

# SYMBIOSIS COLLEGE OF NURSING

## CNE ON

### PSYCHOTHERAPIES

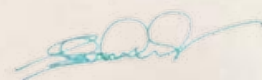
**Date:** Dec 12, 2018

**Time :** 0930hrs – 1300hrs

**Venue :** GFATM Hall

**Facilitators :** Mrs. Shubhangi Khasnis and Mrs. Vaishali Vyas & Team

<b>Time</b>	<b>Topics</b>
0930 – 0950 hrs	Inaugural Session
0950 – 1040 hrs	Cognitive Behaviour Therapy
1040 – 1130 hrs	Person Centered Therapy
1130- 1140hrs	Tea Break
1140 – 1230 hrs	Dance Movement Therapy
1230 – 1250 hrs	Interactive Session
1250 – 1300 hrs.	Vote of Thanks

  
Sharadha Ramesh, B.N., B.M., Ph.D.  
Director and Professor  
Symbiosis College of Nursing  
Symbiosis International (Deemed University)  
Pune 411004, Maharashtra

**SYMBIOSIS COLLEGE OF NURSING**

**CNE REPORT**

**PSYCHOTHERAPIES**

**Dec 12, 2018**

**Venue: GFATM Hall, SCON**

**Time: 9.30 AM – 01 PM**

Dept. of Mental Health Nursing has organized Continuing Nursing education on Psychotherapies; Dec 12, 2018. Welcome speech was delivered by Dr Sharadha Ramesh, Director SCON. Experts were felicitated during the Inaugural session by Director Mam.

Following experts from Disha Counselling center were the speakers for the CNE. Mrs. Shubhangi Khasnis, Mrs. Vaishali Vyas, Mr Prasanna Rabade, Mr Nikhil Walkikar, Ms. Aditi Bodas and Ms Gauri Orape. Knowledge and skill based training was provided on following therapies

Cognitive behavior therapy

Dance Movement therapy

Patient centered therapy

Total delegates were 86. Participants were from Symbiosis college of Nursing, Tehmi Grant Institute of Nursing Education and from Sinhgad college of Nursing. Each session had practical based learning followed by interactive session. Pretest and posttest were administered before and after the CNE.

At the end, few participants had given the feedback on CNE. Certificates were distributed and Mrs Sheetal Barde proposed vote of thanks.

Dr Sheela Upendra compered CNE.



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Delegates having activity session during Workshop



Speaker on the dias



Group Photo along with Speakers

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Annexure enclosed – Pre test analysis

Past Test Analysis

Feedback analysis

Photographs

  
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**Ms. SHUBHANGI KHASNIS**

**(Founder Director, Counselor, Psychotherapist & international Dance Movement Therapist)**

**Qualification:**

- B.Sc( Botany), MSW( Master of Social Work) in Medical & Psychiatry
- Post Graduate diploma in Psychological Counseling at Maharashtra Institute of Mental Health, Sasoon Hospital, Pune(MIMH).
- In service training in Rehabilitation of Schizophrenics in Therapeutic community in Richmond Fellowship Society (I), Bangalore.

Expert in various psychotherapies such as **RATIONAL- EMOTIVE – BEHAVIOR-THERAPY(REBT), COGNITIVE –THERAPY(CT), PERSON- CENTERED- THERAPY(CCT), BEHAVIOUR –THERAPY(BT), COGNITIVE-BEHAVIOR-THERAPY(CBT), GRIEF-THERAPY, MARITAL THERAPY, PRE MARITAL THERAPY, GROUP –THERAPY, FAMILY –THERAPY, SUPPORTIVE –THERAPIES like ART THERAPY, DANCE THERAPY, MUSIC THERAPY, DRAMA THERAPY.**

Specialized area of counseling-

- **Child counseling**
- **Child and parental counseling**
- **Parent counseling**
- **Adolescence counseling**
- **Counseling with Teenagers**
- **Career counseling**
- **Pre-marital counseling**
- **Marriage counseling(couple counseling)**
- **Divorce counseling**
- **Counseling to Housewives**
- **Family counseling**
- **Psychiatric disorders such as Depression , Anxiety disorders, obsessive – compulsive disorders, Psychosomatic disorders, Schizophrenic patients, Phobic disorders etc.**
- **Sex education with marital, pre-marital clients**
- **Depression counseling**

- **Suicidal Counseling**
- **Counseling to suicidal patients**
- **Stress counseling**
- **Counseling to Anxiety related problems**
- **Counseling to HIV/AIDS**
- **Counseling to HIV/AIDS related problems**
- **Homosexuality**
- **Counseling to Old –age clients**
- **Counseling to Menopausal females**
- **Counseling to Alcoholics**
- **Counseling on Sexual problems**
- **Counseling on Financial problems**

**CAREER TRACK :**

- Worked as trainee counselor in Earthquake area ( Killari) in Grief counseling under ICMR project through MIMH, Pune.
- Worked as Project officer in UNICEF project for detection and rehabilitation of Mentally Retarded children in Kolhapur.
- Worked as a counselor with Schizophrenics patients in Half-Way home in RFS(Richmond fellowship society), Bangalore.
- Worked as a counselor and research assistant in detection of HIV/AIDS patients and counseling (Tata Thelma project) in KEM Hospital Research centre, Pune.
- Started own DISHA PSYCHOLOGICAL COUNSELLING CENTRE, Kothrud, Pune with certain aims and objectives 20 yrs ago.
- Recently published own Marathi book titled “HE VAYACH VEDA ASATA! Arthat SWA-PRATIMA” by Mehata publishing house. It is for adolescent counseling for boys and girls. Also for their parents and teachers and counselors.
- Wrote articles in Sakal newspaper under Maitrin page regularly titled SWATALA SHODHATANA... for one year in 2010.
- Wrote series on ‘ Parenting’ under title ‘ Artha Natyancha’ in Saptahik Sakal (weekly Marathi magazine)



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# **Mrs. Vaishali Vyas**

**(Counselor, psychotherapist & Dance Movement Therapist, DMT)**

## **Basic Qualification:**

- B.Sc. Electronics, M A in Psychology

## **Additional Qualifications:**

- Basic and Advance course of psychological counselling and Psychotherapy ( 6 months) in Disha Psychological centre, pune.
- 10 days REBT (Rational Emotive Behavioral Therapy) workshop at Disha psychological centre, Pune
- Certificate Course in Dance Movement Therapy with CID UNESCO ‘ the international dance council, Paris’ valid in 130 countries.

## **Specialized Area of counseling:**

- Counseling through dance movement therapy to normal functioning and special needs clients.
- Child and Parent counseling
- Pre-marital counseling
- Marital counseling
- Career counseling
- Adolescence counseling
- Counseling to housewives

- Counseling regarding weight loss
- counseling to old age people
- counseling regarding study skills

Expert in application of following Psychotherapies-

- Rational emotive behavior therapy(REBT)
- Person – centered therapy(PCT)
- Behavior therapy
- Family therapy
- Supportive therapy
- Group therapy
- Cognitive therapy
- Dance Movement Therapy.

Career Track:

- Work as a vastu shastra consultant
- Diet and exercise consultant
- Working as counselor, psychotherapist and dance movement therapist at Disha Psychological centre.
- Conduct lectures in all courses and workshop held in Disha counseling centre especially in Basic course of counseling & Advance course of counseling.



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