



INTERNATIONAL CONFERENCE ON SOLUTION FOCUSED PRACTICES 2018 & ANNUAL MEET OF ASFP-I (ASSOCIATION FOR SOLUTION FOCUSED PRACTICES-INDIA)

THEME

**Applying Solution Focused Psychology
in Education, Mental Health
and Organisational Change**

Proceedings of:



**INTERNATIONAL CONFERENCE
ON SOLUTION FOCUSED PRACTICES 2018
& ANNUAL MEET OF ASFP-I
(ASSOCIATION FOR SOLUTION FOCUSED PRACTICES-INDIA)**

Theme:

**Applying Solution Focused
Psychology in Education,
Mental Health and
Organisational Change**

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Dear Delegates,

Greetings from ICSFP2018 Organising Team!

We are delighted to welcome you to the second International Conference on Solution Focused Practice and third annual meet of Association for Solution Focused Practices-India.

It gives us immense pleasure to bring together Solution Focused practitioners from all applications of Solution Focus: education, organisational development, mental health, etc. This conference invites you to facilitate learning, exchange, mutual support, and the further development of Solution Focused practice around you.

Apart from the 6 keynotes, that are common for all delegates, the conference is structured with 23 workshops (spread over two days). The workshops will be held in 8 different halls from 11.30 A.M to 1 P.M (forenoon session) and 2 P.M to 3.30 P.M (afternoon session). Participants can opt for any one workshops according to their interest.

On behalf of the team, I once again I welcome you all to the conference and see differently.

Wish you all a great learning experience.

Jaseem Koorankot, PhD

Gen. Secretary, ASFP-I

MESSAGE



Dear Congress Participants,

I am pleased to welcome you to CHRIST (Deemed to be University) on the occasion of International conference on solution focused practices and the annual meet of Association for Solution Focused Practices – India hosted by the Department of Psychology. CHRIST is celebrating its Golden Jubilee this year and it is a great honor for us to host you at this important season for us.

CHRIST welcomes collaborations and networking as important drivers for academic and professional growth and it is noteworthy that ASFP – I and CHRIST can work together, bringing resources and knowledge to the campus.

I hope that the academic exchanges at the congress will further enhance practice fields of Education, Mental Health and Organizations with the relevance of solution focused approaches.

I would like to thank the Department of Psychology and members of ASFP – I for initiating this important seminar and I wish the congress great success.

Dr. Fr. Thomas C Mathew

Vice -Chancellor

CHRIST (Deemed to be University)

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Part-1

PROGRAM SCHEDULE

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DAY	DATE	PAGE NO.
1	13 : December : 2018	13-14
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13 : December : 2018 | Thursday

WHEN	WHERE	BLOCK	WHO	WHAT
8.00am to 8.45am	Reception Area/ Lobby	Block IV Fifth floor		Registration
8.45am to 10.00am	KE Hall Auditorium	Block IV Fifth floor		Salutation & Inauguration
10.00am to 11.00am	KE Hall Auditorium	Block IV Fifth floor	Arnoud Huibers	Keynote 1: Five Keys to Solutions - Essentials of the Solution-Focused Approach in Action
11.00am to 11.20am	Lobby	Block IV Fifth floor		TEA BREAK & CHANGE HALLS
11.30am to 1.00pm	Different Halls			Workshops
	911	Central Block Ninth Floor	Marian Euverman & Gerjan Timmerman	Changing Gear in Addiction Care
	105	Central Block First Floor	Richard John	Magic of Numbers
	Panel room	Block II, Second Floor	Aarathi Selvan & Divya Raj	Mindfulness in Couples Therapy
	Seminar Hall	Block II, Ground Floor	Uma Krishnan	Technology Based Intervention In Children with Autism Spectrum Disorder and Intellectual Disabilities
	Assembly Hall	Block II, Third Floor	U S Vineesh & Neha Vineesh	Design Thinking
	Sky View	Central Block, Tenth Floor	Unnati G Hunjan & Jayasankara Reddy K	Animal-Assisted Interventions: A Solution Focused Approach
	Campus View	Central Block, Tenth Floor	Mebin Wilson	Criminal Profiling Through Crime Scene Investigation
	KE Hall Auditorium	Block IV Fifth floor	Bhasi Sukumaran	SFBT Protocol for Groups-Trauma Management
	Room715	Central Block, Seventh floor	Sherin P Antony	Therapeutic Play and Neuroscience
1.00pm to 1.45pm	Dining Hall			LUNCH BREAK & CHANGE HALL / CONTINUING IN SAME HALL

	Different Halls			Workshops
2.00pm to 3.30pm	911	Central Block Ninth Floor	Adam Froerer	SFBT with Clients Managing Trauma
	105	Central Block First Floor	Jikkie Stokman	How to Apply the SF Approach in Schools
	Seminar Hall	Block II, Ground Floor	Harishankar Moosath	Emotion Focused Therapy for Couples
	Assembly Hall	Block II, Third Floor	Sudhesh & Vijaya	Mindfulness Disciplining: Need for Solution Focused Approach
	Sky View	Central Block, Tenth Floor	Anuradha Sathiyaseelan	Early Intervention for the Offspring of Individual with Schizophrenia
	Campus View	Central Block, Tenth Floor	Mebin Wilson	Criminal Profiling Through Crime Scene Investigation
	KE Hall Auditorium	Block IV Fifth floor	Bijesh A R	A Solution Focused way to Working with Suicidal Clients
	Panel room	Block II, Second Floor	Noorjahan Kannanjeri & Jareesha Thottoli	Individually Tailored Psycho Education Interventions
3.30pm to 4.00pm	Lobby	Block IV Fifth floor		TEA BREAK
4.00pm to 5.00pm	KE Hall Auditorium	Block IV Fifth floor	Lammie Lamberts	Keynote 2: On Our Way to a Solution Focused Organization
5.00pm to 7.00pm	KE Hall Auditorium	Block IV Fifth floor		Cultural Program

14 : December : 2018 | Friday

WHEN	WHERE	BLOCK	WHO	WHAT
8.45am to 8.55am	KE Hall Auditorium	Block IV Fifth floor		Salutation
9.00am to 10.00am	KE Hall Auditorium	Block IV Fifth floor	Sue Young	Keynote 3: Solution Focused Practice in Schools
10.00am to 11.00am	KE Hall Auditorium	Block IV Fifth floor	Kirsten Dierolf	Keynote 4: SF in Organizational Development and Change Management
11.00am to 11.20am	Lobby	Block IV Fifth floor		TEA BREAK & CHANGE HALLS
11.30am to 1.00pm	Different Halls			Workshops
	911	Central Block Ninth Floor	Elliott E. Connie	The Solution Focused Approach with Couples: Building a Love Garden
	105	Central Block First Floor	Kirsten Dierolf	SF Tools for Organizational Development and Change Management
	Panel room	Block II, Second Floor	Sue Young	Solution-Focused Anti-Bullying in Schools
	Seminar Hall	Block II, Ground Floor	Georg Vorndran	Resources and Solutions through Working on Life-Lines
	Assembly Hall	Block II, Third Floor	Lonneke Wiewel	Solution Focused Addiction Care
	Campus View	Central Block, Tenth Floor	Open Space	
	Sky View	Central Block, Tenth Floor	Arnoud Huibers & Jaseem Koorankot	Application of the Solution Focused Circle Technique: A Practical Tool for a Direct Approach.

1.00pm to 1.45pm	Gourmet Extension	Central Block, -1 level		LUNCH BREAK & CHANGE HALL / CONTINUING IN SAME HALL
2.00pm to 3.30pm	Different Halls			Workshops
	911	Central Block Ninth Floor	Elliott Connie	The Solution Focused Approach with Couples: Building a Love Garden
	105	Central Block First Floor	Kirsten Dierolf	SF tools for Organizational Development and Change Management
	Panel room	Block II, Second Floor	Sue Young	Solution-Focused Anti-Bullying in Schools
	Seminar Hall	Block II, Ground Floor	Georg Vorndran	Systemic Sculpture Board - Clarifying Problems and finding Solutions
	Assembly Hall	Block II, Third Floor	Lonneke Wiewel	Solution Focused Addiction Care
	Campus View	Central Block, Tenth Floor	Open Space	
	Sky View	Central Block, Tenth Floor	Arnoud Huibers & Jaseem Koorankot	Application of the Solution Focused Circle Technique: A Practical tool for a Direct Approach.
3.30pm to 4.00pm	Gourmet Extension	Central Block, -1 level		TEA BREAK & CHANGE HALLS
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15 : December : 2018 | Saturday

WHEN	WHERE	BLOCK	WHO	WHAT
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9.00am to 10.00am	KE Hall Auditorium	Block IV Fifth Floor	Elliott E. Connie	Keynote 5: Solution Focused Brief Therapy: The Art of Getting a Useful Response.
10.00am to 11.00am	KE Hall Auditorium	Block IV Fifth Floor	Adam Froerer	Keynote 6: The Heart Behind the Research: What the SFBT Research Means
11.00am to 11.20am	Lobby	Block IV Fifth Floor		TEA BREAK
11.30am to 12.30pm	KE Hall Auditorium	Block IV Fifth Floor	Tony Sam George, Baby Shari, Adam Foerer	Panel Discussion: Solution Focused Approach as a New Wave of Practice and Research in Psychology and Allied Sciences
12.30pm to 1.15pm	KE Hall Auditorium	Block IV Fifth Floor		Valedictory
1.15pm to 2.00pm	Gourmet Extension	Central Block, -1 level		Chats, Meet Again Talks and Lunch
2.00pm to 3.00pm	Meetings			


Part-2

ABSTRACTS OF KEYNOTES



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SESSION	DATE	TIME	HALL	BLOCK
Keynote 1	13/12/2018	10.00am-11.00am	KE Hall Auditorium	Block IV Fifth floor

Title of the keynote	Five Keys to Solutions - Essentials of the Solution-focused Approach in Action
Speaker	Arnoud Huibers
Designation and Affiliation	Director of Solutions Centre, Consultant Psychologist, Psychotherapist, Family and Couples Therapist.
Abstract of the keynote	<p>Usually, clients arrive at therapy or counselling rooted in their problem experience. This may be a recent crisis or a long-standing problem, a relationship- or family problem, a series of disappointments, a trauma, anxiety or stress, an educational problem, a loss or another event in our lives that disconnects us from the life we would like to live.</p> <p>In this keynote participants will be invited to take a closer look at what a solution-focused therapist or counsellor exactly does, what kind of interventions does he use? How is the SF approach different from the traditional, problem-oriented approach? What does a SF conversation look like? What kind of theory, what kind of thinking behind? Where does the SF approach come from and who developed it?</p> <p>Five keys to solutions, five interrelated essential principles of the SF Approach will be presented in this keynote. These principles can be used in a variety of settings, with different clients, by different professionals. A visual representation of the five essentials will be given, supported by video excerpts that will be shown and reflected upon for discussion and exchange of ideas.</p>
About the Speaker	<p>Arnoud Huibers, director of Solutions Centre, co-founded with Insoo Kim Berg in 2004. He is a licensed psychologist, psychotherapist, family and couples therapist and teacher of the Solution Focused psychology in the Netherlands, Europe, the Caribbean, India, and the Far East. He was trained at the University of Utrecht and completed his post-graduate degree at the Academic Medical Centre of Utrecht, the Netherlands. As a psychotherapist, he works in private practice, in Soesterberg, the Netherlands. He is a founding member of the Dutch Associations of Solution-Focused Professionals (VOPN), founding member of Academy for Solution Focused Approaches and Research (ASFAR), member of the Dutch Society of Psychologists (NIP), Psychotherapists (NVVP), Family and Couples Therapists (NVRG) and Child- and Youth Therapists (VKJP).</p>
Contact Details	 arnoudhuibers@sol-centre.org www.solutions-centre.nl/en/


SESSION	DATE	TIME	HALL	BLOCK
Keynote 2	13/12/2018	4.00pm-5.00pm	KE Hall Auditorium	Block IV Fifth floor

Title of the keynote	On Our Way to a Solution Focused Organization
Speaker	Lammie Lamberts
Designation and Affiliation	Verslavingszorg Noord Nederland (VNN) Groningen, The Netherlands
Abstract of the keynote	<p>'Changing gearbox' in an organization of addiction care.</p> <p>The scenery of focus is VNN (Verslavingszorg Noord Nederland), a large Addiction Care Organization in the North Districts of the Netherlands, whose core business is the treatment of addiction. This institution implemented Solution Focused talking, thinking and working in every corner of the organization.</p> <p>The presentation is about turning: moving, looking for different cues. It's about turning the soul: redirecting the core belief-systems of managers, professionals, and clients. The presentation is about the effect of turning the heart of communication: a different language, as a tool in the true and lasting empowerment of managers, professionals, and clients. It's about "very" in the meaning of essential, true, real. It's not about tricks and tips, it's not about strategies and manipulation.</p> <p>Through focusing on how to move an organization, we hope to show you how the reality of authentic leadership, supported and continuously influenced by a different language, leads to organizations with increased achievements, better work attendance, creativity amongst employees, personal leadership, work satisfaction, and high client satisfaction rates.</p>
About the Speaker	<p>Drs. Lammie Lamberts, Manager Region Friesland, Addiction care in the North of Holland (VNN)</p> <p>Background:</p> <ul style="list-style-type: none"> • Doctoral General Theoretical Pedagogy (University Groningen RUG) • Family Therapist • Various master courses Solution Focused Therapy and Management: (Korzybski Institute the Netherlands; Saxion University Enschede; Fontys educational center special care education Tilburg; Brief Family Therapy Center Milwaukee USA; SOLT.E.A.M).
Contact Details	 E-mail address: lalamberts@gmail.com  Mobile Phone: 31622487883


SESSION	DATE	TIME	HALL	BLOCK
Keynote 3	14/12/2018	9.00am-10.00am	KE Hall Auditorium	Block IV Fifth floor

Title of the keynote	Solution Focused Practice in Schools
Speaker	Sue Young
Designation and Affiliation	Independent teacher / consultant
Abstract of the keynote	<p>Our understanding of solution-focused practice has been extended by work in schools. So today I want to talk proudly about solution-focused practice in schools, building on SF therapy or counselling, moving towards universal and inclusive practice. I will use examples from different levels of work with schools, from larger projects involving many schools to helping individual students. We will also consider evidence of the outcomes, including the longer-term advantages of working in this way and introducing the solution-focused movement for social justice.</p> <p>Please join with me to make this plenary thought-provoking, interactive and enjoyable!</p>
About the Speaker	<p>Sue Young began specialising in behaviour support to schools in the 1990s in the North of England. Her project on promoting friendship in schools featured in the UNESCO education newsletter. Her support group approach to helping children feeling bullied in school was part of government guidance in England and has since been recognised throughout the world.</p> <p>Sue completed the first two online courses run by Insoo Kim Berg and Steve de Shazer and after becoming independent in 2007, has collaborated with many leading practitioners and given workshops & training in North and South America, Europe and in Japan & Korea. This is her first visit to India.</p>
Contact Details	 E-mail address: sue@young.karoo.co.uk  Mobile Phone: +44 7807 505858

SESSION	DATE	TIME	HALL	BLOCK
Keynote 4	14/12/2018	10.00am-11.00am	KE Hall Auditorium	Block IV Fifth floor

Title of the keynote	SF in Organizational Development and Change Management
Speaker	Kirsten Dierolf
Designation and Affiliation	Owner and Founder Solutions Academy, Gluckensteinweg 10-14 61350 Bad Homburg, Germany
Abstract of the keynote	<p>“Change is happening all the time – so find useful change and amplify it”, is a well-known saying in Solution Focused Psychology. This is why Solution Focused Psychology is uniquely suited to help organizations thrive in our volatile, uncertain, complex and ambiguous (VUCA) world.</p> <p>In this keynote you will learn about foundational principles for Solution Focused work with organizations times of change and development: how we can view organizations so we can be influential but not delude ourselves into thinking we can control the outcome of our interventions (as consultants or managers), how we can view “resistance to change” as a great resource and what we can do to help further development and useful change.</p> <p>Participants will walk away with ideas on a useful mindset, some practical tools for Solution Focused work with organizations and a few stories from Kirsten’s practice which illustrate the possibilities.</p> <p>The keynote will interest people working in organizations (managers, team leaders, individual contributors), people working with organizations (consultants, organizational psychologists, HR professionals), people working with people who work in organizations (psychologists, counsellors)</p>
About the Speaker	Kirsten Dierolf, M.A., MCC, MASFP has been working as an executive coach, team coach and organizational developer mainly for global corporations since 1996. She is a co-author of “The Solution Tango” and author of “Solution Focused Team Coaching” and runs her own ICF accredited Coach Training school which runs online and face-to-face programs (www.solutionsacademy.com). She learned Solution Focus directly from Insoo Kim Berg and Steve de Shazer and was founder and editor of the first peer-reviewed journal for Solution Focus: “InterAction”. Her publications can be found here: www.kirsten-dierolf.de
Contact Details	 www.solutionsacademy.com E-mail address: kirsten@kirsten-dierolf.de Mobile Phone: 0049 172 7634387

SESSION	DATE	TIME	HALL	BLOCK
Keynote 5	15/12/2018	9.00am-10.00am	KE Hall Auditorium	Block IV Fifth floor

Title of the keynote	Solution Focused Brief Therapy: The Art of Getting a Useful Response
Speaker	Elliott E. Connie
Designation and Affiliation	The Solution Focused University,
Abstract of the keynote	<p>Even if you have only used the Solution Focused Approach one time in your work, you would have surely been faced with a scenario when you are asking the client a question and they are struggling to develop a useful response. Even very experienced professionals using this approach find themselves in scenarios like this.</p> <p>The key to mastering this approach is to understand that your role in the session is to ask another that will keep the conversation moving towards the client's desired outcome. The client responses are central to this approach and thus the therapist's questions are necessary as a vehicle to produce client responses.</p> <p>In this plenary, the presenter will use lecture and video to show demonstrate the art of getting useful responses in session as well as interactive practice exercises.</p>
About the Speaker	<p>Elliott Connie, MA, LPC is a psychotherapist that practices in Keller, Texas. He has worked with thousands of individuals, couples, and families applying the solution focused approach to help them move their lives from the current problems towards their desired futures. He is the founder and Director of The Solution Focused University, an online learning community that also conducts training to help professionals master the Solution Focused Approach in their work. He is recognized around the world speaking at national and international conferences and events in such places as throughout the United States, Australia, New Zealand, Germany, South Africa, Russia, Switzerland, England, Poland, Sweden, Denmark, Scotland, Holland, Canada, and Asia training practitioners to apply solution focused questions and techniques in their work. He has authored or co-authored 4 books including "The Art of Solution-Focused Therapy", "Solution Building in Couples Therapy", "The Solution-Focused Marriage", and "Solution-Focused Brief Therapy with Clients Managing Trauma".</p>
Contact Details	 E-mail address: Elliott@elliottconnie.com Mobile Phone: +19727689611

SESSION	DATE	TIME	HALL	BLOCK
Keynote 6	15/12/2018	10.00am-11.00am	KE Hall Auditorium	Block IV Fifth floor

Title of the keynote	The Heart Behind the Research: What the SFBT Research Means
Speaker	Adam Froerer
Designation and Affiliation	Associate Program Director, Marriage and Family Therapy Program Mercer University, School of Medicine
Abstract of the keynote	Participants will be exposed to a comprehensive overview of process and outcome of research that contributes to the evidence-base of solution focused brief therapy. The presenters will provide participants with information regarding the current SFBT treatment manuals for working with individuals, available outcome measures related to SFBT, an overview of SFBT effectiveness research with various clinical populations, and information regarding national registries that include SFBT as an evidence-based practice.
About the Speaker	Adam Froerer is a university professor and a trainer for BRIEF International. Adam has clinical experience working with individuals, couples, and families in a variety of settings and teaching experience focused on couples and family therapy. Adam has conducted multiple research studies evaluating solution-focused brief therapy. Adam has presented and trained SFBT professionals around the world.
Contact Details	 E-mail address: Froerer_as@mercer.edu  Mobile Phone: +1 (801) 510-6901

Part-3


ABSTRACTS OF WORKSHOPS

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SESSION	DATE	TIME	HALL	BLOCK
Workshop 1	14/12/2018	11.30am-1.00pm	911	Central Block, 9th Floor


Title of the Workshop	Changing Gear in Addiction Care
Speaker	1. Marian Euverman 2. Gerjan Timmerman
Designation and Affiliation	Verslavingszorg Noord Nederland
Abstract	<p>VNN, a large organization of addiction care in the Netherlands, has the vision that it's really important to treat clients from four interrelated perspectives: biological, psychic, social and meaning. Practitioners in this organization are trained to apply the solution-focused approach, ask the right SF questions, in each of these four perspectives.</p> <p>SF trainers from VNN have designed a model to help practitioners keep the focus on asking the right SF questions on these four perspectives/life areas. This model is called: 'Changing gear model'.</p> <p>In this workshop, Marian Euverman and Gerjan Timmerman will present, explain and demonstrate the 'Changing gear model'. They will tell about de creation of this model, how the four perspectives are inextricably linked and influence and reinforce each other in a positive way by asking SF questions.</p> <p>The participants will practice with this model with each other and with their own cases.</p>
Expected Learning outcome	<p>By end of the workshop, the participants will be able to</p> <ol style="list-style-type: none"> 1. Understand the 'Changing gear model' and, when it is possible, apply the model in their own work context. 2. Understand the importance of integrated treatment of the parts: biological-psychic-social-meaning and how SF questions contribute to positive treatment results.
Workshop is intended for:	All levels
About the Speaker	<ol style="list-style-type: none"> 1. Marian Euverman: Marian Euverman works 20 years in addiction care. She started working in a family clinic as a sociotherapist, then worked as an ambulant home supervisor and became after that SF trainer, coach and educational advisor. 2. Gerjan Timmerman: Gerjan Timmerman works 21 years in addiction care as a family therapist in a clinical setting. Furthermore, he works as a SF trainer.
Duration of the Workshop	90 minutes
Contact Details	 E-mail address: m.euverman@vnn.nl g.timmerman@vnn.nl Mobile Phone: 0031 6 51880364 Marian 0031 6 25152982 Gerjan

SESSION	DATE	TIME	HALL	BLOCK
Workshop 2	13/12/2018	11.30am-1.00pm	105	Central Block First Floor


Title of the Workshop	Magic of Numbers
Speaker	Richard John
Designation and Affiliation	JESCOO, Tamilnadu
Abstract	<p>Therapy in 'Solution-Focused Brief Therapy' is a conversation and the therapy happens utterance by utterance. Conversation happens within the language of each person. However, language limits the expression of our human experience and emotion. On the other hand, the language therapist and the client use is all that we have to go on. Therefore, the therapeutic interventions or the tools and technique that are used in the therapy depends exclusively on the way we use words.</p> <p>Of course, numbers, like words, can be magic in therapy when its employed effectively. The numbers are used in scaling techniques. Scaling is used to measure the client's own experience, perception, to motivate and encourage, and to elucidate the goals and all that is important to the client.</p> <p>The workshop aims at training the participants to understand the scaling techniques used in SFBT. They will learn 'scaling questions' and effective employment of numbers in scaling, that's used by Solution Focused practitioner. Neither the therapist nor the client can absolutely be certain what the other means using particular word or concept. The different Scaling techniques they learn mostly through activities in the workshop allows them to jointly construct a way of talking about the things that are hard to describe including the emotions, motivation, and progress towards the goal of the clients. This is proven to be more effective with any range of clients from children to older adults.</p>
Expected Learning outcome	<p>By the end of the workshop, the participants will be able to:</p> <ol style="list-style-type: none"> 1. Understand Scaling Technique in SFBT 2. Learn Scaling Questions 3. Employ the numbers effectively in therapy 4. Will be able to assess and get feedback using numbers 5. Will be able to use different scaling techniques in therapy
Workshop is intended for:	All levels
About the Speaker	Richard John is a Psychological Counsellor and the Assistant Director of JESCOO a premier centre that offers effective counselling services to a range of people and creates professional counsellors. He studied at the University of London and trained in SFBT at the BRIEF Institute, London, UK. He has rich experience in training and promoting solution focused practice to a wide range of professionals especially in the educational field. He has worked with a number of individual clients, families, and groups at the UK and India applying SFBT.
Duration of the Workshop	90 minutes
Contact Details	 E-mail address: richysj0@gmail.com Mobile Phone: +91 8939472128

SESSION	DATE	TIME	HALL	BLOCK
Workshop 3	13/12/2018	11.30am-1.00pm	Panel Room	Block II, Second Floor

Title of the Workshop	Mindfulness in Couples Therapy
Speaker	1. Aarathi Selvan 2. Divya Raj
Designation and Affiliation	1. Pause for Perspective, Hyderabad. 2. Asha Hospital, Hyderabad
Abstract	<p>Mindfulness is an invitation to move our awareness into the present moment with a stance of curiosity, openness, acceptance, and love (COAL).</p> <p>Couples counselling in a cultural context like India is a unique one. The normal challenges of the couples' development are met with unique cultural experiences that are almost exclusive to our family-centered marriages. Couples counselling entails encouraging the normal developmental lifespan of a couple. It also entails encouraging differentiation as well as a strong partnership. One of the essential challenges a therapist usually has in couples counselling is the inability to be a strong leader within sessions. Other challenges entail inability to diagnose couple's issues accurately and intervene in ways that are effective and immediate.</p> <p>This workshop is two-pronged: it introduces professionals to how a mindfulness-oriented therapist can hone her presence to be an effective leader for couples. Exercises in honing awareness and presence will be included in the workshop. Further, the theory that informs Mindfulness Informed Couples therapy is delineated, and we will explore how we help clients become aware of their patterns and encourage effective connection. Basic exercises are included.</p>
Expected Learning outcome	<p>By end of the workshop, the participants will be able to:</p> <ol style="list-style-type: none"> 1. Incorporate Mindfulness to promote therapist presence with Couples. 2. Use mindfulness to promote partners presence with oneself and the other.
Workshop is intended for:	Intermediate


About the Speaker	<p>1. Aarathi Selvan NCC(USA), MPhil(Clpsy) is a Clinical Psychologist in India and a National Certified Counselor in the USA. She is a trained teacher in Mindfulness Based Symptom Management from the Ottawa Mindfulness Clinic, Canada and a Mindful Self Compassion Practitioner. She has further certifications in Developmental Model of Couples Counselling, USA as well as Imago Therapy, NZ. She is the Founder of Pause for Perspective, Hyderabad, a Mental Health organization that works with individuals, families, groups and Children. She leads Mindfulness workshops for laypeople as well as mental health professionals in the city of Hyderabad. She additionally supervises mental health professionals and teaches a St. Francis Degree college and consults at Facebook.</p> <p>2. Divya Raj MPhil (Clpsy) is a Clinical Psychologist who works at Asha Hospital, Hyderabad. She has prior experience in working at NIMS, Hyderabad as a Neuropsychologist. She works with individuals, couples, and families at Asha Hospital. She is a Mindfulness Based Symptom Management practitioner and has completed her certification in Mindfulness Based Psychotherapy as well as Developmental Model for Couples therapy, USA.</p>
Duration of the Workshop	90 minutes
Contact Details	 E-mail address: aarathi.selvan@gmail.com Mobile Phone: 9121589588

SESSION	DATE	TIME	HALL	BLOCK
Workshop 4	13/12/2018	11.30am-1.00pm	Seminar Hall	Block II, Ground Floor


Title of the Workshop	Technology based intervention In children with Autism Spectrum Disorder and Intellectual Disabilities
Speaker	Uma Krishnan
Designation and Affiliation	Director, Spandhana Centre for special needs
Abstract	<p>The prevalence rate of Autism Spectrum Disorders has increased drastically. The management aspects of these disorders have to be improvised as the technological aspects have an important role in bringing out new interventions for such conditions.</p> <p>As the children learn many things from visual modalities it will be easy to retain the information. The technological way of intervention has a role in dealing the sensory issues of the children with Autism spectrum disorders. Studies show that technological aspects of teaching increase the learning aspects of children with intellectual disabilities and Autism Spectrum Disorders.</p> <p>There are several apps that have been identified to work with children in different areas like, cognition, communication, educational aspects etc. Usage of iPad and computers can motivate the child's learning capacity in a structured way.</p>
Expected Learning outcome	<p>By end of the workshop, the participants will be able to:</p> <ol style="list-style-type: none"> 1. Technological aspects of intervention 2. Making worksheets 3. Handling children with special needs
Workshop is intended for:	Beginner, Intermediate, All levels (mention whichever is appropriate)
About the Speaker	<p>Dr. Uma Krishnan, Clinical Psychologist, and Director of Spandhana centre for special needs. She has completed MPhil from Manipal and Ph.D. from Bharathiar University. She is specialized in psychological interventions in areas of child and adolescent issues. She is an experienced person in dealing with children with special needs. She has done researches on stress among adolescents. She has published journals in national and international journals on 1) Influence of Locus of Control, Self-Esteem and Sex on Academic Stress among Adolescents 2) Parenting Style as a moderator of Locus of Control, Self Esteem, and Academic Stress among Adolescents 3) Study engagement among college students. She has received Best Paper Award for the paper "improving conversation skills using technology based intervention among children with Autism Spectrum Disorders" In IASFP conference Calicut, December 2016.</p>
Duration of the Workshop	90 minutes
Contact Details	 E-mail address: umakrishnan11@gmail.com Mobile Phone: 9986411797

SESSION	DATE	TIME	HALL	BLOCK
Workshop 5	13/12/2018	11.30am-1.00pm	Assembly Hall	Block II, Third Floor



Title of the Workshop	Design Thinking
Speaker	1. U S Vineesh 2. Neha Vineesh
Designation and Affiliation	1. Delivery Manager, Wipro 2. Student, Jyoti Nivas College
Abstract	<p>Design thinking is making waves across the world and impacting every industry on how to approach and solve real world problems. The principles, mindsets, and processes of design thinking are helping individuals and teams to approach complex problems, innovate collaboratively, and create holistic, sustainable solutions with a human-centered focus.</p> <p>Useful for anyone who is curious about solving problems in the real world, a person who is open to taking any challenges. The objectives shall be to understand</p> <ul style="list-style-type: none"> • Basics of design thinking and how it has led to unique and innovative solutions. • Design thinking mindsets, what are they and how it is important to enable innovative ways of thinking • Various phases of design thinking • A chance to deepen collaboration within your team, and to connect with other innovative thinkers. • A fun, hands-on learning experience. <p>Presentation methods:</p> <p>Activities and discussions</p> <p>The benefits of the workshop shall be:</p> <ul style="list-style-type: none"> • Learn the fundamentals of design thinking and approach problems and its solutions in a novel way • Solve complex challenges using the structured design thinking process • A new way of thinking to reach an acceptable solution focused approach rather than absolute problem solving • Achieve alternate solutions that are novel and better, by combining design thinking with analytical decision making • Establish a framework for building an environment that fosters creativity and innovation

Expected Learning outcome	<p>By end of the workshop, the participants will be able to:</p> <ol style="list-style-type: none"> 1. Understand the basics of design thinking, the process, and mindsets 2. Understand a human-centered approach to solving complex problems and seeing any problem from the perspective of end-user 3. A new way of teamwork and a chance to deepen collaboration among your team members
Workshop is intended for:	Beginner
About the Speaker	<p>1. A transformation strategist with 18+ years of industry experience and currently pursuing Ph.D. at NIT Trichy. He has been involved in Product and solutions development and contributed in the capacity of a software engineer, designer, technical lead, project manager, program manager, agile practitioner, and coach. He has conducted multiple workshops on design thinking for academia (students, FDP) and industry. He also mentors various teams on design thinking approaches to solving real-world problems.</p> <p>2. Neha Vineesh is pursuing her 2nd-year bachelor's degree in Arts from Jyoti Nivas College Bangalore. She is specializing in Psychology, Sociology, and English. She has interests in understanding human behaviour, ie. Why people do what they do in various situations. Apart from her academics, she likes to writes poems and is looking forward to publishing her book on poetry in the near future.</p>
Duration of the Workshop	90 minutes
Contact Details	 E-mail address: Vineesh.sathianathan@gmail.com Mobile Phone: 9448358787



SESSION	DATE	TIME	HALL	BLOCK
Workshop 6	13/12/2018	11.30am-1.00pm	Sky View	Central Block, Tenth Floor

Title of the Workshop	Animal-Assisted Interventions: A Solution Focused Approach
Speaker	1. Unnati G Hunjan 2. Jayasankara Reddy K
Designation and Affiliation	1. Assistant Professor, Department of Psychology, CHRIST (Deemed to be University) 2. Associate Professor of Psychology, CHRIST (Deemed to be University), Bangalore, Karnataka
Abstract	The mere presence of an animal in a therapeutic setting has shown to bring about positive outcomes. When involved in the therapeutic process, ranging from reduced doctor visits with savings of about 3.86 billion dollars over 10 years- to a prolonged lifespan in heart patients, their advantages are multifarious. Solution-focused approaches being brief, they can greatly benefit from animal-assisted interventions and techniques with a focus on 'solution building' rather than 'problem-solving'. This workshop explores these benefits and proposes interventions with therapy dogs and comfort dogs, thus advancing neuropsychological functioning, and overall mental health of clients. Therapy animals, particularly therapy dogs are known to be 'social lubricants', they help improve social skills, involvement, eye contact, peer relationships, tone of voice, communication skills and reduces absenteeism. Speech, communication and vocabulary improvement, and cognitive development are known to take place with the therapy dog as a catalyst. They also help arouse curiosity and yearning for knowledge. With the unconditional positive regard provided by dogs, the non-judgmental and non-discriminatory nature, client's self-esteem, and self-confidence is built and sense of purpose is instilled. The interventions to bring about these changes include activities of the clients conducted with the therapy dog by trained professionals. The particular benefits, theoretical background of these interventions and activities used are discussed in this workshop.
Workshop is intended for:	All Levels
Maximum No. of participants accommodated:	20
About the Speaker	1. Unnati G Hunjan is an Assistant Professor of the Department of Psychology at CHRIST (Deemed to be University). 2. Jayasankara Reddy K is an Associate Professor of Psychology, CHRIST (Deemed to be University), Bangalore, Karnataka
Duration of the Workshop	90 minutes
Contact Details	 E-mail address: unnati.hunjan@christuniversity.in Mobile Phone: 9545959282


SESSION	DATE	TIME	HALL	BLOCK
Workshop 7	13/12/2018	11.30am-3.30pm	Campus View	Tenth Floor, Central Block

Title of the Workshop	Criminal Profiling through Crime Scene Investigation
Speaker	Mebin Wilson Thomas
Designation and Affiliation	Assistant Professor, Department of Forensic Science, Jain University
Abstract	<p>Criminal profiling, also referred to as the Criminal Investigative Analysis, is an attempt to categorize the personality characteristics of offenders by their behaviour at crime scenes. Numerous TV programmes and documentaries also have in recent times focused on the assertion of criminal profiling, including Millennium, profiler and even The X-Files. Unfortunately, the media portrayal of criminal profiling has often been far from accurate. The basic reason for this is because they tend to imply that profiling is a perfect skill to some extent comparable to a precognitive clairvoyant capability. The understanding of profiling as an investigative technique is still not well known by many law enforcement professionals including police officers, criminologists, and behavioural scientist. With the help of criminal profiling, a profiler may be able to infer a criminal's age, gender or employment history commencing from the manner he/she has performed throughout the period the crime was carried out. The main objective of this workshop is to impart practical training for the participants on the application of psychological principles in the field of criminal investigation.</p> <p>Objectives</p> <ul style="list-style-type: none"> • To impart the concepts of criminal profiling and psychological profiling and its differences. • To instruct how the concepts of psychology will help in tracking down serial killer/s. • To impart the practical demonstration for the participants on the procedure followed by police officers at the crime scene.
Expected Learning outcome	<p>By end of the workshop, the participants will be able to:</p> <ol style="list-style-type: none"> 1. Participants will be able to understand the concepts of criminal profiling and psychological profiling and its differences. 2. Participants will be able to understand how the concepts of psychology will help in tracking down serial killer/s 3. Participants will be able to apprehend the practical procedure followed by police officers at crime scene.
Workshop is intended for:	Beginner, Intermediate, All levels
About the Speaker	Assistant Professor, Department of Forensic Science, Jain University
Duration of the Workshop	180 minutes
Contact Details	 E-mail address: mebinforensic@gmail.com  Mobile Phone: +91 8618567204; +91 8884640648



SESSION	DATE	TIME	HALL	BLOCK
Workshop 8	13/12/2018	11.30am-1.00pm	KE Hall Auditorium	Block IV Fifth floor

Title of the Workshop	SFBT Protocol for Groups- Trauma Management
Speaker	Bhasi Sukumaran
Designation and Affiliation	Prof. & Head, Dept. Of Clinical Psychology, SRM Medical College Hospital & Research Centre, Chennai
Abstract	<p>An attempt was made to develop a SFBT Protocol for Groups to target trauma Management. This was done in response to call for help for the survivors of the floods in Kerala, many of whom had post-trauma sequels.</p> <p>The objective was to evaluate the efficacy of the SFBT approach in a group protocol to address the post-trauma concerns of the survivors of the floods in Kerala. The process of development of the protocol and the attempts to implement it in addressing the concerns of the survivors of the floods, the hurdles and problems faced and how they were addressed will be presented in the workshop.</p> <p>The participants will be exposed to the process of development of a group protocol and the attempts made at evaluation of its efficacy in addressing the concerns of the Kerala flood survivors.</p>
Expected Learning outcome	<p>By end of the workshop, the participants will be able to:</p> <ol style="list-style-type: none"> 1. Understand the 5 session SFBT group protocol developed for trauma management 2. Understand the process involved in developing the group protocol targeting a specific group 3. Develop skills required to develop such group protocols for specific needs.
Workshop is intended for:	Intermediate
About the Speaker	Dr. Bhasi Sukumaran holds an M.Phil and a PhD in Clinical Psychology from NIMHANS. He currently heads the Department of Clinical Psychology at SRM Medical College Hospital & Research Centre in Chennai. He is a trained EMDR Therapist and is very much involved in training for Neuropsychological assessment as well as Cognitive remediation for Traumatic Brain Injury.
Duration of the Workshop	90 minutes
Contact Details	 E-mail address: bhasi.sukumaran@gmail.com  Mobile Phone: 9383845040



SESSION	DATE	TIME	HALL	BLOCK
Workshop 9	13/12/2018	11.30am-1.00pm	Room 715	Central Block, VII Floor

Title of the Workshop	Therapeutic Play and Neuroscience
Speaker	Sherin P Antony
Designation and Affiliation	Director, Psychodiagnostics & Child Psychotherapy Training and Research Initiatives (TRI)
Abstract	<p>Neuroscience research has provided support for the potential of play therapy to create new neural pathways (Stewart, Field and Echterling, 2016) The workshop will provide a basic understanding of cognitive neuroscience concepts and exercising methods of change using play as a tool of therapy.</p> <p>Using reflective exercises, the session will enable participants to receive an emotionally engaging and creative experience of learning the therapeutic value of play in eliciting neuro-scientific changes in the cognition of the child.</p>
Expected Learning outcome	<p>By end of the workshop, the participants will be able to:</p> <ol style="list-style-type: none"> 1. Understanding the concepts of Play Therapy and its Neuro-scientific interface 2. Understanding of Neural and Cognitive mechanisms of Psychosocial, Emotional and Behavioural change.
Workshop is intended for:	Beginner, Intermediate, All levels (mention whichever is appropriate)
About the Speaker	<p>Dr. Sherin P Antony is working as Director-Psychodiagnostics and Child Psychotherapy, Training and Research Initiatives, Bangalore. She is trained from NIMHANS, Bangalore in Clinical Psychology. She is a research guide for Ph.D. programme at Jain University. She is a Play therapy Trainee under PTUK & Play therapy International (PTI). She has initiated Play therapy Centres and provides services in different Academic institutions in Bangalore. Her research interest has included a focus on psychological interventions in child and adolescent Mental Health, Play therapy in children and Neuropsychological Assessment and Retraining. She is actively involved in sensitising Pre-primary teachers, students and mental health Professionals in therapeutic play techniques</p>
Duration of the Workshop	90 minutes
Contact Details	 E-mail address: sherin.anil@yahoo.com Mobile Phone: +91 9148659570


SESSION	DATE	TIME	HALL	BLOCK
Workshop 10	14/12/2018	2.00pm-3.30pm	911	Central Block, 9th Floor

Title of the Workshop	SFBT with Clients Managing Trauma
Speaker	Adam Froerer
Designation and Affiliation	Associate Program Director, Marriage and Family Therapy Program Mercer University, School of Medicine
Abstract	<p>This workshop will discuss how SFBT can be used with clients managing trauma. A brief introduction to BRIEF's approach to SFBT will be provided, followed by an introduction to why focusing on language is important within this work. A neuroscience perspective will also be discussed, with an emphasis on why SFBT might make sense to this population. The presenter will discuss why hope and positive affect are valuable components of SFBT, especially when working with a traumatized population.</p> <p>This presentation will be a didactic presentation with a PowerPoint presentation, group discussion, and some experiential exercises.</p>
Expected Learning outcome	<p>By end of the workshop, the participants will be able to:</p> <ol style="list-style-type: none"> 1. Participants will have a greater understanding of BRIEF's approach to SFBT 2. Participants will have an increased understanding of why SFBT might be an effective approach to use with clients managing trauma 3. Participants will understand the value of focusing on language when utilizing this approach.
Workshop is intended for:	Beginner, Intermediate, All levels (mention whichever is appropriate)
About the Speaker	Adam Froerer is a university professor and a trainer for BRIEF International. Adam has clinical experience working with individuals, couples, and families in a variety of settings and teaching experience focused on couples and family therapy. Adam has conducted multiple research studies evaluating solution-focused brief therapy. Adam has presented and trained SFBT professionals around the world.
Duration of the Workshop	90 minutes
Contact Details	 E-mail address: Froerer_as@mercer.edu  Mobile Phone: +1 (801) 510-6901

SESSION	DATE	TIME	HALL	BLOCK
Workshop 11	13/12/2018	2.00pm-3.30pm	105	Central Block First Floor


Title of the Workshop	Classroom Solutions How to Apply the SF Approach in Schools
Speaker	Jikke Stokman
Designation and Affiliation	Consultant Psychologist, Educational Psychologist at I.O.P.C. Private Practice Soesterberg / Merem rehabilitation centre, The Netherlands
Abstract	In this 90 minutes workshop, the participants will be invited to take a close look at the WAWW approach and how this Solution-Focused Approach can be used in classrooms and schools. Different solution-focused interventions will be explained, shown and practiced. These interventions can be used to improve the atmosphere in the classroom, the cooperation between pupils and teachers. Children will be actively involved in the 'change management' by formulating their own goals and finding their own skills and solutions.
Expected Learning outcome	By end of the workshop, the participants will be able to: 1. Understanding how the WAWW approach works. 2. Master skills about having solution-focused dialogues with children and teachers.
Workshop is intended for:	All levels
About the Speaker	Jikke Stokman, Consultant psychologist and Educational Psychologist, studied at Leiden University. She specializes in the treatment of children and adolescents. In addition to her work as a psychologist in private practice in Soesterberg, the Netherlands, she works several days in a hospital/ rehabilitation centre 'Merem' in Hilversum, the Netherlands, treatment of young clients with diabetes, asthma and obese complaints. Often Jikke is asked by both primary as secondary schools to think about improving the atmosphere in the classroom through solution-oriented interventions.
Duration of the Workshop	90 minutes
Contact Details	 E-mail address: j.stokman@jijonderwijsadvies.nl  Mobile Phone: +31 6 81124404

SESSION	DATE	TIME	HALL	BLOCK
Workshop 12	13/12/2018	2.00pm-3.30pm	Seminar Hall	Block II, Ground Floor



Title of the Workshop	Emotion focused Therapy for Couples
Speaker	Harishankar Moosath
Designation and Affiliation	Assistant Professor, Department of Psychology, CHRIST (Deemed to be University)
Abstract	Emotion focused therapy (EFT), pioneered by Sue Johnson and Leslie Greenberg, is an evidence-based therapy for couples. It has its roots in attachment theory, experiential therapy and systemic therapy. EFT emphasises the importance of primary and secondary emotions and the role they play in relationships. It also looks at patterns of maladaptive response cycles and aims to facilitate insight into them and develop healthier patterns of interaction. The workshop is aimed at understanding the theoretical framework supporting EFT, to conceptualize couple therapy cases using the EFT model and also to implement interventions using the same.
Expected Learning outcome	By end of the workshop, the participants will be able to: <ol style="list-style-type: none"> 1. Understand what EFT is. 2. Conceptualize couple therapy cases using EFT 3. Plan interventions aimed at facilitating a more secure bond and developing more trust
Workshop is intended for:	Intermediate
Maximum No. of participants accommodated:	20
About the Speaker	Mr Harishankar Moosath is an Assistant Professor of the Department of Psychology at CHRIST (Deemed to be University). He is a licenced clinical psychologist and has completed his MPhil in Clinical Psychology from the National Institute of Mental Health and Neurosciences (NIMHANS). He is pursuing his PhD in the field of Neuroeconomics.
Duration of the Workshop	90 minutes
Contact Details	 E-mail address: harishankar@christuniversity.in Mobile Phone: 9590884068

SESSION	DATE	TIME	HALL	BLOCK
Workshop 13	13/12/2018	2.00pm-3.30pm	Assembly Hall	Block II, Third Floor



Title of the Workshop	Mindfulness Disciplining: Need for Solution Focused Approach
Speaker	1. Sudhesh N T 2. Vijaya R
Designation and Affiliation	1. Assistant Professor, Department of Psychology, CHRIST (Deemed to be University) 2. Assistant Professor, Department of Psychology, CHRIST (Deemed to be University)
Abstract	Discipline is helping a child learn how to behave as well as how not to behave. It works best when we have a warm and loving relationship with the child. Discipline doesn't always – or even often – mean punishment. In fact, discipline and discipline strategies are positive. They are built and can guide children at various social settings. Discipline provides freedom if it's freely chosen because it enables children to do things and to express themselves in ways that they otherwise might not be able to do. Mindful discipline is a step by step guide to parenting with greater wisdom and compassion. Think of it as an invitation to use the focus of our mind, and the compassionate love in our heart, to raise happy children and find greater joy in parenting. The essential elements of mindful discipline are—unconditional love, space, mentorship, healthy boundaries, and mistakes. As stakeholders, parents, teachers, and counselors need to sensitize with these elements of mindful discipline. This workshop throws light on the perspectives that one has to upload and the role of stakeholders in providing the support and the timely orientation. Multi-dimensional methods will be used in the conduction of this workshop. This workshop helps the individual to discover disciplining in the context of the solution-focused approach. Keywords: Discipline, mindfulness, stakeholders, solution-focused, parenting
Workshop is intended for:	Intermediate
Maximum No. of participants accommodated:	20

About the Speaker	<p>1. Dr. Sudhesh N.T. completed his MSc, MPhil and PhD in Psychology from University of Calicut, Kerala. Completed three years as Assistant Professor in higher education. Published Nine articles in national and international journals. Published chapters in Three edited book. Ten years of experience in life skills training and community intervention programmes. Worked as a supportive supervisor in GFATM7 (Global Fund for AIDS, Tuberculosis & Malaria) project for 3 years under MG University, Kerala. Also working with a Major research project as co-investigator. Currently holding the position as President of IALSE (Indian Association of Life Skills Education) Bangalore, Karnataka chapter. Co-ordinator of Project Spandan – life skills training and psycho-social rehabilitation of HIV infected adolescents.</p> <p>2. Dr.Vijaya R specializes in industrial and organisational Psychology, currently working as Assistant Professor in CHRIST (Deemed to be University). She has worked as Human Resource Professional for eight years, and her Ph.D. was on Downsizing employees. She has authored a few articles and book chapters on Organizational behavior and continues her research work in the area of downsizing organisation and retrenched employees. She has presented her research papers at various international and national conferences. She has conducted various workshops, lectures and training programme in schools, colleges and on need-based for some Government organizations. She is actively engaged in various research projects in the field of Human resource, specifically on employee retention and their wellbeing. She passionately integrates the academics and the corporate world adding research components with the strong belief that the collaboration is essential for the growth and sustenance of today's organisation.</p>
Duration of the Workshop	90 minutes
Contact Details	 <p>E-mail address: sudhesh.n@christuniversity.in, sudhesh.nt@gmail.com Mobile Phone: +919945360445</p> <p>E-mail address: vijaya.r@christuniversity.in Mobile Phone: +919945125260</p>

SESSION	DATE	TIME	HALL	BLOCK
Workshop 14	13/12/2018	2.00pm-3.30pm	Sky View	Central Block, Tenth Floor


Title of the Workshop	Early intervention for the offspring of individual with schizophrenia
Speaker	Anuradha Sathiyaseelan
Designation and Affiliation	Associate Professor, Department of Psychology, CHRIST (Deemed to be University)
Abstract	<p>For children born to parents with schizophrenia, there is already a genetic predisposition present (Nishida, 2009). This is not to imply that the child will necessarily develop schizophrenia or other psychological issues later. Accepting the presence of such a likelihood indicates the underlying need for intervention. In many of the cases, if the deficits are addressed at the beginning, further issues may not arise. Even if they do, the child maybe in a better position to address them (Tableman, 1981).The intervention can be designed specifically to target issues that the children might be facing. There will be no developmental lags and the child will be at par with other children of his/her age. According to the difficulties faced, intervention can be either in the neurocognitive domain or behavioral. Thus, the child is trained which will only aid in his/her growth and development.</p> <p>Keywords: Schizophrenia, early intervention, prevention</p>
Workshop is intended for:	Intermediate
Maximum No. of participants accommodated:	20
About the Speaker	Anuradha Sathiyaseelan is an Associate Professor of the Department of Psychology, CHRIST (Deemed to be University)
Duration of the Workshop	90 minutes
Contact Details	 Email address: anuradha.sathiyaseelan@christuniversity.in  Mobile Phone: 9535007186

SESSION	DATE	TIME	HALL	BLOCK
Workshop 15	13/12/2018	2.00pm-3.30pm	KE Hall Auditorium	Block IV Fifth floor



Title of the Workshop	A solution focused way to working with suicidal clients
Speaker	Baijesh A. R.
Designation and Affiliation	Clinical Psychologist- Minerva Institute, California Chetana Hospital, Hyderabad
Abstract	Suicidal behaviour is amongst the most challenging and frightening problems that a therapist and counsellor can encounter in the course of their work. Working with suicidal clients or clients at the risk of harming themselves during treatment can debilitate the therapists from acting creatively and collaboratively, and make their actions defensive, focused solely on risk assessment rather than therapeutic change. This workshop presents a solution-focused approach to working with suicidal clients that can be used in conjunction with traditional approaches or independently and which focus on establishing safety as well as assessing risk. Working from this model the clinician shifts to identifying client strengths and coping skills, to collaborating with the client to establish meaningful goals and to helping the client build solutions and envision a positive future.
Expected Learning outcome	By end of the workshop, the participants will be able to: <ol style="list-style-type: none"> 1. Learn skills to establish meaningful goals with a suicidal client 2. Assessment of strength and risk in a non traditional way 3. Working with a suicidal client from a solution focused framework
Workshop is intended for:	Intermediate
About the Speaker	<p>Baijesh Ramesh is a licensed Clinical Psychologist & Life Coach based in Hyderabad. He works with Minerva Institute, San Francisco (U.S.A) as a Clinical Psychologist and Mental Health Counselor. He is a consultant at Chetana Hospital, Hyderabad, The Hyderabad Academy of Psychology, Silver Oak Health, Bengaluru and various other organizations. He served as an Assistant Professor of Psychology in the Central University of Karnataka where currently he is a guest faculty and is a resource person to many academic institutions.</p> <p>Baijesh is a mindfulness practitioner and guide, and he uses mindfulness-based interventions and Acceptance and Commitment Therapy (ACT) in his clinical practice extensively. He is an accredited trainer and practitioner of Solution Focused Approaches (SFA) with the Association for Solution Focused Approaches and Research. Apart from clinical practice and training, he conducts workshops, does independent research and provides supervision for clinical psychologists and counselors. He has published scientific articles in reputed national and international journals and has written chapters in books. He has contributed to contextualizing Solution Focused Approaches and Mindfulness-Based Interventions to the Indian context, for the treatment of depression, anxiety disorders and wellness in the organizational settings.</p>
Duration of the Workshop	90 minutes
Contact Details	 E-mail address: baijesh@outlook.com  Mobile Phone: 9745108471

SESSION	DATE	TIME	HALL	BLOCK
Workshop 16	13/12/2018	2.00pm-3.30pm	Panel Room	Block II, Second Floor



Title of the Workshop	Individually Tailored Psycho Education Interventions
Speaker	1. Noorjahan Kannanjeri 2. Jareesha Thottoli
Designation and Affiliation	1. Assistant Professor and Head of the Department, Department of Social Work, WMO Arts and Science College, Affiliated to Calicut University, Muttill, Wayanad 2. Research scholar at TATA Institute of Social Science, Mumbai
Abstract	The psychoeducation/psycho-educational interventions consist of a wide range of activities such as providing information on the nature of the illness, symptoms, medications, side effects of medications, roles of caregivers etc. Psychoeducation can be defined as 'systematic, structured, didactic information on the illness and its treatment, and includes integrating emotional aspects to enable patients – as well as family members – to cope with the illness' (Bauml & Pritchel-Walz, 2006). How it becomes necessary to focus on the contemporary psycho-educational approaches when we plan on individually tailored services/interventions? The first findings of the piolet study done to explore the nature of current psycho-educational practices adopted by the professionals revealed the absence of emotional aspects while delivering the services to the needy. The integration of emotional aspects in a psycho-educational approach is the crux of such interventions. The proposed workshop designed to explore the gap between psycho educational practices and felt needs and expectations of beneficiaries/service receivers. Determining these gaps helps professionals to make crucial changes in the current psycho educational practices and thereby making the service more recipient friendly. The outcome of the workshop will derive an individually tailored psycho educational approach that would be able to discuss the unanswered questions/concerns/expectations and felt needs of the target group
Expected Learning outcome	By end of the workshop, the participants will be able to be: 1. Oriented to the basic skills required to do the psychoeducation 2. Manage emotional aspects of patients and families positively 3. Practice a psychoeducational approach which would be individually tailored to address the felt needs of the beneficiaries.
Workshop is intended for:	Intermediate

About the Speaker	<p>1. Noorjahan Kannanjeri had finished her Post Graduation in Master of Social Work (MSW) from the University of Calicut and finished her MPhil in Psychiatric Social Work from Central Institute of Psychiatry, Ranchi. Currently, she is a research scholar at TATA Institute of Social Sciences Mumbai. She is also working as Assistant Professor, and Head of the Department, Department of Social Work, WMO Arts and Science College, Wayanadu, affiliated to the University of Calicut. Her areas of interest include Child and Adolescent Mental Health and Gender Issues.</p> <p>2. Jareesha Thottoli completed her Post Graduation in Master of Social Work (MSW) from the University of Calicut and finished her MPhil in Psychiatric Social Work from NIMHANS, Bangalore. Currently, she is a research scholar at TATA Institute of Social Sciences Mumbai. Her areas of interest include Child and Adolescent Mental Health and Family Therapy</p>
Duration of the Workshop	90 minutes
Contact Details	 E-mail address: nooriknj@gmail.com Mobile Phone: 8592884849



SESSION	DATE	TIME	HALL	BLOCK
Workshop 17	14/12/2018	11.30am-3.30pm	911	Central Block, Ninth Floor

Title of the Workshop	The Solution Focused Approach with Couples: Building a Love Garden
Speaker	Elliott E. Connie
Designation and Affiliation	The Solution Focused University
Abstract	Many professionals experience working with couples as challenging. This is because at seemingly any moment one partner can explode in a rage due to the conversation turning in an undesirable direction. In this workshop the presenter will demonstrate, using live exercises as well as video examples, that by using the Solution Focused Approach the professional can significantly increase the likelihood “love talk” will be the major tone of the session and not allow the problem to take over. This workshop will show that by cultivating this “love garden” solution harvesting is much simpler.
Expected Learning outcome	By end of the workshop, the participants will be able to: <ul style="list-style-type: none"> 1. Use the SFBT Approach more effectively with couples. 2. Be more aware of the difference between SFBT and problem focused approaches to working with couples. 3. Be able to listen for client exceptions and use that information to ask more effective questions about the future.
Workshop is intended for:	Beginner, Intermediate, All levels (mention whichever is appropriate)
About the Speaker	Elliott Connie, MA, LPC is a psychotherapist that practices in Keller, Texas. He has worked with thousands of individuals, couples, and families applying the solution focused approach to help them move their lives from the current problems towards their desired futures. He is the founder and Director of The Solution Focused University, an online learning community that also conducts training to help professionals master the Solution Focused Approach in their work. He is recognized around the world speaking at national and international conferences and events in such places as throughout the United States, Australia, New Zealand, Germany, South Africa, Russia, Switzerland, England, Poland, Sweden, Denmark, Scotland, Holland, Canada, and Asia training practitioners to apply solution focused questions and techniques in their work. He has authored or co-authored 4 books including "The Art of Solution Focused Therapy", "Solution Building in Couples Therapy", "The Solution Focused Marriage", and "Solution-Focused Brief Therapy with Clients Managing Trauma".
Duration of the Workshop	180 minutes
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SESSION	DATE	TIME	HALL	BLOCK
Workshop 18	14/12/2018	11.30am-3.30pm	105	Central Block First Floor

Title of the Workshop	SF Tools for Organizational Development and Change Management
Speaker	Kirsten Dierolf
Designation and Affiliation	Owner and Founder, SolutionsAcademy, Gluckensteinweg 10-14, 61350 Bad Homburg, Germany www.solutionsacademy.com
Abstract	<p>“Change is happening all the time – so find useful change and amplify it”, is a well-known saying in Solution Focused Psychology. This is why Solution Focused Psychology is uniquely suited to help organizations thrive in our volatile, uncertain, complex and ambiguous (VUCA) world.</p> <p>This workshop builds on the keynote and you will learn more walk away with more practical tools for Solution Focused work with organizations. Kirsten will present a few case studies and we will work on them together to find possible interactions with the organization to help it move forward. The workshop will be highly interactive and fun with teaching from Kirsten, interactions among the participants and joint discovery of what might work.</p> <p>The workshop will interest people working in organizations (managers, team leaders, individual contributors), people working with organizations (consultants, organizational psychologists, HR professionals)</p>
Expected Learning outcome	<p>By end of the workshop, the participants will be able to:</p> <ol style="list-style-type: none"> 1. think constructively about change in organizations 2. know what they could do to help an organization develop or change 3. know what they would need to practice to increase their own abilities
Workshop is intended for:	All levels
About the Speaker	Kirsten Dierolf, M.A., MCC, MASFP has been working as an executive coach, team coach and organizational developer mainly for global corporations since 1996. She is a co-author of “The Solution Tango” and author of “Solution Focused Team Coaching” and runs her own ICF accredited Coach Training school which runs online and face-to-face programs (www.solutionsacademy.com). She learned Solution Focus directly from Insoo Kim Berg and Steve de Shazer and was founder and editor of the first peer-reviewed journal for Solution Focus: “InterAction”. Her publications can be found here: www.kirsten-dierolf.de
Duration of the Workshop	180 minutes
Contact Details	 E-mail address: kirsten@kirsten-dierolf.de  Mobile Phone: 0049 172 7634387


SESSION	DATE	TIME	HALL	BLOCK
Workshop 19	14/12/2018	11.30am-3.30pm	Panel Room	Block II, Second Floor

Title of the Workshop	Solution-Focused Anti-Bullying in Schools
Speaker	Sue Young
Designation and Affiliation	Independent teacher / consultant
Abstract	<p>Anti-bullying projects started in schools over 30 years ago and have continued along in much the same way ever since.</p> <p>This workshop will invite participants to consider a radically different approach to anti-bullying. Together, we will identify solution-focused ways to prevent bullying and improve relationships in school.</p> <p>When incidents of bullying happen in a primary school, the quickest and safest way to stop it is by using a solution-focused peer support group. There will be a full explanation of how to do this and the outstanding results you can expect.</p> <p>My aim is to help everyone in schools to maximise their existing skills and strengths and to introduce a few solution-focused ideas for developing supportive and successful school communities.</p> <p>This presentation will be informative with activities & video. I also want it to be relaxed and enjoyable too!</p>
Expected Learning outcome	<p>By end of the workshop, the participants will be able to:</p> <ol style="list-style-type: none"> 1. Take a more effective approach to anti-bullying. 2. Have the best chance of stopping a case of bullying fast.
Workshop is intended for:	All levels
About the Speaker	<p>Sue Young began specialising in behaviour support to schools in the 1990s in the North of England. Her project on promoting friendship in schools featured in the UNESCO education newsletter and her support group approach to helping children feeling bullied in school has since been recognised throughout the world.</p> <p>Solution-Focused Schools, Anti-bullying and beyond (2010) and "Solutions for bullying in primary schools" in De Jong & Berg, Interviewing for Solutions (3rd 2008).</p>
Duration of the Workshop	180 minutes
Contact Details	 E-mail address: sue@young.karoo.co.uk  Mobile Phone: +44 7807 505858

SESSION	DATE	TIME	HALL	BLOCK
Workshop 20	13/12/2018	11.30am-1.00pm	Seminar Hall	Block II, Ground Floor

Title of the Workshop	Resources and Solutions through Working on Life-Lines
Speaker	Georg Vorndran
Designation and Affiliation	Systemic Supervisor, Organizational Counsellor and Coach (DGSF) Head of PersSyst – Institute for Personnel Development
Abstract	<p>In an SFBT-view the client has every resources he/she needs for a specific situation. But often the resources are unknown or forgotten.</p> <p>Then besides a narrative intervention, you can use the visual Life Line-Intervention. You join the client through his/her life with all ups and downs and take a special look on breaks. With a special catalogue of questions for specific situations, you will explore a lot of resources and preparations not to repeat a specific situation. The past problems will not be trivialized but dealing with further situations will be in a prepared way.</p> <p>It's an easy and creative methods to (re)find resources with a Client through his/her lifetime in generally or on a specific issue - depression, employment, partnership...;</p>
Expected Learning outcome	<p>The participants will</p> <ul style="list-style-type: none"> • get a short introduction in the method • make an own instructed application with present persons (roles: Therapist, Client, Observer) • get a discussion with own results • reflect the results and get impulses for their own transfer
Workshop is intended for:	All levels (mention whichever is appropriate)
About the Speaker	<ul style="list-style-type: none"> • Systemic Supervisor, Organizational Counsellor and Coach (DGSF). • Since 10 years Head of PersSyst – Institute for Personnel Development, • 5 years Social Coach and operational Project Leader “Integration of longtermed unemployed people” • 5 Years Expert on Training Programmes / Human Ressources and Personal Development
Duration of the Workshop	90 minutes
Contact Details	 E-mail address: perssyst-online.de Mobile Phone: +4915209051030

SESSION	DATE	TIME	HALL	BLOCK
Workshop 21	14/12/2018	11.30am-3.30pm	Assembly Hall	Block II, Third Floor

Title of the Workshop	Solution focused addiction care
Speaker	Lonneke Wiewel
Designation and Affiliation	Social worker/counselor, Jellinek institute for mental healthcare. Outreaching part of the organisation
Abstract	<p>Brief introduction:</p> <p>I worked 15 years in the addiction clinic as a group worker. Then I moved to an other part, outreaching, home visits to clients with addiction problems. I do that since 2004. I started to work solution focused in 2007. I like to share some of my experiences.</p> <p>Objectives:</p> <p>Some interesting experiences in my work. Advantages of working solution focused in this field. My favorite questions one can use. Solution focused preventing burn-out for the counselor.</p> <p>Presentation methods:</p> <p>Talk and case examples, Exercises, Questions and answers</p>
Expected Learning outcome	<p>By end of the workshop, the participants will have an:</p> <ol style="list-style-type: none"> 1. See possibilities how to use solution focused elements in a conversation with a person who is struggling with an addiction. 2. Idea that this style is inspiring for the client. 3. Feeling that this style is inspiring for the social worker.
Workshop is intended for:	Beginners and actually all who is interested.
About the Speaker	<p>I was born and raised in the Netherlands in Amsterdam. I studied social work, started to work with children.</p> <p>In those days it was hard to find work and I found a temporary job in an addiction clinic in Amsterdam. I had no plan to work there longer than some weeks.</p> <p>I thought the work was interesting and the people in the institute liked me, so I stayed and I am happy I work there now 29 years.</p> <p>Hobbies: tennis, hiking, storytelling.</p>
Duration of the Workshop	180 minutes
Contact Details	 E-mail address: johwie@xs4all.nl Mobile Phone: 0630804134

SESSION	DATE	TIME	HALL	BLOCK
Open Space	14/12/2018	11.30am-3.30pm	Campus View	Central Block, Tenth Floor


OPEN SPACE

What is an Open Space?



It is an informal, open time where issues, ideas, cases, research, etc. that an individual really feel to be raised and dealt with similarly interested people, who naturally gather together to listen, share and contribute. The contribution can also be in the form of a workshop, a talk, a demonstration of an SFBT session, etc.

SESSION	DATE	TIME	HALL	BLOCK
Workshop 22	14/12/2018	11.30am-3.30pm	Sky View	Central Block, Tenth Floor

Title of the Workshop	Applications of the Solution-Focused Circle Technique A Practical Tool for a Direct Approach
Speaker	1. Arnoud Huibers 2. Jaseem Koorankot
Designation and Affiliation	1. Assistant Professor of Clinical Psychology, Clinical Psychologist 2. Consultant Psychologist, Psychotherapist, Family, and Couples Therapist
Abstract	In this workshop, Jaseem and Arnoud will present the Circle Technique, a practical tool to be used to interview clients in a solution-focused way. This tool is both easy to understand and easy to apply for practitioners who are familiar with the solution-focused approach. The tool can be applied in many different settings: with individual clients, couples, families, classrooms, groups, and teams. The Circle Technique will be explained, shown on video, discussed and practiced. Outcome research about the SF Circle Technique, with neuropsychological components, will be shown. There will be enough time to ask questions about its technique and applications in different settings. You are more than welcome to join the workshop!
Expected Learning outcome	By end of the workshop, the participants will: 1. Understand the mechanism of the SF tool and have the skills to apply the SF Circle technique in a variety of settings. 2. Have knowledge about outcome research including neuropsychological components concerning the SF Circle Technique.
Workshop is intended for:	All levels

About the Speaker	<p>Arnoud Huibers, director of Solutions Centre, co-founded with Insoo Kim Berg in 2004. He is a licensed psychologist, psychotherapist, family and couples therapist and teacher of the Solution Focused psychology in the Netherlands, Europe, the Caribbean, India, and the Far East. He was trained at the University of Utrecht and completed his post-graduate degree at the Academic Medical Centre of Utrecht, the Netherlands. As a psychotherapist, he works in private practice, in Soesterberg, the Netherlands. He is a founding member of the Dutch Associations of Solution-Focused Professionals (VOPN), founding member of Academy for Solution Focused Approaches and Research (ASFAR), member of the Dutch Society of Psychologists (NIP), Psychotherapists (NVVP), Family and Couples Therapists (NVRG) and Child- and Youth Therapists (VKJP).</p> <p>Jaseem Koorankot, PhD, is a Licensed Clinical Psychologist by profession and a trained Solution Focused Facilitator. He is currently working as Assistant Professor of Clinical Psychology at Institute of Mental Health and Neurosciences (IMHANS), Calicut, Kerala. Jaseem has published many scientific articles in the area of Solution Focused Practice and presented keynotes and research papers at national and international scientific sessions. Apart from Training and Practice, he is actively involved in research and won European Brief Therapy Association (EBTA) research grants in 2016 and 2018. He is also a trained Clinical Supervisor of Solution Focused Brief Therapy. Jaseem is also the founder of Association of Solution Focused Practices – India (ASFP-I) and founding member of Academy for Solution Focused Approaches and Research (ASFAR).</p>
Duration of the Workshop	180 minutes
Contact Details	 E-mail address: jaseemc1t@gmail.com Mobile phone: +91 98461 08817 E-mail address: arnoudhuibers@sol-centre.org Mobile Phone: + 31 6 52 608312

SESSION	DATE	TIME	HALL	BLOCK
Workshop 23	13/12/2018	2.00pm-3.30pm	Seminar Hall	Block II, Ground Floor

Title of the Workshop	Systemic Sculpture Board - Clarifying Problems and Finding Solutions
Speaker	Georg Vorndran
Designation and Affiliation	Systemic Supervisor, Organizational Counsellor and Coach (DGSF) Head of PersSyst – Institute for Personnel Development
Abstract	<p>SFBT is a well-validated narrative Intervention. But sometimes the clients have no words to explain or explore their situation or speak about solutions.</p> <p>Then you can use a Systemic Sculpture Board as a short visual Intervention. Its a (wooden) board of about 50x50cm. The client selects some objectives as representatives from participants of his problem. He put all participants and objectives in an intuitive form on the board and the therapist discuss some issues and hypothesis with the client. Then the positions will be changed step by step and the differences of the positions from start to end will be discussed. The final view on the board often implicate the first vision of a solution.</p> <p>It seems to be very abstract but it is a short, easy and creative method for new views on solutions, a method for clarifying and solving problems in a short visual way for nearly all issues [evaluated but no magic, so without guarantee]</p>
Expected Learning outcome	<p>The participants will</p> <ul style="list-style-type: none"> • get a short introduction in the method • make an own instructed application with present persons (roles: Therapist, Client, Observer) • get a presentation on different versions of the intervention • have a discussion for own personal results • reflect the results and • get impulses for their own transfer
Workshop is intended for:	All levels (mention whichever is appropriate)
About the Speaker	<p>Systemic Supervisor, Organizational Counsellor and Coach (DGSF) since 10 years Head of PersSyst – Institute for Personnel Development</p> <p>5 years Social Coach and operational Project Leader “Integration of long termed unemployed people”</p> <p>5 Years Expert on Training Programmes / Human Ressources and Personal Development</p>
Duration of the Workshop	90 minutes
Contact Details	 E-mail address: perssyst-online.de  Mobile Phone: +4915209051030

Part-4


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SESSION	DATE	TIME	HALL	BLOCK
Paper 1	14/12/2018	4.00pm – 5.30pm	Sky View	Central Block, Tenth Floor

Title of the Paper	Solution-Focused Therapies: An Armour To Adolescents
Speaker	1. Leann O.A. Mesquita 2. Maria Barbara Da’Silva
Designation and Affiliation	1.Smt. Parvatibai Chowgule College of Arts and Science, Autonomous, Goa 2. Smt. Parvatibai Chowgule College of Arts and Science, Autonomous, Goa
Abstract	<p>As rightly quoted by Sir Thomas Alva Edison, “Our greatest weakness lies in giving up. The most certain way to succeed is to try just one more time”, the field of Psychology is such that it willingly pours out opportunities and individuals must merely grasp those opportunities in order to lead a good quality life by giving themselves just another chance. One of the greatest weapons to fight our daily suppressions that Psychology offers is that of ‘Solution-focused therapy’- which deals with focusing on the client’s strengths rather than weaknesses. It is one such therapy that allows individuals to accept their problems and focus on the potential solutions of the problem(s) simultaneously. With regard to this research paper, the author has gained insight from the research paper by Tina .L. Duff, titled, ‘Empowering Adolescents Through Solution-Focused Counselling: The Experiences of New Zealand Adolescents.’ However, this paper titled, ‘SOLUTION-FOCUSED THERAPIES: AN ARMOUR TO ADOLESCENTS’ aims to purport a conceptual framework of solution focused therapies that have been used, are being used and could be of potential use, in the Indian setting in order to provide the best in solution-focused therapy and thus, accelerate mental and/or physical well being across adolescents in the country. The author through this paper also aims to highlight the urgency of solution-focused therapy amongst adolescents as this is vital to ensure the physical, mental and emotional well being of the same due to rise in the amount of stress amongst them. The author found that research on such interventions is currently lacking in Indian settings. Such evidence if and when found to be effective could have important implications for adolescent’s well-being that could be formulated to combat issues at this very phase of life.</p>
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SESSION	DATE	TIME	HALL	BLOCK
Paper 2	14/12/2018	4.00pm – 5.30pm	Sky View	Central Block, Tenth Floor

Title of the Paper	Compare the Classroom Management Style Between Japan and India
Speaker	<ol style="list-style-type: none"> 1. Miyuki Matsumoto 2. Michiko Ishikawa 3. Eleanora Nallu E C 4. K.R.Santhosh
Designation and Affiliation	<ol style="list-style-type: none"> 1. Christ (Deemed to be University), Department of Psychology, Post Doctoral Fellow 2. Tokoha University, Department of Education, Professor 3. Christ (Deemed to be University), Department of Psychology, Research Assistant 4. Christ (Deemed to be University), Department of Psychology, Assistant Professor
Abstract	<p>The purpose of this study is to compare the classroom management style by analyzing interviews of the elementary school teachers in Japan and in India. By comparing the two countries, the pros and cons of education in each country could be analysed and comprehended. Based on the results we would modify the Japanese Style Classroom Management (JSCM) model and if possible introduce it to the Indian educational system. The results will contribute to the elementary education in Japan and India. For example, the Japanese style disciplined life, diligence, and ethics will be introduced to India. Furthermore, the multicultural understanding, the importance of language education and the competitive spirit of Indian education will be introduced in Japan.</p> <p>We interviewed the 20 teachers at an elementary school in India and the 20 teachers at an elementary school in Japan.</p> <p>Indian elementary school teachers believed in the ability of children and supported various school activities as well as instruction of subjects, and incorporated them into classroom management. Japanese elementary school teachers emphasized child understanding including each family's environment and incorporated them into classroom management.</p>
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SESSION	DATE	TIME	HALL	BLOCK
Paper 3	14/12/2018	4.00pm – 5.30pm	Sky View	Central Block, Tenth Floor

Title of the Paper	‘KITE Solutions’-An Innovative Visual Explanatory Model for SFBT
Speaker	1. Thekkethayil Viswanathan Anilkumar 2. Pillaveetil Sathyadas Indu
Designation and Affiliation	<p>1. Professor in the Department of Psychiatry, Govt Medical College, Trivandrum, Kerala, India,</p> <p>2. Professor and Head in Department of Community Medicine, Govt Medical College, Trivandrum, Kerala, India,</p>
Abstract	<p>Introduction: In our country the facilities available for psychological interventions are meager and the available resources are at the same time underutilized.</p> <p>Rational of the Paper,: Pictures and symbols are very useful in psychoeducation and to motivate children to maintain in therapy sessions.</p> <p>Objectives: To develop an innovative visual explanatory model by incorporating SFBT principles into a pictorial model of mind to implement the therapeutic sessions.</p> <p>Brief Review: We used a pictorial ‘KITE model’ in which mind is represented as a ‘kite’ attached to the brain and our environment. This is used to explain the mind and it’s relation to our brain and family/social factors. The acronym KITE is used to explain the major components of the sessions in the therapy. KITE is expanded as Know the strength and goals, Involve important people in life, Train skills to learn and Evaluate the progress</p> <p>The components of SFBT summarized as FRaMES are incorporated in the sessions.Future oriented, Exception and Miracle questions are included in the ‘Know’ session. Resource activating questions are discussed in the ‘Involve’ session. Problems which are converted into the skills to be learned are practiced in the ‘Training’ session. Scaling questions are included in the ‘Evaluation’ sessions. We are using a structured program with 10 sessions, in our Child and Adolescent inpatients for individual therapy. We have also used this in a 2-hour single class room group session format for 10th-grade students who were to face public exams within a few weeks, with very good feedback from students, teachers, and parents. We are also planning to try out this in small group of 4-6 students with externalizing and internalising problems in the school setting.</p> <p>Conclusion: ‘KITE Solutions’ is an innovative visual explanatory model to implement SFBT in routine clinical practice and school setting.</p>
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SESSION	DATE	TIME	HALL	BLOCK
Paper 4	14/12/2018	4.00pm – 5.30pm	Sky View	Central Block, Tenth Floor

Title of the Paper	Solution Focused Therapy an Armour to Educational Counsellors.
Speaker	1. Aiswarya M Babu 2. Maria Barbara Da Silva
Designation and Affiliation	1.Coordinator & Assistant Professor, Postgraduate department – MA in Child Psychology & Child Development.Parvatibai Chowgule College of Arts & Science. Margao- Goa 2.Assistant Professor, Undergraduate Department of Psychology, Parvatibai Chowgule College of Arts & Science. Margao- Goa
Abstract	Adolescence is often regarded as a transitional phase where an individual goes through plenty of changes. This is often difficult for children because, during this phase, issues of independence, identity, sexuality, and relationship emerge and it as various impacts on them. Adolescents need to be guided to find solutions to their everyday problems. SFT focuses on students' assets rather than their weakness which in turn empowers them to find or move closer to their solutions. The beauty of SFT is that few meetings are enough to help students get on track to solve their issues. Adolescent coping with anxiety may generally experience low achievement, difficulties in social and emotional functioning, may seep into depression and there are tendencies that they get into substance use. The transition from schools to high schools and colleges give rise to pressure which in turn leads to an individual being fearful and he/she may experience discomfort in social situations, may give rise to panic attacks. Somatic symptoms, obsessions, and compulsions. Solution focused brief therapy is an effective treatment approach for youth managing anxiety. One of the most promising areas of intervention for SFBT is with children, adolescents, and teachers in school settings (Bond et al., 2013; Kim & Franklin, 2009). Research studies on SFBT in schools suggest that SFBT is a promising intervention for schools and has been applied to improve academic achievement, goal achievement, truancy, classroom disruptions, and substance use. SFBT has been used in schools with student behavioural and emotional issues, academic problems, social skills, and dropout prevention. SFBT addresses the pressing needs of public school students that struggle with poverty, substance use, bullying, and teen pregnancy. It can be applied in group sessions, as well as individual ones, and in teacher consultations. The objective of this paper is to examine the efficacy of solution focused brief therapy and its techniques which are used with adolescents which in turn help the educational counsellors.
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SESSION	DATE	TIME	HALL	BLOCK
Paper 5	14/12/2018	4.00pm – 5.30pm	Sky View	Central Block, Tenth Floor

Title of the Paper	Client's Resistance - Therapist's Problem or Client's Resources?.
Speaker	Georg Vorndran
Designation and Affiliation	Systemic Supervisor, Organizational Counsellor and Coach (DGSG) Head of PersSyst – Institute for Personnel Development
Abstract	<p>Sometimes therapists seem to have good suggestions for the client's homework. But at the next session the client tells you that he/she don't have tried anything.</p> <p>Therapists often see this behaviour as resistance to the interventions. The professionalism of the therapist is called into question, the behaviour of the clients has seen nothing more then contrariness.</p> <p>Here the therapist has to go on a next professional level and a different view on resistance, because</p> <ul style="list-style-type: none"> • resistance is mostly initialized by the therapist, not the client • resistance implicates new information • real clients join the therapy for cooperation, resistance is a special kind of cooperation <p>But it needs a special view and intervention to use resistance as a helpful resource.</p>
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SESSION	DATE	TIME	HALL	BLOCK
Paper 6	14/12/2018	4.00pm – 5.30pm	Sky View	Central Block, Tenth Floor

Title of the Paper	Solution Based Approach in Kendriya Vidyalaya, IISc, Bengaluru
Speaker	K.M.Sunder
Designation and Affiliation	Educational Counsellor, Kendriya Vidyalaya, Indian Institute of Science, Bengaluru
Abstract	<p>Introduction: Working as Educational Counsellor in Kendriya Vidyalaya with about 1800 students, Solution based approach for counselling cases in the school was found more effective. There are many constraints in Kendriya Vidyalaya, time being one.</p> <p>Rational of the Paper: Solution based approach was found more effective in school settings. It is quite ideal in school settings where there are many constraints as it is brief and solution oriented. Two cases studies where solution based approach was found effective is being proposed.</p> <p>Objective: To bring about awareness that Solution Based Approach is found to be effective in a school set up even in a single session.</p> <p>To also bring about awareness that Solution Based Approach also effective with problems in groups.</p> <p>Brief Review: Two instances where it was found Solution based approach has been effective is presented. One instance is that of Class XI student who is not promoted to Class XII. He needed help and at the end of the first session itself he said in a scale of 0-10 he was at 4 before the session and at the end of the session at 9! The best hope of the session.</p> <p>In the other instance, two groups of girl students in Class IX were often fighting with each other. After two separate sessions with both the group where they were asked to not focus on the problem but a probable solution. In their preferred future, they wanted hatred to end. So in the third session, they were made to come face to face focusing on the solution. And the miracle happened. They were quick to respond and assured each other they will forget their hatred and stop the blame game. It all happened in a few minutes.</p> <p>Conclusion: Solution Based approach has been found effective in a school setting more than other approaches against the backdrop of many constraints. Regular sessions like in other therapies are more prolonged and it is more problem-oriented.</p>
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SESSION	DATE	TIME	HALL	BLOCK
Paper 7	14/12/2018	4.00pm – 5.30pm	Sky View	Central Block, Tenth Floor

Title of the Paper	Victims and Perpetrators of Domestic Violence: a Solution Focused View
Speaker	1. Anisah Fernandes 2. Lyanne Fernandes 3. Dion Rodrigues 4. Ramola D'Silva 5. Sydelle Rodrigues 6. Barbara Da Silva
Designation and Affiliation	Students, Parvatibai Chowgule College of Arts and Science (Autonomous)
Abstract	<p>This research paper aims to gain insight into the current treatment of domestic violence offenders and victims and to offer a solution focused perspective on domestic violence with respect to perpetrators and primary as well as secondary victims. A Solution Focused view, just as the name suggests, is one which stresses upon the strengths and solutions rather than the problem. Global estimates have put forward a staggering number of reported domestic violence cases. And although pre-existing laws on domestic violence are directed towards retributive justice, it is further emphasised here how a restorative view would better serve the best interests of those involved – be it on the side of the inflictor or the target(s). This paper reviews Solution Focused Practices, including the Batterer Intervention Program (BIP) and Solution Focused Brief Therapy (SFBT) and its effectiveness on both victims and perpetrators.</p> <p>Keywords: Solution Focused Practice, Domestic Violence, perpetrators, victims, secondary victims</p>
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SESSION	DATE	TIME	HALL	BLOCK
Paper 8	14/12/2018	4.00pm – 5.30pm	Sky View	Central Block, Tenth Floor

Title of the Paper	Awareness and Practice of Solution Focused Therapy in Mental Health Professionals
Speaker	1. Nisha John 2. Veena AS
Designation and Affiliation	1. Jr. Consultant –NIMHANS (National Institute of Mental Health and Neuro-sciences)
Abstract	<p>Introduction: Solution Focused Therapy (SFT) was conceptualized by Steve de Shazer and Insoo Kim Berg. The focus of therapy is solution building than problem-solving, with it being practiced both in individual and group settings.</p> <p>Rationale: The aim of the present study was to assess SFT knowledge and its practice among mental health professionals namely, Clinical Psychologists and Psychiatry Social Workers.</p> <p>Methodology: An online survey was emailed to known practicing Clinical Psychologists and Psychiatry Social Workers. Convenience sampling was used. The analysis was done through both qualitatively and quantitatively.</p> <p>Results: The response rate was low only 35% responded to the survey. Mean age of the professional was, with the professionals (Mean= 30.4, SD=4.1), the majority being females 56 %, 50% were Clinical Psychologists and Psychiatry Social Workers and 28% had 3 years of working experience. SFT is perceived as a brief problem-solving intervention, known to be effective across age groups. The efficacy of SFT is felt more with Affective and Neurotic Disorders than Psychosis. About 50% of the participants were unaware regarding the specific techniques involved in SFT with it not being practiced in the clinical setting, even if the techniques are known. The need for SFT to be incorporated in the traditional specialized training program is present, with 71% of the professionals indicating their preference for the same.</p> <p>Conclusion: While there are studies revealing the benefits off SFT, the awareness and practice among mental health professional seem low.</p>
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SESSION	DATE	TIME	HALL	BLOCK
Paper 9	14/12/2018	4.00pm – 5.30pm	911	Central Block, Ninth Floor

Title of the Paper	Integration of Solution-Focused and Non-Solution-Focused Based Approaches in Clinical Settings Using Case Illustrations
Speaker	Systla Rukmini
Designation and Affiliation	Cadabam's Hospitals, 5th phase, J.P. Nagar, Bengaluru
Abstract	<p>In clinical settings, it is necessary to combine several different approaches and to tailor-make treatments according to the client's needs and requirements. Solution-Focused approaches in therapy focus on the client's strengths, aim to enhance resilience and to empower clients to generate or identify solutions. This approach differs from other approaches to therapy in various ways. The presentation seeks to examine the process of integrating Solution-Focused and non-Solution-Focused based approaches in clinical settings to address depression, anxiety, identity issues and emotional dysregulation using three case illustrations.</p> <p>Diverse therapies such as Cognitive Behaviour Therapy, Dialectical Behaviour Therapy, and Grief Therapy were combined with several Solution-Focused techniques such as circles of change and scaling questions. The usage of various Solution-Focused practices is examined using specific cases to illustrate the rationale and goal of the techniques, the process of integration and the effects of these techniques. The usage of circles of change in the initial, middle and later stages of therapy will be contrasted and highlighted. Challenges associated with the integration of approaches, the feasibility of the usage of Solution-Focused techniques and adaptation to the Indian context will also be discussed.</p> <p>Conclusion: Combining Solution-Focused approaches with other non-Solution-Focused approaches was found to be effective. This presentation highlights the need for flexibility and the moulding of therapy techniques to client's requirements.</p>
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SESSION	DATE	TIME	HALL	BLOCK
Paper 10	14/12/2018	4.00pm – 5.30pm	911	Central Block, Ninth Floor

Title of the Paper	Completely no Ideas? Finding Creative Solutions by Worsening Bad Situations
Speaker	Georg Vorndran
Designation and Affiliation	Systemic Supervisor, Organizational Counsellor and Coach (DGSF) Head of PersSyst - Institute for Personnel Development
Abstract	<p>Some clients in longterm chronic situations sometimes live in a learned helplessness. Over the years they have tried everything and in the meantime, they totally give up.</p> <p>Telling them that now with your help it will be easy to invent a simple solution seems to be a kind of cynicism.</p> <p>By my experience on such clients, they have no idea on any solution. But asking them with respect and common ironic humor, what they can do to completely worsening their situation they will find a lot of new ideas.</p> <p>Its a relatively paradoxical and mostly surprising questioning intervention associated with fine introduce humor, a short method, easy and simple to define action in apparently hopeless situations</p> <p>And then the professional job of the therapist is to translate the answers with a special method in positive targets and activities</p>
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SESSION	DATE	TIME	HALL	BLOCK
Paper 11	14/12/2018	4.00pm – 5.30pm	911	Central Block, Ninth Floor

Title of the Paper	Application of Newtonian Laws of Motion in Understanding Human Behaviour
Speaker	Maria Celine Liya
Designation and Affiliation	Ph.D Scholar & Adjunct Faculty, Department of Psychology, Christ (Deemed to be University), Bangalore.
Abstract	SFBT is a postmodern approach, in the process of evolving used in psychology and shows effectiveness as it focuses on the future rather than the past. This makes it easier to have a step by step approach. Behaviour was dealt with in detail using various approaches, which were time consuming and long. SFBT would allow behaviour modification with an intention to change it focusing on the future rather than the past. This would help arrive at solutions to many behavioural problems. This study proposes to apply the Newtonian laws of motion in explaining how human behaviour works and thereby modify behaviour following the same principle, offering solutions to various behavioural issues.
Implications	The scope of the study will be applicable to all branches of psychology.
About the Presenter(s)	Currently a Ph.D. Scholar and Adjunct Faculty Christ (Deemed to be University), Bangalore. Was previously working at Indian Institute of Psychology and Research as an Assistant Professor (2016 – 17), Lecturer at Christ Junior College (2012 – 15).
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SESSION	DATE	TIME	HALL	BLOCK
Paper 12	14/12/2018	4.00pm – 5.30pm	911	Central Block, Ninth Floor

Title of the Paper	Role Of SFBT To Enhance Low Self-Esteem Of Adolescents With Self-Harming Behaviours
Speaker	1. Aishwarya Raj 2. Soni Jaiswal
Designation and Affiliation	1. Clinical Psychologist, Student Wellness Centre, AIIMS, New Delhi 2. Clinical Psychologist, Student Wellness Centre, AIIMS, New Delhi
Abstract	<p>Introduction: SFBT has now found a much wider application. This therapeutic technique uses techniques such as goal-setting, scaling and the miracle question. Self-esteem can be defined as a psychological phenomenon that has a strong influence on the cognitive and emotional aspects of human and is a strong predictor of life satisfaction. In adolescents the most common difficulty faced is low academic achievement leading to maladaptive coping, poor problem-solving skills and anger outbursts which often intensify to self-harming tendencies. As the literature has suggested that there exists a relation between low self-esteem and self-harm which is often characterized by an overly harsh attitude towards oneself. This happens when one views themselves as a worthless person and treats themselves in a punitive fashion. Adolescents who struggle with low self-esteem often resort to self-harm as a form of punishment.</p> <p>Rationale: The application of SFBT in adolescents with self-harming behaviours can help them equip with the demands of everyday life.</p> <p>Conclusion: Literature has highlighted that SFBT has been efficacious with adolescents. The strategies used in SFBT can be used to enhance self-esteem amongst adolescents with self-harming behaviours.</p> <p>Keywords: Adolescents, self-esteem, self-harming behaviours, Solution Focused brief therapy</p>
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SESSION	DATE	TIME	HALL	BLOCK
Paper 13	14/12/2018	4.00pm – 5.30pm	911	Central Block, Ninth Floor

Title of the Paper	Integration of Solution-focused Brief Therapy with Neuro-Linguistic Programming for Marital Conflicts
Speaker	<ol style="list-style-type: none"> 1. Soni Jaiswal 2. Aishwarya Raj
Designation and Affiliation	<ol style="list-style-type: none"> 1. Clinical Psychologist, Student Wellness Centre, AIIMS, New Delhi 2. Clinical Psychologist, Student Wellness Centre, AIIMS, New Delhi
Abstract	<p>Marital conflict is a leading cause of mental disorders in the current scenario. Marital conflict is not just a difference of opinions. Rather it is a series of events which are poorly handled by the couple with the ultimate conclusion of the conflict in marital relationships. Solution-focused Brief Therapy (SFBT) is an approach to psychotherapy based on solution-building rather than problem-solving. It explores more about current resources and future hopes and gives less importance to present a problem and past causes. Whereas in Neuro-Linguistic Programming (NLP), Neuro refers to neurology; Linguistic refers to language; Programming refers to how that neural language functions. NLP is the study of excellent communication- both with yourself, and with others. One of the major causes of marital conflict is disturbed communication between couples which originates other differences and ultimately leads to conflict and separation. In this paper, the author emphasizes on the integration of SFBT with NLP to resolve the marital conflict by focusing on current resources and by making modifications in communication pattern. In conclusion, it can be said that the integration of SFBT with NLP would be able to resolve marital conflict. Future empirical studies can be carried out to establish its efficacy.</p> <p>Keywords: Marital Conflicts, Solution-focused Brief Therapy, and Neuro-Linguistic Programming</p>
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SESSION	DATE	TIME	HALL	BLOCK
Paper 14	14/12/2018	4.00pm – 5.30pm	911	Central Block, Ninth Floor

Title of the Paper	Impact of Solution Focused Brief Therapy on Marital Wellbeing: A Systematic Review on the Outcomes
Speaker	1. Aleena Kurian 2. Firdousiya P.C
Designation and Affiliation	1. Student, Department of Applied Psychology, Central University of Tamil Nadu 2. Assistant professor, Department of Applied Psychology, Central University of Tamil Nadu
Abstract	Solution focused brief therapy (SFBT) is one of the modern method used in psychology which helps the person to construct solutions rather than finding solutions to the problem. Even though positive psychology and solution focused approach evolved decades before, psychologists' were hesitant to practice it until the recent past. As the basic assumption of SFBT is to bring changes that are es-sential to prompt progress, the solution focused couple therapy invites clients to look towards creating their desired future than addressing a particular problem. The present study is an attempt to collect, categorize, analyse, and integrate all the possible outcomes of SFBT on marital wellbeing with the help of available published studies which were directly measured the effectiveness of SFBT on various components of marital wellbeing. The results and implications will be discussed later.
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SESSION	DATE	TIME	HALL	BLOCK
Paper 15	14/12/2018	4.00pm – 5.30pm	911	Central Block, Ninth Floor

Title of the Paper	A Study on the Effectiveness of Solution-Focused Brief Therapy with Persons Having Mild to Moderate Depression – A Pilot Study
Speaker	Karishma Khurshid Khan
Designation and Affiliation	M.Phil. in Psychiatric Social Work (2016-2018) from National Institute of Mental Health and Neuro Sciences (NIMHANS)
Abstract	<p>Introduction: Depression is a worldwide common illness with an estimation exceeding 300 million people and it is ranked as the single largest contribution to nonfatal health loss. The Global disability amount into 7.5 % of all years lived with disability in 2015 (WHO). The treatment of major depression with antidepressants is well established however there is depression-focused psychotherapy that can effect the neuronal growth and regional brain metabolism (Thase, 2001). Over the past 20 years, Solution Focused Brief Therapy (SFBT) in a number of outcome studies, meta-analysis and systematic reviews have documented the effectiveness of SFBT in a variety of clinical and non-clinical settings.</p> <p>Rational of the paper: The strongest evidence for effectiveness of SFBT came in the treatment of depression (Lee et al. 2001; Estrada and Beyebach 2007; Hanton 2008; Jaseem Koorankot 2014; Habibi et al. 2016) in adults and reviews supported the finding that SFBT was briefer and less costly than alternative approaches. Due to the lack of quantitative data in India, more empirical evidence might help establish the effectiveness of SFBT in the Indian context.</p> <p>Objectives: To evaluate the effectiveness of SFBT on the person having mild to moderate depression as an adjunct to pharmacotherapy; to assess the improvement on functionality and to assess the changes in persons problem disengagement goal orientation and resource activation.</p> <p>Brief review: It is a Quasi-experimental study with one group pre and post-test design. The sample size is 10. Beck's Depression Inventory (BDI) 2.0, WHO Disability Assessment Scale and, Solution Focused Inventory scales were administered on the clinical population of NIMHANS. Wilcoxon signed rank test was used. The results were highly significant ($Z=-2.812$) in reducing depressive symptoms ($p=0.005$), improving functionality in all the six domains [for cognition, mobility, getting alone, life activities and, participation ($p=0.005$) and self-care ($p=0.007$)]. The results were also significant for all the three domains of Solution Focused Inventory.</p> <p>Conclusion: The result from the study can be taken to imply that Solution Focused Brief Therapy can be a useful therapeutic and cost-effective approach for a person having depression.</p>
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SESSION	DATE	TIME	HALL	BLOCK
Paper 16	14/12/2018	4.00pm – 5.30pm	911	Central Block, Ninth Floor

Title of the Paper	Effectiveness of Solution-Focused Brief Therapy in Improving the Functionality and Quality of Life of Persons with Mental Illness - A Pilot Study
Speaker	Lekshmi Vimala
Designation and Affiliation	MPhil in Psychiatric Social Work
Abstract	<p>The study is titled “Effectiveness of Solution-Focused Brief Therapy in improving the functionality and quality of life of persons with mental illness - A Pilot Study”. The objectives of the study included assessing the impact of SFBT on the functionality and quality of life of persons with mental illness and also its impact in the goal orientation, resource activation and problem disengagement of the client. Ten participants diagnosed with Schizophrenia were selected using convenience sampling. The research design used was pre-post single group experimental design. A total of 3 to 5 sessions were done with the participants. The tools used were – WHO Quality of Life (BREF), WHO Disability Assessment Schedule 2.0 and the Solution Focused Inventory (Grant et al). The collected data was analyzed using SPSS. Wilcoxon signed-rank test was used. After the analysis, it was observed that there was a significant difference in the functionality of the participants in all the domains of WHODAS (Understanding and Communicating, Getting around, Self-Care, Getting along with people, Life Activities and Participation in Society). But no statistically significant difference was found in the quality of life and in the domains of the Solution Focused Inventory although there was a difference observed in the individual scores of the participants in these areas. Hence it was concluded from the results of the study that SFBT can be an effective mode of intervention in improving the functionality of persons with mental illness.</p>
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SESSION	DATE	TIME	HALL	BLOCK
Paper 17	14/12/2018	4.00pm – 5.30pm	Campus View	Central Block, Tenth Floor

Title of the Paper	A Comparative Study of Metacognition and Executive Dysfunction Between Patients with OCD and their First Degree Relatives: A Neuropsychological Perspective
Speaker	1. Amrita Sen 2. Biswajit Dey
Designation and Affiliation	1. Clinical Psychologist (M.Phil), Brookefield Hospital & Sampurna Montfort College, Bangalore, Karnataka. 2. Assistant Professor, Clinical Psychology, Institute of Behavioural Science, Gujarat Forensic Sciences University, Gandhinagar, Gujarat.
Abstract	The essential features of OCD are recurrent, irresistible, intrusive thoughts and compulsive acts. Cognitive impairment-like executive dysfunction is hypothesized to be one of the core areas of Obsessive Compulsive Disorder (OCD). Persons with OCD show cognitive rigidity in their problem solving, deficits in fluency, processing speed and set shifting. Dysfunction in the fronto subcortical circuit including the OFC, basal ganglia and thalamus are responsible for cognitive rigidity. The disorder has also been found to be genetically linked. Hence, the study aims to assess and compare the neuropsychological deficit between OCD and their First Degree Relatives (FDR) in terms of Metacognition and Executive Function using Yale-Brown Obsessive Compulsive scale, Metacognition Questionnaire, Wisconsin Card Sorting Test, COWA (FAS) test, Animal Name Test, Working Memory Index (WMI) and Processing Speed Index (PSI) of WAIS-III. The sample size was N=42, in which 14 each were there in OCD, FDR and Normal Control (NC) group. OCD patients were matched on the basis of their age, sex, education with their normal counterpart. The results have been discussed from the current neuropsychological perspective.
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SESSION	DATE	TIME	HALL	BLOCK
Paper 18	14/12/2018	4.00pm – 5.30pm	Campus View	Central Block, Tenth Floor

Title of the Paper	Revalence of Internet Use and its Association with Expectancies and Mood
Speaker	Tanvi Kaur
Designation and Affiliation	Consultant Clinical Psychologist
Abstract	<p>Aim: To estimate the prevalence of internet addiction among the general public and understand its association with internet use expectancies, anxiety and depression.</p> <p>Method: A total sample of 889 was collected from Delhi-NCR regions. Individuals ranging from 18 to 60 years who engage in internet use for at least 6 hours/day in last three-month continuously were administered a set of self-reporting questionnaires viz. Internet Addiction Test (IAT), Internet Use Expectancies Scale (IUES), DSM-5 Level 2 Depression Adult (PROMIS Emotional Distress-Depression Short Form), DSM-5 Level 2 Anxiety Adult (PROMIS Emotional Distress- Anxiety- Short Form), for collecting the required data. The data collected was analysed using Pearson's correlation and linear regression methods.</p> <p>Result: Prevalence of internet addiction was estimated to be 0.3%. Negative internet use expectancy account-ed for variance in internet use significantly. The prevalence of Depressive and Anxiety Disorders in the study population appeared to be higher (19.4 % and 20.7% respectively) compared the figure reported for Indian population (for e.g. Reddy & Chandrashekhar, 2010).</p> <p>Conclusion: The prevalence of Internet Addiction found in the present study appears to be surprisingly low (0.3 per hundred) in Delhi-NCR region as compared to previous studies from Europe</p>
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SESSION	DATE	TIME	HALL	BLOCK
Paper 19	14/12/2018	4.00pm – 5.30pm	Campus View	Central Block, Tenth Floor

Title of the Paper	Solution Focused Thinking in Relationship with the Disciplining Experience Among Adolescents
Speaker	Manasha. A
Designation and Affiliation	M.Sc Behaviour Science, Department of Psychology, Christ (Deemed to be University), Bengaluru - 29
Abstract	<p>The study examined the influence of the disciplining experience on the solution-focused thinking among adolescents. The disciplining experience mainly focuses on parental warmth and punishments. A sample of a hundred late adolescents was chosen for the study using the purposive sampling method. Solution Focused Inventory (SFI) was used to measure the solution-focused thinking, and the Disciplining Experience Measure (DEM) was used to assess the disciplining experience by the participants. Correlation analysis showed that Parental warmth had a moderate positive correlation with the feeling that disciplining helped the participant. Punishment experience and perceived healthiness in disciplining also showed a significant positive correlation with the feeling that disciplining helped. There was a significant correlation between perceived healthiness in disciplining and parental warmth.</p> <p>Keywords: Solution focused thinking, disciplining experience, parental warmth, punishment.</p>
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SESSION	DATE	TIME	HALL	BLOCK
Paper 20	14/12/2018	4.00pm – 5.30pm	Campus View	Central Block, Tenth Floor

Title of the Paper	The Three Gunas: Approach to Solution Focused Thinking
Speaker	Vaishnavi Desai
Designation and Affiliation	M.Sc Behaviour Science, Department of Psychology, Christ (Deemed to be University), Bengaluru - 29
Abstract	<p>The paper aims to study the pre-dominant guna in the population and how they practice in their thinking and decision-making process. These three gunas are Sattva, Rajas and Tamas. Sattva virtues wisdom, awareness, reflectiveness, insight, justice, and introspection. Rajas virtues courage, passion, energy, ambition, and determination. Tamas virtues endurance, patience, chaos, darkness, and a state of no obligation. The main focus of the study is to figure out the best guna approach towards the 'solution focused thinking' process and also, to understand and relate the 'Three Gunas Theory' with emotional self-awareness. Data from 100 samples was collected. Solution Focused Inventory (SFI), Vedic Personality Inventory and Emotional Self Awareness Scale (ESAS) were used as a part of questionnaire for data collection. The data analysis has been done using parametric statistical tools. The result showed that there is moderate positive correlation between Sattva guna and solution focused thinking along with communication and decision-making components of emotional self-awareness; and that men are relatively higher in acquiring Tamas guna than women.</p> <p>Key words: Gunas, Personality, Solution focused thinking, Self-awareness.</p>
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SESSION	DATE	TIME	HALL	BLOCK
Paper 21	14/12/2018	4.00pm – 5.30pm	Campus View	Central Block, Tenth Floor

Title of the Paper	Solution Focused Brief Therapy (SFBT) In the Treatment of Suicidal Ideation: A Case Study
Speaker	1. Baijesh A. R. 2. Sureshkumar P. N.
Designation and Affiliation	1. PhD. Scholar (Psychology), Bharathiar University, Co-imbatore 2. Professor of Psychiatry, KMCT Medical College, Ma-nasseri, Calicut
Abstract	Young adults pursuing higher education may experience it as a challenging period of transition and are vulnerable to many problems. Suicide is one of the most common reasons for death among young adults. With the increasing number of suicides and attempts among university students, the authorities, administrators and mental health professionals still lack the best knowledge about how to effectively protect students from suicidal thoughts and behaviours. Studies indicate, the traditional crisis intervention and counselling models based at the 'campus counselling centres' need significant modifications in their approach and methodology in the identification and treatment of suicidal behaviours at the ideational level itself. Solution focused therapeutic approach brings about a reorientation from a problem-focused direction to a solution-focused one in psychotherapy which is grounded in a competency-based and resource-based model. In this case study, application of Solution Focused Brief Therapy (SFBT) for a 22-year-old student pursuing Masters in Economics presented with suicidal ideations after a difficult break- up of a love relationship is described. Six sessions of SFBT intervention, spread over twelve weeks was employed. The suicidal ideation, hopelessness and depression of the client were assessed using self-report measures before and after the intervention, and at three months follow up. Effect of the intervention is examined.
About the Presenter(s)	1. Baijesh A. R., M Phil is a doctoral scholar in Psychology at the Bharathiar University, India. He is a licensed Clinical Psychologist and an accredited practitioner and trainer in solution focused approaches. He has received his Masters in Clinical Psychology from Annamalai University and M Phil Clinical Psychology from Osmania University. He is presently working as a clinical psychologist with Minerva Institute (San Fransico, USA), Chetana Hospital (Hyderabad, India) and is a consultant for many other organizations. 2. P. N. Suresh Kumar, MD, Ph D. is a Professor of Psychiatry at the KMCT Medical College, Calicut, India. His primary research interest is in Suicidology. He has done extensive research in the area of Suicidology, suicide prevention and interventions specific to the Indian context. He is also a supervisor for the doctoral students in Psychology at the Bharathiar University, Coimbatore, India.
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SESSION	DATE	TIME	HALL	BLOCK
Paper 22	14/12/2018	4.00pm – 5.30pm	Campus View	Central Block, Tenth Floor

Title of the Paper	Is Social Media a Solution? A Conceptual Overview of Social Media Affinity.
Speaker	Leesha Joseph
Designation and Affiliation	Research Scholar; CHRIST (Deemed to be University)
Abstract	<p>Social media is a virtual space where individuals live, as in a second world, creating an identity, forming relationships, and meeting people with shared interests. Various studies have shown that the usage of social media would lead to psychosocial problems including moderate to severe level of addiction. The negative influence of media on children and adolescents had been reported by different researchers. However, the usage of social media is not so challenging for a significant segment of the part of the population. Most of the individuals use it as a tool for connectivity, and some for pleasure. The likeness in an individual towards the usage of it for increasing the connectivity and experience of pleasure is termed as social media affinity. Individuals who have social media affinity will be an active participant in a social media platform or sometimes by playing the role of an audience. They will show a tendency to become a part of social media by contributing pictures, videos, audios or any content that they wish to share with few others who would like to watch these. Social media affinity does not have a time frame one would keep up to. It can be lost at any period of their life, voluntarily or involuntarily.</p> <p>Keywords: Social media affinity, addiction</p>
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SESSION	DATE	TIME	HALL	BLOCK
Paper 23	14/12/2018	4.00pm – 5.30pm	Campus View	Central Block, Tenth Floor

Title of the Paper	Flow, Grit and Solution Focusedness among Indian and African Origin Students Pursuing Post-graduate Education in Indian Universities
Speaker	1. Y. Eswar Naveen 2. Bajjesh A. R. 3. Bona Marie Colaco 4. Rithika Alladi
Designation and Affiliation	1. MSc student, Central University of Karnataka 2. Clinical Psychologist-Chetana Hospital, Hyderabad 3. Student, Master in Counseling, Palo Alto University 4. Clinical Psychologist & Director, Lantern Wellness Centre, Hyderabad
Abstract	<p>Flow is the state of mind where you get immensely involved in a work for its own sake, where your every thought, movement and action are directed towards the same (Csikzentemihalyi, 1997), on the other hand, Grit is one's passion and perseverance to achieve a long-term goal (Duckworth, 2007). Conditions like perceived challenges, or opportunities for action, that stretch existing skillsets, engaging challenges at a level appropriate to one's capacities, clear proximal goals and immediate feedback about the progress facilitates Flow. The two major characteristics of Grit are perseverance of effort and consistency of interest. Studies have explored how personality traits and family context can shape the characteristics of Grit and Flow in an individual. The present study is a pilot study and is an attempt to understand the relationship between Flow, Grit and Solution Focusedness. The sample consisted of a hundred students with a composition of 50 African and 50 Indian origin students who pursue their post-graduate education in Indian Universities. The Flow Short Scale (FSS; Rheinberg, Vollmeyer & Engeser, 2003), The short Grit scale (Grit-S; Duckworth and Quinn, 2009) and Solution Focused Inventory (Grant, A. M., Cavanagh, M. J., Kleitman, S., Spence, G., Lakota, M., & Yu, N., 2012) were used to assess Flow, Grit and Solution Focusedness respectively.</p> <p>The results revealed a positive correlation among Indian origin students as well as African origin students between Flow and Solution Focusedness (Indian Origin $r=0.73$; African Origin $r=0.64$), Grit and Solution Focusedness (Indian Origin $r=0.56$; African Origin $r=0.68$) while there was no significant difference between both groups with respect to these variables. It can be concluded from the results that solution focusedness is positively correlated to flow and grit among Indian and African origin students.</p>
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