



**You Matter, Counseling and Wellness Center**  
Department of Psychology  
**St Teresa's College, Ernakulam**  
In collaboration with  
**Care of Minds (CAMS)**



Organizes a ZOOM WEBINAR on

7<sup>th</sup> Oct, 2020  
9.30-12.30 am

Open to all Students  
@ St Teresa's

CARE OF MINDS

## **Emotional Health and Mind-body Integration**

*Introduction to the Mindful pathway to wellbeing*

*Feelings and emotional states need not really control us,  
we can hold the keys to choose how our mind-body feels  
and responds to life-events. This webinar provides basic  
orientation to the mindful pathway of emotional health  
and happiness*

Resource Team

**Dr Sr Roshin Kunnel**

Clinical Psychologist

PhD, University of Basel

**Dr Fr Rajeev Michael**

Clinical Psychologist

PhD, NIMHANS, B'lore

Contact

**Asst Prof Bindu John**

HOD, Dept of Psychology

St Teresa's College

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**FREE  
REGISTRATION**

Register before 5.10.2020 by login to

**[careofminds.com](http://careofminds.com)**

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# Resource persons

**Dr Sr Roshin Kunnel John SVC**, PhD in Clinical Psychology and Psychotherapy (University of Basel, Switzerland).

Dr. Sr. Roshin Kunnel John obtained PhD in Clinical Psychology and Psychotherapy from the University of Basel, Switzerland. She did her Teacher's training in Mindfulness Based Cognitive Therapy (MBCT) for adults and adolescents at the Oxford Mindfulness Centre, UK. Other areas of her psychotherapy specializations are: Mindfulness Based Stress Reduction (MBSR) therapy for adults and adolescents (Basel, Switzerland), Cognitive Behavioural therapy (CBT) for adults and families (NIMHANS, Bangalore), and Acceptance and Commitment Therapy (Russ Harris, Australia) and her psychotherapy clientele include adults, youth and adolescents, parents and couple. She has authored a number of international scientific publications and presentations, and has conducted several training programs including MBCT training in Europe and India, and workshops for teachers, parents and students. She, along with other clinical psychologists, has recently launched an initiative titled *Care of Minds* (CAMS) for promoting emotional wellbeing and mental health care for the general public. Her passions are writing and poetry, and promoting happiness and wellbeing.

**Dr Fr Rajeev Michael OCD**, PhD in Clinical Psychology (NIMHANS Bangalore).

Dr. Fr. Rajeev Michael obtained PhD in clinical psychology from NIMHANS Bangalore. He specializes mindfulness-based practices in psychotherapy. He is trained in the Vipassana Mindfulness tradition and has over 5 years of experience as a Mindfulness Teacher. He is currently a consultant clinical psychologist at St Joseph's Hospital, Manjummel, and Guest Faculty in the Department of Psychology at Rajagiri College of Social Sciences. He is also the Registrar and Psychology Faculty at Jyotir Bhavan, Institute of Theology and Spirituality. He has a number of scientific publications and national and international scientific presentations to his credit, and has conducted several workshops and training programs for psychologists, teachers, parents, youth, priests and nuns, students, etc. In psychotherapy, his areas of expertise include Cognitive Behavioural Therapy, Mindfulness Based and Experiential Therapies, Third Wave Therapies, Family and Couple Therapy, EMDR and Trauma therapy, and Parenting Management Therapy. His passions are creating music and facilitating personal change.