

## AN INTRODUCTORY WORKSHOP ON REBT

The programme is brought to you by



**Rational Emotive Behavioural Therapy (REBT)** is the pioneering form of Cognitive Behaviour Therapy developed by Dr. Albert Ellis in 1955. The core principle being that it is largely our thinking about events that leads to emotional and behavioural upset.

The **aim** of this two day course brought to you by **Prafulta Psychological Services, Andheri**, is

- to help gain an understanding of the fundamental principles of REBT
- identify unique REBT characteristics
- utilize some REBT principles/techniques on oneself and clients, thus helping you both personally and professionally

Methods  
worksheets

Lecture, group discussions, demonstrations,

Facilitator

Srilatha Srikant

She has completed M.A. in Clinical Psychology from SNDT University and a Post-graduate Diploma in Counselling Psychology from St. Xavier's Institute of Education, Mumbai

She has been studying REBT under the guidance of Mr K.M. Phadke, even after completing the primary course of REBT at the Phadke Centre. K.M.Phadke is the first & only Indian who enjoys the unique distinction of being a Fellow & Supervisor of Albert Ellis Institute, New York, USA.

She has been working with Prafulta for the past ten years as a counsellor. Briefly, her work experience has involved individual counseling at the centre; in the past, counseling NIOS students at ST Joseph's, Bandra and Don Bosco, Matunga; conducting

workshops for parents, teachers and students at various schools and colleges; conducting basic skills in counseling programmes at B. Ed colleges like St Teresa's and KK College; and teaching REBT and Family Therapy at the Advanced Diploma in Counselling course conducted by Prafulta.

Workshop dates	OCTOBER 12, 13, 2013 (Sat & Sun)
Timings days)	9.30 am to 4.30 pm (with two tea/coffee and lunch breaks on both
Seats	The course will accommodate a group of 12 participants
Eligibility	The workshop is open to people interested in self development as well as professionals from HR, Social Work, Psychology, Special Education, Medicine and the like
Venue	Don Bosco Youth Services, <b>MATUNGA</b>
Course fee	Rs. 3000/- (non-refundable). Fees are inclusive of morning and afternoon tea/coffee and snacks on both days, course material and certificate of participation

### **REGISTRATIONS ARE ON AT PRAFULTA, ANDHERI**

For further enquiries please contact:

**Srilatha Srikant**

Mobile – 9821552536

OR **Prafulta Psychological Services,**

c/o Dominic Savio School Campus,

Opp. Tolani College, Near Sher-e-Punjab

Mahakali Caves Road, **Andheri (East),**

Mumbai 400093

Contact person **Serah/Gracy** (9 am -7 pm, Mon-Sat)

28302323/28200248/28373739

**Please note all details will be updated when the next programme is announced**