

DKM College for Women (Autonomous), Vellore-1

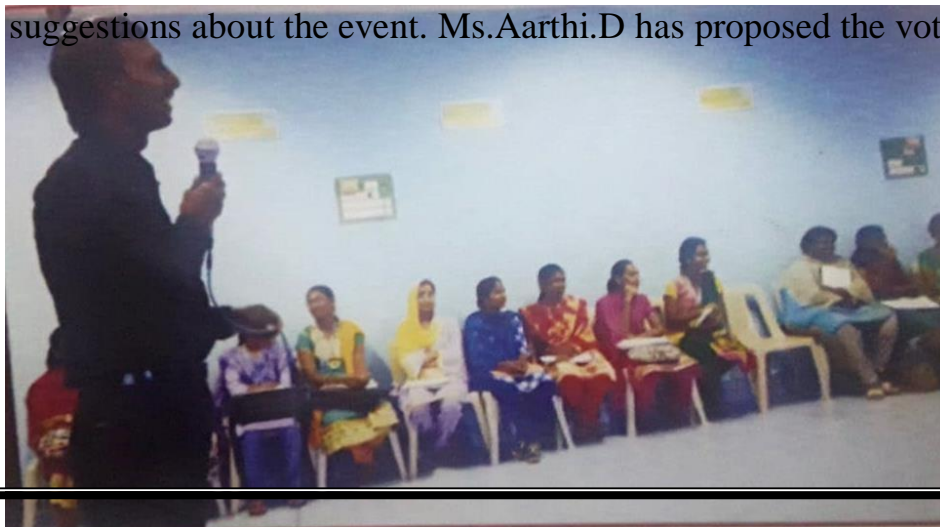
Department of Psychology

Guest Lecture (2017-2018)

Date	30.01.2018
Session	Afternoon
Participants	B.Sc Psychology & faculties of the department. Mrs.R.Geetha- HOD Mrs.R.Safina Selva- Assistant Professor Ms.Aarthi.D- Assistant Professor Ms.Saranya.S-Assistant Professor
Title	Special guest lecture on Basic of Cognitive Behaviour Therapy
Venue	Kaveri Conference Hall, DKMC Vellore.
Resource Persons	<i>Mr.R.M.Karthik Lakshmanan.,M.Sc.,M.Phil</i> Psychologist of Chennai Couselling Services.
Total No: of participants	40

Write Up:

The lecture was about the basic of Cognitive Behaviour Therapy. The program was started by 1.P.M where the welcome address was given by Mrs.Geetha.R,the Head of the department and the resource person profile was read by Mrs.R.Safina Selva. The session was conducted with theoretical presentations by the resource person . The resource person has explained many disabilities and the related therapies to be given. He has also shared his experience as visiting counsellor at IIT Madras and also about the basic ethics to be followed during counseling session. He taught the techniques for the students to balance their profession as counselor and personal life peacefully. Later the session was winded up by 5.30 after the participants gave suggestions about the event. Ms.Aarthi.D has proposed the vote of thanks.



**Presentation
class on CBT**