

About Jain University

Jain University brings in thought leadership with a blend of academic rigour and a hands-on applicability to real-world issues. The learning environment is enriched by a team of highly talented & motivated faculty and staff, and an illustrious leadership.

The University currently offers over 60 innovative programmes at the Undergraduate, Postgraduate and Research levels. At **Jain University** undergraduate & postgraduate aspirants have an opportunity to fulfil education requirements, choose among a wide variety of elective courses and interdisciplinary certificate programmes and be a part of research activities undertaken by the university in diverse fields. The university offers degrees spanning Languages, Social Sciences & Humanities, Physical & Life Sciences, Engineering Science and Technology, Management and Commerce.



Centre for Indian Psychology

The **Centre for Indian Psychology (CIP)** is a first University-based centre established by Jain University in 2011, in response to the much-felt need to further the work on Indian approaches to the discipline of psychology in order to establish a strong theoretical foundation as well as to evolve methods that would facilitate the study and applications of Indian Psychology in academics and in the professional domain.

Workshop Conveners

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JAIN UNIVERSITY

Declared as Deemed-to-be University u/s 3 of the UGC Act, 1956

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Jain University

International Workshop on Healing, Counselling & Therapy based on Principles of Indian Psychology



On
13th—15th December, 2012
At
Jain University Global Campus
Kanakapura Road, Bangalore

CENTRE FOR INDIAN PSYCHOLOGY

centre4ip@gmail.com

International Workshop on Healing, Counselling & Therapy Based on the Principles of Indian Psychology

INTRODUCTION

We believe that the self of the therapist is a key factor in the healing process, irrespective of whether the person is a traditional healer or a 'modern' healer, i.e. trained professional counsellor. Against this backdrop, we propose to conduct an International Workshop on Healing, Counselling and Therapy Based on Principles of Indian Psychology, wherein participants will be sensitized to some fundamentals concepts in this field that will help them develop certain skills and enable them to provide services in communities outside of hospital settings, thus reducing the stigma attached to seeking help for mental health conditions.

The workshop also aims at exploring methods and practices of healing, counselling and therapy that are uniquely suited to the Indian cultural context, while having the potential to meet international standards for counselling programs.

Basic Assumptions Behind the Workshop

1. The development of the therapist's self is seen as a central aspect of the workshop. The self of the therapist plays a vital role in the healing process. The therapist who is conscious of his spiritual self becomes an effective healer, who is likely to be most loving and therefore most likely to facilitate healing and client growth. Therefore, clearly counsellor training should include therapist work on self, and not just learning techniques/skills and theories.
2. For beginning therapists, learning of counselling skills can be a stepping stone to development of the self. Listening, reflecting, paraphrasing (without sounding mechanical) etc, all require the therapist to be present with the client. The learning of these skills can be facilitated by, as well as facilitate, the development of the therapist's self. Intermediate goals or desirable states for therapists can be further defined, and related to the learning of skills.
3. The therapist's self-development would be a theme embedded throughout the workshop.

4. The psychotherapist, in the Indian conception, is only a catalyst in a vast upward labour of Nature towards this journey from darkness to light. The end point is not just a temporary restoration of the original status quo but a growth through the process. A growth in consciousness towards a greater wisdom, a greater love, a greater freedom, a greater harmony that comes by our ascent out of animality into divinity (from a lower to a higher consciousness).

Sub-themes of the Workshop

1. Indian and Western Approaches to Counselling
2. Traditional Healing Practices
3. Buddhist and Mindfulness Approaches to Therapy
4. Integral Yoga and Therapy
5. Spirituality and Healing

Methodology of the Workshop

The methodology for the workshop would include more subjective and experiential methods, e.g., self-reflection, meditation, and other self-development methods being part of the participant's learning experience.

Resource Persons at the Workshop

Prof. K. Ramakrishna Rao, *Chairman, ICPR, Delhi*

Prof. Anand Paranjpe, *Professor Emeritus, Simon Fraser University, Canada*

Prof. Girishwar Mishra, *Department of Psychology, University of Delhi, Delhi*

Prof. Kiran Kumar, *Professor, Department of Psychology, University of Mysore, Mysore*

Prof. Sangeeta Menon, *Professor, National Institute of Advanced Studies, Bangalore*

Prof. John Christopher, *Professor of Counseling Psychology, Health Montana State University, Montana, U.S.A*

Dr. Alok Pandey, *Former Professor of Psychiatry with the Indian Air Force, Pondicherry*

Dr. Saumitra Basu, *Psychiatrist, Kolkata*

Dr. Matthijs Cornelissen, *Director, Indian Psychology Institute, Pondicherry*

Ms. Neeltje Huppel, *Faculty & Co-founder, Indian Psychology, Institute, Pondicherry*

Dr. Arbind Kumar Jha, *Dean, School of Education, Central University of Himachal Pradesh, Dharmashala*

Dr. Shailaja Shastry, *Education Counsellor, Centre for Transformative Learning, JGI, Bangalore*

Dr. Suneet Varma, *Associate Professor, Department of Psychology, University of Delhi, Delhi*

Dr. Neelam, *Independent Counsellor and Psychotherapist, Pune*

Dr. Nitin Shukla, *Consultant Psychiatrist and Psychotherapist, Bangalore*

Important Information

- Dates of workshop : 13th, 14th & 15th December 2012
- Nature of the Workshop: Residential at our International Standard State of Art Campus in Bangalore
- Venue of the workshop : Jain University Global Campus, Jakkasandra Post, Kanakapura Road, Bangalore
- Participants : P.G. students, Research scholars (M.Phil., doctoral and post doctoral candidates), teachers in colleges and universities who teach counselling/clinical psychology, as well as practicing counsellors/ psychotherapists, Professionals, Corporate Trainers and others interested in applying Indian Psychology principles to practice
- Number of participants : 35 participants
- Registration fees: Rs.2,500/- for Students & Rs. 4,000/- for Academicians/ Professionals
Discounts for group participation are available.
The Fee includes boarding, lodging, snacks, relevant material, certificate & group photograph
- For Registration : The Registration fee is to be sent in the form of a Bank draft in favor of **Jain University**, payable at Bangalore
The filled application along with the to-be prescribed mode of payment may please be sent to:
Dr. Vinayachandra B. K.
Centre In-charge
Centre for Indian Psychology, Jain University
Genohelix', # 127/3, Bull Temple Road,
Chamrajpet, Bangalore - 560 019
- **Deadline for Registration:** Registration will close by **05-12-2012**. Since the workshop will be limited to about 35 participants, registration will be on first-come-first served basis

.....once one has discovered this secret and realises it in one's being, pain loses its justification and suffering disappears...

The Mother

