



prafulta
A Don Bosco Project

PRAFULTA PSYCHOLOGICAL SERVICES

Organizes a Workshop in

“Taking Charge of your Emotions”

The Somatic Approach to Emotional Resilience

The workshop will entail:

- *An orientation to Somatic Psychology*
- *Developing Resilience in the Physiology*
- *Managing emotions in order to make better decisions*

After a brief discussion on the theory behind the work, participants will be encouraged to practice in dyads, under guidance of trained therapists.

DATE: 13th October 2018

VENUE: Prafulta – Andheri

TIMINGS: 2:30 pm to 6:30 pm

FEES: Rs. 800/-

WHO CAN ATTEND: Counselors, Therapists, Special Educators, Occupational Therapists

Register at : Tele: 28302323; 28200248 ; Mbl: 9769298539, 7506308932.

Email: prafultaandheri@gmail.com