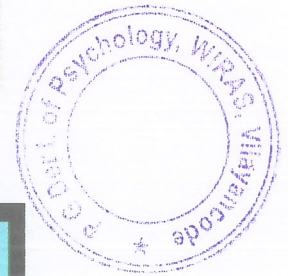


SCULPTING A PSYCHOLOGIST

**CBT Skills Training
Workshop : Basic level**

**For IIInd Year
MSc Counselling Psychology**

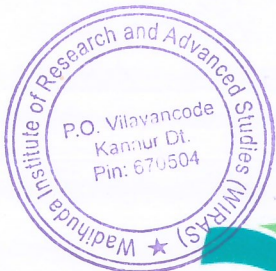
**On 14th and 15th
September 2022
@ WIRAS Campus**



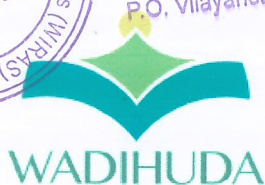
Resource Person

SONEY THOMAS

Clinical Psychologist &
CBT Practitioner
Maxminds Rehab Centre



S. Soney
Principal
Wadihuda Institute of Research
and Advanced Studies (WIRAS)
P.O. Vilayancode, Kannur Dt., 670504



WIRAS

**WADIHUDA INSTITUTE OF
RESEARCH & ADVANCED STUDIES**

PG DEPARTMENT OF PSYCHOLOGY

Affiliated to Kannur University

Vilayancode P.O, Pilathara, Kannur - 670 504 | www.wiraskannur.com | info@wiraskannur.com

07 th September 2022

From

HOD
PG Department of Psychology
WIRAS

To

Principal
WIRAS

Respected Sir,

PG Department of Psychology is planning to organize a seminar titled Sculpting a Psychologist, CBT skills training for 2 nd year MSc counseling psychology students 14 th & 15 th September 2022 from 09.30 AM at WIRAS campus. Mr. Soney Thomas, Psychologist, Max mind Rehab center, Aravanchal, Kannur will be the resource person. Kindly approve the program.

Thanking You



HoD
SUBAIR. M, M.Sc. M.Phil.
Head, P. G. Dept. of Psychology
PG Department of Psychology
WIRAS, Vilayancode



Principal
Wadihuda Institute of Research
and Advanced Studies (WIRAS)
P.O. Vilayancode, Kannur Dt., 670 504

Approved by



Principal
Wadihuda Institute of Research
and Advanced Studies (WIRAS)
P.O. Vilayancode, Kannur Dt., 670504



SONEY THOMAS OLICKAN



Address:

Olickal (H)
Amalagiri P. O
Kottayam, Kerala
Pin : 686036

Telephone: 04852402025

Mobile no: + 919447631325

Email

thomassoney@gmail.com

Personal Data

Date of Birth : 25-11-1983

Sex : Male

Nationality : Indian

Marital Status : Married

Languages Known :

Malayalam, English, Hindi

My Strengths:

- Effective communication skill
- Teaching experience
- Adaptability to new situations
- Writing skill

Reference

Dr. M.K. Mathew,
HOD, Dept. Psychology,
K.E. College, Mannanam.

Dr. Bindhu. P.,
Asso. Prof. Dept. Psychology,
University of Kerala, TVM

Dr. Amool Kanjan Singh,
Director, Ranchi Institute of
Neuro-Psychiatry & Allied
Sciences (RINPAS), Ranchi

Dr. Bindhu P.,
Principal,
Research and Advanced Studies
Institute of Research and Advanced Studies
(WIRAS),
P.O. Vilayancode, Kannur Dt., 670504

Educational Qualifications

- * **PhD. Scholar in Psychology** from School of Behaviour Sciences, M.G. University
- * **UGC, NET, Psychology**, (June, 2012)
- * **M.Phil. Clinical Psychology**, Ranchi Institute of Neuro-Psychiatry & Allied Sciences (RINPAS), Ranchi, Jharkhand, (2011-2013 April)
- * **M.A Applied Psychology**, Department of Psychology, University of Kerala, Karyavattom Campus (2006-2008)
- * **Six month course in Counseling Skills**, TRADA, Kottayam, in association with Christian Medical association India, (2005).
- * **B.A Psychology**, Kuriakose Elias College, Mannanam, affiliated to Mahatma Gandhi University, Kottayam, (2002 – 2005)
- * **Plus Two**, St. Joseph's Minor Seminary, Thalassery, (2000-2002)
- * **S.S.L.C.**, Govt. H.S, Sreepuram, Kannur, (1999)

Research

- * M.A. Dissertation on **"Masturbatory Guilt in Relation to Religiosity and Self Control"**
- * M.Phil. Dissertation on **"Restoring working memory deficits in Schizophrenic Patients with Positive & Negative symptoms"**

Research Publications

- * **Masturbatory Guilt, Religiosity, Perceived Sexual Control Among Young Males**, (2008). Psychological Studies, Vol. 53,3&4,303-308
- * **Masturbatory Guilt in Young Males, the Impact of Education and Residential Status**, (2009). Psyche Space, Vol.3,25-32
- * Articles in the Local periodicals regarding various psychological issues

Psychological Tests Developed

- * **Religiosity Scale**. (2008)
- * **Internal Sexual Control Scale**. (2008)
- * Assistance in standardizing the test of **Student's Perceived Stress Inventory**. (2006)

Clinical Experiences

- * Working as **Administrator & Consultant Clinical Psychologist** since March 2017, at **Max Minds Rehab Center, Aravanchal, Payyannur, (Currently Pursuing)**
- * Working as **Director & Consultant Clinical Psychologist** since Nov 2015, at **Life Coach Centre for Psychological Health, Payyannur, (Currently Pursuing)**
- * Working as **Consultant Clinical Psychologist** since October 2014, at **Roldant Rejuvenation Mind-Behaviour Studio, Kochi, (Currently Pursuing)**
- * Sixteen Months experience as a **Consultant Clinical Psychologist** at **S. H. Medical Center Hospital, Kottayam (2014 October to 2016 February)**
- * Sixteen Months experience as **Consultant Clinical Psychologist** for the referred cases of **Family Courts** of Ettumanoor, Pala, and Thodupuzha (2014 October to 2016 February)
- * Six months experience as a **Consultant Clinical Psychologist** at **Sacred Heart Hospital, Paynkulam (2013 May to October)**
- * Three years experience as a **Psychotherapy Trainer and consultant Psychologist** at **ASK, Academy for Attitude, Skills and Knowledge, Thellakom, Kottayam (2006-2009)**

Teaching Experiences

- * Teaching as **Lecturer in Clinical Psychology** since October 2013, at **Dept. of Psychology, K.E. college, Mannanam, (Currently Pursuing as Visiting Faculty)**
- * One year experience as **Guest lecturer** in Psychology, at **Deva Matha College, Kuravilangad. (2009)**
- * One year experience as **Guest lecturer** in Psychology, at **St.Joseph's College, Moolamattam (2009)**
- * Three years' experience as **External Guest Faculty** in Psychology, at **School of Medical Education (SME), Puthupally. (2006-2009)**
- * Six months **Research assistance** in UGC project entitled "**Psychological Problems in School Children**".(2006)

Areas of Interests in Psychology

Rehabilitation, Psychotherapy & Counselling, Teaching & Research

Declaration

I hereby declare that the above-mentioned information is correct up to my knowledge and I bear the responsibility for the correctness of the above-mentioned particulars.

Soney Thomas Olickan



G. Saif
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WIRAS
WADIHUDA INSTITUTE OF
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PG DEPARTMENT OF PSYCHOLOGY

SCULPTING A PSYCHOLOGIST

9.30 AM - 5.00 PM @ WIRAS ON 14 th & 15 th SEPTEMBER 2022

PROGRAMME SCHEDULE

Time	Address	Speaker	Designation
DAY 1			
9.30 AM -9.45 AM	Prayer	Ms.Kadeeja	Bsc student
9.45 AM-10.00 AM	WELCOME ADDRESS	Mr.Subair. M	HOD, PG Department of Psychology, WIRAS
10.00 AM-10.15 AM	Introduction of RP	Ms. Nimitha K.V	Assistant professor, Department of psychology, WIRAS
10.00 AM - 4.30 PM	Session	Mr.Soney Thomas Olickan	Psychologist, Max mind Rehab center, Aravanchal, Kannur
DAY 2			
9.30 AM-4.00 PM	Session	Mr.Soney Thomas Olickan	Psychologist, Max mind Rehab center, Aravanchal, Kannur
4.00 PM-4.30 PM	Discussion		
4.30 PM-4.45 PM	Feedback session		
4.45 PM-4.50 PM	Vote of Thanks	Ms. Athira	Bsc Psychology student
4.50 PM-5.00 PM	Momento handover to R.P	Mr.Subair. M	HOD, PG Department of Psychology, WIRAS



C. Sadeh
Principal

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Program Report

COGNITIVE BEHAVIOUR THERAPY SKILLS TRAINING WORKSHOP:BASICS

Report for Activity Log SI.No.:			
Program Name and resource person	Cognitive Behavior Therapy Skills Training Workshop: Basics Mr Soney Thomas Clinical Psychologist	Organiser	PG Department of Psychology, Wadhuda Institute of Research and Advanced Studies, Vilayancode
Date	14th & 15th September 2022	Time	9.30am to 5pm
Venue	Conference Hall, Wadhuda Main campus, Pazhayangadi.	Faculty in-charge	Nimitha K V

About the resource person	Soney Thomas Olickan, MA, MPhil, Clinical Psychologist, MaxMind Rehab Center, Aravanchal, Kannur
Programme Objectives	<ul style="list-style-type: none"> • Hands-on training on how to conduct cognitive behaviour therapy effectively • Role play and co counselling • Basics of Cognitive Behavior Therapy
Participants	Second year MSc counselling psychology PG students
Programme Activities	The two day workshop session began with a formal session, which included a welcome note and introduction of the resource person. Mr Soney Thomas explained about the basic theoretical formulations in CBT in the first day morning session. In the afternoon session participants were divided into pairs for practical CBT sessions. The Resource person demonstrated a session for the participants. He trained participants to identify ABC components in clients behaviour. He provides a handout with examples as a supportive tool.



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	<p>On the second day the whole session was hands-on training. Individual sessions were demonstrated by participants and the resource person assisted them on the same. Participants were trained on using techniques to identify activating event and consequences connection and it's relationship to behaviour response. Also trained them on thought deputation and its various ways.</p> <p>Two days workshop winded up with a formal valedictory session. Mr Subair M (Department Head), Mr Yahiya V U (DDA, Wadihuda), Ms Suchithra (Principal, Progressive School), Ms Nimitha K V (Programme Coordinator) were present in the valedictory. Participants shared their fruitful experiences and expressed benefits of the two day training session. The Resource person was presented with a momento as a token of love.</p>
Programme Outcomes	<ul style="list-style-type: none"> • Participants learned about the practical application of CBT basic techniques.
Supporting Documents	Photos, signed attendance register, poster, programme schedule

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Head, P. G. Dept. of Psychology
WIRAS, Vilayancode



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C. Sathy

Principal

Wadihuda Institute of Research
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C. S. S. S.
Principal
Wadihuda Institute of Research
and Advanced Studies (WIRAS)
P.O. Vilayancode, Kannur Dt., 670504



Cognitive Behavior Therapy Skills Training

- Basics

















Participants List


S/No	Name of the student	Day I (14/09/2022)	Day II (15/09/2022)
1	Ashitha . T.P		
2.	Dilna Surendran . P.P.		
3.	Fathima parammal		
4.	Nafeseethul Kalimer. M.N		
5	Keishnapriya.k.k.		
6	Gopika kv		
7.	Abdu Raheem KC		
8.	Mohammed Shifan M.M		
9.	Jinsiya . T.A		
10	Shaelima. VC		
11	Jithina Lakshmanan.M		
12	Ameela k P		
13.	NIMISHA SURESH		
14	Shifa		
15.	Arsha.k		



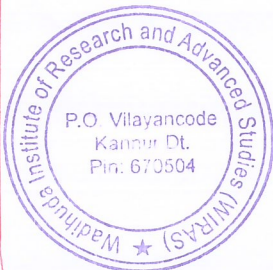
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S/No	Name of the Student	Day (I) (14/9/2022)	Day II (15/9/22)
16	Sneha.m		
17	Fathima.k		
18	Anagha Ashokeen		
19	Fathimathul Hama-A.P		
20	Salihu salub.c		
21	Fathima.kc		
22	Ashiba faesana		
23	Remya.v.v		



SUBAIR. M, M.Sc M.Phil.
Head, P. G Dept of Psychology
WIRAS, Vilayancode



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TWO DAY WORKSHOP ON COGNITIVE BEHAVIOUR THERAPY SKILLS TRAINING : BASIC LEVEL

Certificate of Participation

This is to certify that

Mr./Ms. Jinsya . T . A

has participated in two day workshop on
"COGNITIVE BEHAVIOUR THERAPY SKILLS TRAINING : BASIC LEVEL"
held on 14th & 15th September, 2022 organized by PG Department of Psychology,
Wadihuda Institute of Research and Advanced Studies, Vilayancode, Kannur, Kerala



G. S. Olickan
Principal

Wadihuda Institute of Research
and Advanced Studies (WIRAS)
P.O. Vilayancode, Kannur Dt., 670504

G. S. Olickan
Mr. Soney Thomas Olickan
Clinical Psychologist,
Max Minds Rehab Center

Dr. Mohamed Asraf
Dr. Mohamed Asraf
Principal, WIRAS

Mr. Subair M
Mr. Subair M
HoD,
PG Department of Psychology
WIRAS

Ms. Nimitha K V
Ms. Nimitha K V
Programme Co-ordinator,
PG Department of Psychology
WIRAS