. Reddy had many publications to his credit.

Dr. Vasuki Mathivanan is currently the President of Chennai Counselors' Foundation and has obtained her Ph.D degree in Psychology from Madras University. She has an exposure in the field of counselling, training and Psychometric Assessment for about 20 years in diversified work environments. She conducts regular workshops for corporates on various Stress-related topics in countries like UK, Malaysia, Australia and Sri Lanka.

Dr. Rita Bhattacharjee presently working as Counselling Psychologist and heading Counselling Team at VIT University, Vellore, Tamilnadu. She had 12 years of experience in students counselling. She got hands on experience in implementing Stress Safety Net for Academic Excellence. She took Ph.D. from Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore. She presented papers in national and international Conferences.

Who should attend?

- SMP & HR Professionals
- PG Students and Research Scholars
- Academicians
- Counsellors & Psychologists
- Rehabilitation Professionals

Key Takeaways

- Concepts of Attitudes & Emotions
- Concepts of Stress Audit & Stress Counselling
- Stress Counselling Protocol
- Process and Demonstrate the Stress Audit Tools
- Professional Implementation of Stress Safety Net

Workshop Venue

Hotel The Manohar, Begumpet, Hyderabad

Workshop Registration Enquiries

Stress Management Lab Pvt. Ltd.

4-6-20/B, 103, Trinity Complex, Attapur, Hyderabad-48, Tel: 040 - 6646 5566

Registration Fee: INR. 4,000/-

(Fee covers Workshop kit, Lunch and Tea/ Coffee.)

Payment Details

Online Payment:

http://isma.org.in/icsm2018/index.php?option=com_sppagebuilder&view=page&id=41

Wire Transfer:

Account Holder Name: International Stress Management Association

A/C No.: 867810110007046, Bank Name : Bank of India

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