



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

*Open to all
Counseling Teachers
@ St Teresa's*

CARE OF MINDS

Emotional Hygiene and Psychological First Aids

Transferable skills for Counselors

5th Nov, 2020
2.30-4.30 pm

Resource Persons

Dr Sr Roshin Kunnel

Clinical Psychologist
PhD, University of Basel

Dr Fr Rajeev Michael

Clinical Psychologist
PhD, NIMHANS, B'lore

Contact

Asst Prof Krishnendu Ashok

Dept of Psychology, St Teresa's College
Ph. 9895374370

**FREE
REGISTRATION**

Register before 3.11.2020 by login to

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). 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.

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

Dr. Fr. Rajeev Michael obtained PhD in clinical psychology from NIMHANS Bangalore. 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.