

## Workshop Series in Integrating the Mind and Body

### **Day 1: Reality Therapy and Choice Theory**

The need for survival is the highest and most motivating for any being. These basic survival needs are for air, food and shelter. Having evolved into a superior chain of evolution, we now have further needs for our survival. These needs generate wants that propel or drive us in achieving our goals and if not met would lead to emotional upheaval. This in turn affects relationships with oneself and others, disillusionment and disharmony.

We can achieve this harmony or balance in our lives and relationships with the help of what Choice Theory and Reality Therapy aims at.

**On the first day you will be oriented to Choice Theory and Reality Therapy which is based on a proven theory by Dr. William Glasser.**

### **Day 2: Integral Somatic Psychology (ISP)**

ISP is powerful therapeutic process that combines the wisdom of the east and west to bring about lasting changes in the person. Whatever happens to a person has a profound effect on the body as sensations. By observing the rise and fall of pleasant or unpleasant sensations in a spirit of detachment, one experiences a deep relaxation-response which is highly conducive to healing, empowerment and integration. The goal of Integral Somatic Psychology (ISP) is to increase treatment efficiency in psychological work through greater use of the dimensions of body, energy, and awareness, regardless of the clinical orientation that the therapist is using in his or her practice. The more we can become aware of the different levels of our being that contribute to our experience or constrain it, the more we can work with them, and the greater the potential for improvements in clinical efficiency, regardless of the therapist's clinical orientation and the aspect of human experience being worked with, thinking, feeling, or behavior.

**On Day two the workshop will orient you to Integral Somatic Psychology (ISP), a therapeutic model formulated by Dr Raja Selvam, a Senior Trainer of Somatic Experiencing**

**ELIGIBILITY :** Psychologist, Counsellor, Special Educators and Occupational Therapist.

#### **Workshop Details:**

**Date** : 10 and 24 April, 2015. (Sundays)

**Timings** : 9:30 am to 2:30pm. ( includes two short 15 minute breaks.)

**Venue** : Don Bosco Youth Services, Matunga, Mumbai 19

**Cost** : Rs. 3000/- + non refundable Registration fee Rs. 500/-.

(includes tea and course materials)

**Last date for registration:** 25 - 03 – 2016

Cheques to be made in favour of "Prafulta Counselling Center" and sent to  
Prafulta Psychological Services, Mahakali Caves Road, Andheri East, Mumbai 400 093.

Tel: 2837 3739; 2820 02458; 2830 2323, email: [prafultaandheri@gmail.com](mailto:prafultaandheri@gmail.com)

**About the Facilitator:** Ms. Mimansa Popat pursued her Post Graduation in the fields of Special Education; Counselling Psychology and Education Management. She has been practicing as a Special Educator for more

*than 25 years. She has designed "The Don Bosco Teacher Training Program in Remedial Education" which has trained approximately 20 teachers per year for the last 16 years. Presently she is also conducting a Course for developing Mental Health Professionals for Schools – "The Integrated Education & Counselling Course." Her zeal for learning enabled her to pursue further education in the field of Counselling Psychology at the St. Xaviers College in 1993. She later went on to train in NLP, AMR and Kinesiology. Having completed a training in Reality Therapy & Choice Theory offered by Glasser University as well Somatic Experiencing offered by Federation of Human Enrichment, Mimansa is Conducting Group Work & Assists Trainings in Integral Somatic Psychology (ISP) in India & overseas. She is now a Trainer in ISP and has conducted a training under the tutelage of Dr. Raja I in 2015. She is a Practitioner using both the mind and body to enable clients to choose correctly, understand and address personal issues, overcome their phobia, and deal with fears and anxiety etc. for more than 10 years.*

Prafula Psychological Services,  
St Dominic Savio School Campus,  
Shere- Punjab, Off Mahakali Caves Road,  
Opp Tolani College  
Andheri (East)  
Mumbai - 93  
ph - 28302323 / 28200248 / 28373739  
Email: [prafultaandheri@gmail.com](mailto:prafultaandheri@gmail.com)  
Web: [prafultaandheri.org](http://prafultaandheri.org)