



DEPARTMENT OF COUNSELLING PSYCHOLOGY



LOYOLA COLLEGE, CHENNAI

REPORT ON WORKSHOP

A poster for a workshop on Acceptance & Commitment Therapy. The background is a grayscale image of a person's head and shoulders, looking upwards. The person's face is partially obscured by a landscape of trees and flying birds. The text is centered and includes the workshop title, resource person, dates, and organizers.


Department of
Counselling psychology



WORKSHOP ON

**ACCEPTANCE &
COMMITMENT THERAPY**

Resource Person: Fr. Arul Edward OFM
Capp., Anugraha College, Dindigul

28th - 30th March, 2022 | 9:30 AM - 6:30 PM
Department of Counselling Psychology

Organized by:
Loyola College (Autonomous), Chennai
Department of Counselling Psychology

**WORK
SHOP**

lecture psychology

TOPIC : ACCEPTANCE AND COMMITMENT THERAPY

DATE : 28.05.2022 to 30.05.2022

VENUE : DEPARTMENT OF COUNSELLING PSYCHOLOGY

RESOURCE PERSON : FR. ARUL EDWARD ,
OFM CAPP,
ANUGRAHA COLLEGE, DINDIGUL

BENEFICIARIES: I ST YR STUDENTS OF COUNSELLING PSYCHOLOGY

NO OF BENEFICIARIES: 24

The workshop was conducted for 3 days, in which the theoretical and practical knowledge of Acceptance and commitment therapy was taught. Games and group activities was included to avoid boredom and increase the interest of the students. Dance with music created fun and active participation of the students.

The Outcome of the workshop was the students learnt the art of acceptance of personal, interpersonal and social situations in their personal and professional lives ,at the same time developing a willingness to take positive action in their responsibility towards working at them. This was shared in their personal sharing and feedbacks collected.







