

SHIFT II

LOYOLA COLLEGE (AUTONOMOUS), CHENNAI

DEPARTMENT OF COUNSELING PSYCHOLOGY

ACTIVITY REPORT

General Information

Type of Activity	Workshop
Title of the Activity	Solution-Focused Brief Therapy Workshop
Date/s	06/03/2024 - 8/03/2024
Time	8:30 am to 12:30 pm
Venue	CAS 03 and MCA HALL
Collaboration/Sponsor (if any)	

Speaker/Guest/Presenter Details

Name	Rev. Fr. Richard John
Title/Position	Psychological counselor and SFBT practitioner
Organization	Member of the British Psychological Society
Title of Presentation	Solution Focused Brief Therapy Workshop

Participants Profile

Type of Participants	Student
No. of Participants	26

Synopsis of the Activity (Description)

Highlights of the Activity	<ol style="list-style-type: none">1. An in-depth exploration of Solution-focused brief therapy as an effective therapeutic technique was done.2. Practical exposure towards the workings of SFBT was facilitated with live demonstrations, case study, group discussions, hands-on practice and team work.
Key Takeaways	<ol style="list-style-type: none">1. One important takeaway was how SFBT was both time-limited and effective at the same time. It could be the easiest therapy to practice if done with meticulousness and alertness along with empathy and acceptance.2. Each step of the therapy was explained, demonstrated and allowed to have hands-on practice which was insightful and boosted the students' confidence in their technique.3. Ample feedback and discussions were also conducted to clarify doubts. Case study in the form of role play was also conducted which was very resourceful in understanding the dynamics of the therapy.
Summary of the Activity	<p>Day 1: The workshop began with an ice-breaker game that facilitated personal introductions and also honed basic skills needed for SFBT like alertness along with some life lessons. Theoretical background of SFBT was revisited. The advantages or the strengths of SFBT as a therapeutic technique was explored with discussions. Another ice-breaker game was conducted after which the first two steps of the therapy were taught through hands-on mock sessions.</p>

	<p>Day 2: The second day began with a team activity where chart work was to be done by groups based on the understanding of a resource material that was sent by the speaker. Discussions followed. The next two steps of the therapy were extensively practiced with one-on-one mock sessions, along with ample discussions and feedback that gave more insight. Case study in the form of role play was also conducted which gave us a taste of being a counselor practicing SFBT.</p> <p>Day 3: The remaining steps of the therapy were explored. Practical exposure was given. Role play of a case study was conducted which gave us insight of how to deal with a resistant client and what kind of questions to ask. Feedback was given after each mock practice session so that we could hone our technique. An ice-breaker game was conducted in between followed by the demonstration of the technique of using ‘scales’ in therapy. It was deeply engaging. The session ended with a summary of the therapy.</p>
Follow-up plan	

Report prepared by:

Name of the Organiser	Department of Counseling Psychology
Designation/Title	
Signature	

Deputy Principal

Vice Principal

HoD/Coordinator

Annexure:

1. Speaker Profile
2. Photos of the activity (not more than two)
3. Attendance list of participants

RICHAR JOHN

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Professional Summary

Empathetic, psychological counsellor dedicated to providing exceptional care and devising creative treatment plans for a wide range of clients such as children, adolescents, and adults. He is a process-oriented committed teacher who creates holistic learning experiences. He has worked with several individual clients, families and groups in the UK and India with many success stories. He has conducted many counselling training programmes and workshops on SFBT and Counselling Skills. As a passionate learner and practitioner, he likes to further enrich himself with advanced therapeutic theories, practice, and research experience.

Core Skills

Provide Training in Basic Counselling Skills, Training Professionals in SFBT, Teaching and Supervision, Multicultural Counselling

Registration with Professional Body

Graduate Member of the British Psychological Society (Registration No: 667948)

Education

MRes Research Methods in Psychology: 2022-2023

Goldsmiths - University of London, UK

Certificate: Solution Focused Brief Therapy, 2015

BRIEF – The Centre for Solution Focused Practice, London, UK

Bachelor of Divinity: Theology, 2015

Heythrop College - University of London, London, UK

Master of Science: Counselling Psychology, 2012

Sampurna Institute of Advanced Studies - Bengaluru, KA, Indian

Bachelor of Philosophy.: Philosophy, 2008

Jnana Deepa Vidyapeeth - Pune, MH, India

Bachelor of Science: Zoology, 2006

Loyola College - Chennai, TN, India

Work History

Assistant Professor in Counselling Psychology, and Student Counsellor, and Campus Minister (Chaplin) 09/2020 to 05/2022
St. Joseph's College (Autonomous), Tiruchirappalli, Tamilnadu, India

Assistant Director, 09/2016 to 05/2022
JESCO – Madurai/Tiruchirappalli, Tamilnadu

Psychological Counsellor, Solution Focused Practitioner, 09/2015 to 08/2016
St. Anselm's Rectory – London, The United Kingdom

Conferences and Presentations

- International Training Conference in BRIEF Psychotherapies (ITCBP 2017) Workshop on 'High-Performance Solution Focused Activities for Focused Groups'.
- International Conference on Solution Focused Practice 2018 (ICSFP 2018) Workshop on 'Magic of Numbers – Effective use of numbers in therapy'.

Guest Lectures

- Madurai Kamaraj University, Faculty Induction Programme 09/2020 Presentation on 'Counselling Strategies for better personal and class management.
- Madurai Kamaraj University, Faculty Induction Programme 11/2020 Presentation on 'Counselling Strategies/ ethical moral code of counselling'.
- Madurai Kamaraj University, Faculty Induction Programme 02/2021 presentation on 'Counselling Strategies/ ethical moral code of counselling'.
- Madurai Kamaraj University, Faculty Induction Programme 03/2021 Presentation on 'Counselling Strategies/ ethical moral code of counselling'.
- Madurai Kamaraj University, Faculty Induction Programme 09/2021 Presentation on 'Counselling Strategies/ ethical moral code of counselling'.



