

A Short report on Three day International workshop on “Strengthening counselling skills for social workers” held on 17.12.2014 to 19.12.2014

A Three day International workshop on “Strengthening counselling skills for social workers” was established by the Department of Social Work, Bharathidasan University in collaboration with Department of Social Work, Shrimati Indira Gandhi College, Tiruchirappalli and Department of Social Work, Srimad Andavan Arts and Science College, Tiruchirappalli from 17th December, 2014 to 19th December, 2014. The workshop was inaugurated by Dr.S.Gurudoss, Adult Mental Health Practitioner, Queensland Health, Australia. The valedictory address was given by Dr.M.Ravichandran, Registrar, Bharathidasan University. The total number of 125 participants took part in this workshop. He states that, Counselling, today can be seen at all levels. From school going children to people seeking career guidance, all of them require counselling to help them to overcome their mental and emotional barriers. He also said that there is a common misunderstanding that only psychologists are qualified to treat the mentally ill and troubled. He stressed on the necessity for upholding and maintaining the professional ethics involved in social work such as confidentiality, maintaining professional relationship and self determination. The following areas were covered in the workshop.

- i. To revisit psychosocial aspects of human behaviour and their impact on human behaviour and mental health and counselling.
- ii. To enable social work students to familiarise with counselling skills.
- iii. To provide opportunity to revisit principles and practice of counselling.
- iv. To develop active listening skills and appropriate communication skills for counselling.
- v. To introduce new approaches in counselling for social work students.
- vi. To motivate and encourage social work students for active participation in Role-plays, Small Group-Discussion and Case study.
- vii. To learn to develop reflective skills for effective counselling input.