



# TUNING IN: BEING A REFLECTIVE PSYCHOTHERAPIST

Two-day Regional Workshop for Clinical Psychologists

2<sup>nd</sup> Continuing Professional Development Program in Clinical Psychology  
(RCI CRE status approved)

Date: 13-14 Nov, 2018

Venue: LGBRIMH, Tezpur

**Organized by:** Dept. of Clinical Psychology, LGB Regional Institute of Mental Health, Tezpur, Assam

**Resource person:** Dr. Poornima Bhola, Additional Professor, Department of Clinical Psychology, National Institute of Mental Health & Neuro Sciences (NIMHANS), Bengaluru

## Workshop Concept Note:

As therapists, we use our 'selves' as an instrument and are often equally impacted in myriad ways during the therapeutic process. This workshop aims at providing an interactive space to experientially explore and strengthen reflective practice as a therapist/counsellor.

## What will you do and learn at the workshop?

During the workshop, participants will examine the need for active self-reflection and understand the relevant research and practices in this domain— both from India and across the globe.

## Workshop Methodology:

Personal expression and narratives, case vignettes, role plays and experiential group activities.

## Workshop Registration:

Maximum number of participants

(Clinical Psychologists with RCI CRR number)

for the workshop is 30. For this category registration will be based on first-come first-serve basis. A few slots will be kept aside for other interested professionals without CRR number (i.e., Psychologists/ Counselling psychologists/ Psychotherapist working in NE region). The interested participants need to send an email to workshop coordinator at [cpdcp.lgbrimh@gmail.com](mailto:cpdcp.lgbrimh@gmail.com) for the online-link of the workshop registration form. The organizing committee, after initial scrutiny, would confirm the participation, as per the seats available.

**Registration Fee:** Rs. 1200.00 (**Deadline: 30<sup>th</sup> Oct., 2018**)

## Accommodation facility:

On-campus: A limited number of accommodations at Institute Guest House/ Hostel at a subsidized rate are available.

Off-campus: Participants can choose hotel accommodation in the town within 3-km radius of the institute.

For workshop brochure and updates, please log on to: [www.lgbrimh.gov.in/Seminar\\_Workshops.html](http://www.lgbrimh.gov.in/Seminar_Workshops.html)

**For further details contact:**

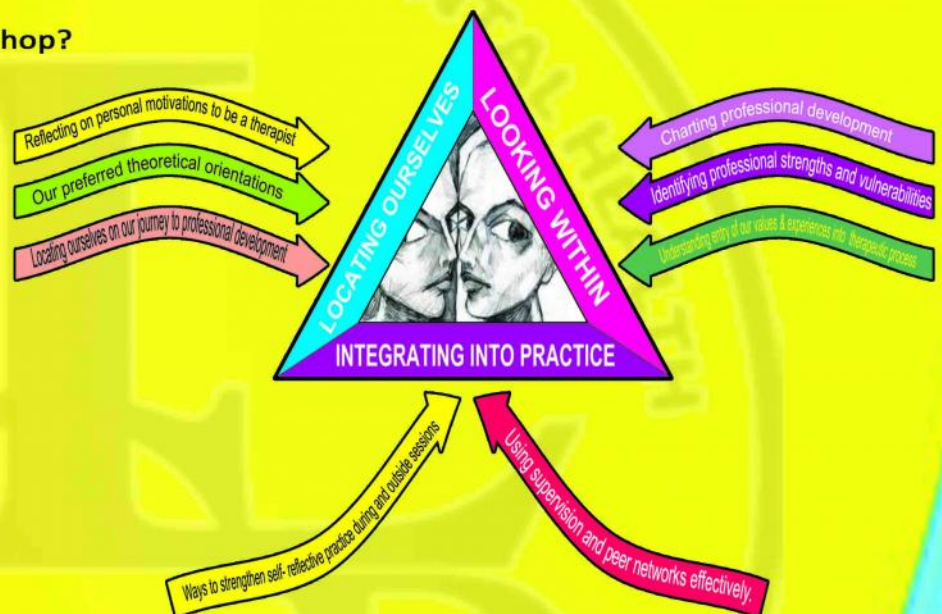
**Dr. Priya Saxena**

Workshop Coordinator- CPDCP

Dept. of Clinical Psychology, LGBRIMH, Tezpur, ASSAM

Workshop Email: [cpdcp.lgbrimh@gmail.com](mailto:cpdcp.lgbrimh@gmail.com)

Dept. of Clinical Psychology Office- 03712-233122 (during office hours)





#### HOW TO REGISTER FOR THE WORKSHOP:

Maximum number of participants (Clinical Psychologists with CRR number) for the workshop is 30. For this category registration will be based on first-come first-serve basis. The interested participants need to send an email to workshop coordinator at cpdcp.lgbrimh@gmail.com for the online-link of the workshop registration form. Few slots will be kept aside for other interested professionals without CRR number (i.e., Psychologists/ Counselling psychologists working in NE region) who also need to write to the workshop co-ordinator at cpdcp.lgbrimh@gmail.com. The organizing committee, after initial scrutiny, would confirm the participation of these professionals, as per the seats available.

**Registration Fee:** Rs. 1200.00 (Rupees One thousand and two hundred)

**Mode of payment:** Online bank transfer (account details will be individually intimated through email during confirmation of participation)

**Registration fee includes:** Registration kit, Working lunch and Tea during workshop on both the days. It does not include accommodation charges.

**Deadline for registration (payment of fees):** 30th October, 2018 (No spot registration)

**\*Cancellation policy:** Registration fees, once remitted, would not be refunded.

#### WHERE TO STAY IN TEZPUR:

**ON-CAMPUS:** A limited number of rooms on twin-sharing basics at Institute Guest House/ Hostel are available at a subsidized rate and will be provided to out-station participants on first-come first-serve basis from Nov 12 evening till Nov 15 morning. The participants need to clearly indicate their in-campus accommodation requirements in the online registration form.

**OFF-CAMPUS:** There are many hotels within 3-km radius of the institute. The organizing committee would guide the participants by providing more information about them, if requested. However, the participants need to make the bookings directly with the hotel.

For Workshop updates, please log on to : [www.lgbrimh.gov.in/Seminar\\_Workshops.html](http://www.lgbrimh.gov.in/Seminar_Workshops.html)

#### ORGANIZING COMMITTEE:

##### Patron:

Dr. S.K. Deuri, Director, LGBRIMH

##### Advisory Committee:

Dr. Aparajeeta Baruah, *I/c Academic, LGBRIMH*

Dr. Maitreyee Dutta, *Assoc. Professor, of Clinical Psychology*

Dr. Sonia P. Deuri, *Head, Dept. of Psychiatric Social Work*

Dr. Arunjyoti Baruah, *Head, Dept. of Psychiatric Nursing*

##### Workshop Co-ordinator:

Dr. Priya Saxena, *I/c Clinical Psychology*

##### Organizing Committee Members:

Dr. Diptarup Chowdhury, Mr. B Surchandra Sharma, Dr. Priyadarshee Abhishek, Mr. Deepshri Phukan, Mr. Rituraj Gogoi, Ms. Lakshyaira Borah, Mr. Ansuma Narzary, Mr. Ritumoni Borah, Puren Deka and 1st and 2nd yr. M.Phil (CP) trainees.



#### FOR FURTHER DETAILS CONTACT:

##### Dr. Priya Saxena

Workshop Coordinator- CPDCP

Dept. of Clinical Psychology, LGBRIMH, Tezpur, ASSAM

Workshop Email: [cpdcp.lgbrimh@gmail.com](mailto:cpdcp.lgbrimh@gmail.com)

Department Email:

[clinicalpsychology@lgbrimh.gov.in](mailto:clinicalpsychology@lgbrimh.gov.in)

Office Phone: 03712-233122

Lokopriya Gopinath Bordoloi Regional Institute of Mental Health  
(An Autonomous Institute under Ministry of Health & Family Welfare, Govt. of India)

Tezpur, ASSAM



Continuing Professional Development in Clinical Psychology: Regional Workshop

On

**TUNING IN:  
BEING A REFLECTIVE PSYCHOTHERAPIST**  
TWO-DAY WORKSHOP FOR CLINICAL PSYCHOLOGISTS

13th - 14th November, 2018

Venue: LGBRIMH, Tezpur, ASSAM



Organized by  
Department of Clinical Psychology  
LGB Regional Institute of Mental Health  
Tezpur, ASSAM

RCI CRE STATUS APPROVED



#### ABOUT LGB REGIONAL INSTITUTE OF MENTAL HEALTH:

Lokopriya Gopinath Bordoloi Regional Institute of Mental Health (LGBRIMH) is one of the oldest mental health care institutes in India, established in the year 1876. Spreading over 81 acres of land, this tertiary care institute of mental health and behavioural sciences offers various Diploma, PG, M. Phil, and Ph.D. courses in Mental Health and Allied Sciences. The Institute provides patient care services by a multidisciplinary team of mental health professionals with the basic objective of providing equitable access to quality mental health care to all sections of the society, thus reducing the global burden of diseases. The institute is currently in the cusp of major capacity building initiatives in terms of infrastructure and human resources development, augmented by the Ministry of Health & Family Welfare, Govt. of India.

#### ABOUT DEPT. OF CLINICAL PSYCHOLOGY:

The Department set up in the year 2002 has been providing clinical services to outdoor and indoor patients. M.Phil training program in Clinical Psychology (Recognised by RCI and affiliated to Gauhati University) was introduced in 2011. This professional training program has been envisioned with the objective of increasing the number of trained professionals in the field of clinical psychology in the country, especially in the North Eastern region. The trainees receive stipendiary support from the Ministry of Health & Family Welfare at par with other Central Govt. institutes like NIMHANS.

#### ABOUT CONTINUING PROFESSIONAL DEVELOPMENT IN CLINICAL PSYCHOLOGY (CPDCP):

Continuing Professional Development is a standard practice in many health professions, including Clinical Psychology which influences new learning, knowledge and skill retention, and the utilisation of new learning in clinical

practice by the professionals. Rehabilitation Council of India, which is the regulatory body for Clinical Psychologists in India, has the mandate to conduct Continuing Rehabilitation Education programs for professionals registered with it. The CPDCP program is conceptualized as a CRE program to provide practicing Clinical Psychologists an opportunity to update and upgrade their knowledge and skills and gain CRE points as per RCI guidelines. **The proposal to consider this CPDCP as a CRE program is currently under process by Rehabilitation Council of India.**

#### ABOUT THE WORKSHOP: 'TUNING IN: BEING A REFLECTIVE PSYCHOTHERAPIST'

Existing psychotherapy training of clinical psychologists often leaves the 'person-of-the-therapist' outside its purview, focusing largely on the technical component of the therapeutic process. However, research and practice across the globe has evidenced the importance of development of 'self' of the therapist. It is the constant negotiation between the therapist's personal self and the professional role that plays out in the therapeutic conversations. The awareness of one's strengths and vulnerabilities and the reflective knowledge about what aspect of self that can be utilized to create therapeutic openings makes these negotiations possible, thereby making the whole therapeutic process more effective. The proposed workshop attempts at shifting the focus back into the 'self' and attempt to connect the personal with the professional.

#### WHAT WOULD BE DISCUSSED IN THE WORKSHOP:

##### (a) Locating ourselves:

- Understanding what drew us to the helping profession, reflecting on

personal motivations to be a therapist, our preferred theoretical orientations and locating ourselves on our journey to professional development

##### (b) Looking Within:

- Charting professional development by identifying professional strengths and vulnerabilities
- Understanding how therapist values and experiences enter into the therapeutic process

##### (c) Integrating into practice:

- Ways to strengthen self-reflective practice during and outside sessions
- Using supervision and peer networks effectively

#### WHO CAN PARTICIPATE:

The workshop is open to Clinical Psychologists with CRR numbers, who are working in North Eastern region of India. In view of limited number of these professionals in North East and dearth of similar training programs in this region, a few seats are kept aside for practicing psychologists/ counselling psychologists with at least 2 years of post-masters work experience. They will be provided with participation certificate by the host institute. In North East and dearth of similar training programs in this region, a few seats are kept aside for practicing psychologists/ counselling psychologists with at least 2 years of post-masters work experience. They will be provided with participation certificate by the host institute.

#### WHO IS THE RESOURCE PERSON:

Dr. Poornima Bhola, Additional Professor of Clinical Psychology, National Institute of Mental Health & Neuro Sciences (NIMHANS), Bengaluru, Karnataka

#### WHAT WILL BE THE WORKSHOP METHODOLOGY:

Personal expression and narratives, case vignettes, role plays and experiential group activities.