

## State Level Workshop



VMCON, Karaikal organised its first State Level Workshop titled Psychotherapeutic Approaches in Clinical Practice – A View to Strengthen Insight on 4<sup>th</sup> and 5<sup>th</sup> September, 2014.

The Conference was inaugurated by the Chief Guest, Prof. Vanitha Innocent Rani M.Sc. (N), Principal, Our Lady of Health College of Nursing, Thanjavur. Dr. A. Samuel, Gnanadoss, Medical Director delivered the presidential address. Dr. R. Thirunavukkarasu, Principal, Dr. H. Syed Maroof Saheb, Medical Superintendent and Dr. G. Vijayakumar Nair, Vice Principal, VMCMC&H, Karaikal, felicitated the function. Prof. Mrs. K. Kamala, Principal of VMCON gave an overview of the workshop.

During the six sessions of the first day, the following six different categories titled Psychotherapy - An Overview, Effective Interpretations of Behaviour Therapy, Mindfulness, Resolving Conflicts and Interpersonal Relationship, and a skill session on Managing Communication Errors were delivered most illustriously.

The second day sessions started with Psychological Interventions for Special Population, Promoting Ideal Ageing and Mental Health of Senior People and Factors Contributing to Stress: Assessing and Managing and ended with Social Therapy and Rehabilitation and Strengthening Family Resilience. Finally the skill session on Managing Stress was presented.

At the valedictory programme, the Chief Guest Prof. P. Sumathy, TNC Observer, congratulated the institute and the management on organizing a state level workshop on a contemporary and relevant theme and offered her organization's support in organizing such programmes in the future.

Prof. K. Kamala, Principal, VMCON, Karaikal, thanked the TNC Observer for her valuable presence and contribution towards the successful conduct of the programme. Certificates were distributed to the participants. The programme concluded with the vote of thanks.

