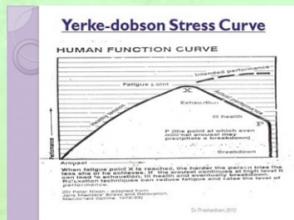


ONSITE PROGRAMMES

MANAGING STRESS WORK SHOP FOR AUTISM STAFF



The next point for we also had some onsite programs by going to the institutions and groups that invited us. One of them is stress management training for staff of autism educational care school where the matter was discussed interactively and experientially using the stress curve as you can see in the picture below. This was found to be very useful and various strategies were discussed for addressing stress in onsite leading to changing what can be changed, accepting what cannot be changed and the wisdom to know the difference. That's greatly appreciated.



DRUG ABUSE COUNSELLING



Another onsite program was conducted in the beautiful picturesque hilly cool pleasant place called Impur in Nagaland. So we went over there to conduct a workshop on drug abuse counseling for 10 full days. 30 participants with high motivation. They can leave from their responsibilities came and attended during which time we also visited in a rehab center in the town with 86 inmates being organized under a under the leadership of a recovering drug addict who's doing his best to provide a structured program of rehabilitation for one year or longer according to the needs of the people. The need over there is very acute with nearly 30 % of the population are using some substance or another like alcohol, tobacco and other drugs.



It's a huge challenge of supply control and demand control. Um in the midst of having laws that consider sale of liquor and drugs as unlawful, but there are loopholes and more youths are getting into this with a potential danger of a whole generation being highly vulnerable and affected. In this situation, uh I'm again fortunate to have had some significant experience in dealing with substance abuse as a counselor and in an alcohol and substance rehabilitation program over two years um in the project which I led and coordinated. We achieved 80% sobriety rate while the prevalent rate of sobriety was 20% and relapse was 80%. And in Nagaland also we could sense that relapse rate is very high. So the leaders of the Ao Baptist Church uh who have very significant influence in Nagaland along with other churches because Nagaland is 99% Christian So church takes a lot of responsibility for holistic development including social issues and we admire them for taking it up and inviting us and they were very receptive to the scientific ideas we presented which begin with pre-treatment, motivation, assessment, detoxification, counseling, individual, group and family.

PARTICIPANTS EXPERIENCE



This section of the newsletter focuses on the participants' experiences and outcomes from the course. The collages created by the participants visually represent their understanding and the meaning they derived from the course. Question and answer sessions were held in all groups, addressing participant queries effectively. The action plans formulated by the participants were practical and well-defined, with many already being implemented. The ultimate goal is to see the positive impact of these actions on society. Here I wish to invite you to take a good look at the collages, some of them that we have put that uh describes the experience of the participants in terms of their ex their way of presenting what the course meant for them. And they are meaningful and self-evident. In all the groups we had question answer sessions. Some of the questions that were raised were as follows. And uh answers were found to be very satisfactory. We hope to put together these Q & A sessions together in the form of a booklet later. Their action plans were very concrete and smart. Uh some of them already started to implement, others are implementing and we wish them all the best because finally the proof of the pudding is in the eating and the impact we make in the society. The impact of processes their impact of the outcomes and impact in the society at large.

SUMMARY HIGHLIGHTS

- ***Participant Collages : ** Visual representations of course experiences.
- ***Q&A Sessions : ** Addressing participant questions.
- ***Action Plans : ** Concrete and SMART plans for implementation.
- ***Implementation : ** Participants actively putting plans into action.
- ***Societal Impact : ** Measuring the positive effects of the course and actions.
- ***Booklet Creation : ** Compiling Q&A sessions into a booklet.

Resource persons joining Dr Prashantham team for imputes in the various courses for the rest of 2025

1. Mr Dinakaran, M.Phil, Licenced clinical practitioner
2. Dr Pradeep Khatri, Emeritus professor
3. Dr Tanmya Joshi, PhD
4. Dr Prabhu Christopher
5. Rev. Swapna Sundar Dip
6. Dr ChythiaDoglus, PhD
7. CMC Vellore fields work and impute Others from time to time

LOOKING HEAD

I. Professor Prashantham appointed supervisor and external examiner for 6 PhD Dissertation in various applied psychology areas like counselling, health, developmental and organizational psychology. II. We are open to offering residential/online/onsite short and long courses with 20 participants to be viable and sustainable. III. We are already working on a short course on substance abuse counselling, marriage and family counselling. IV. Supervision to senior psychotherapy practitioners. This last program on supervision will meet once a month for ten month and once a month for Individual supervision to provide combination of self, peer, professional supervision under the guidance of founder director of this institute Dr B J Prashantham who has 55 years of professional experience. V. Short Stay Facilities know available. VI. Publications in the pipeline : Different manuscript on various aspects of counselling, case studies are being prepared and we hope to start publishing them this year.

Contact Information For Courses Counselling Services and Publication and Short Stay Enquiries

🌐 : www.cccindia.org

☎ : 0416 2261202

✉ : cccindia2000@gmail.com

☎ : +91 7094400039

Director's Personal Number : 9486173101



Prashantham News Letter June 2025 of

Dr Prashantham Institute for Counselling Psychology

CHRISTIAN COUNSELLING CENTRE
(Accredited with Martin Luther Christian University)

Meena Nilayam, Arul Jyothi Nagar, Pudhu Vasur,
Alamelumangapuram, Vellore - 632 009.
Tamil Nadu. India.

Online Counselling Services Using Vitalma platform
Online counselling is planed using Vitalma platform



ABAM GROUP PICTURE WITH PARTICIPANTS AND LEADERSHIP AFTER THE SPECIAL TEN DAYS COURSES ON DRUG ABUSE COUNSELLING AT IMPUR, NAGALAND.



DIRECTOR'S REFLECTIONS

FACILITIES



The last six months were very momentous and significant in the life of our institute located in Puduvasoor for the past one year and four months. We had the benefit of two more participant rooms with attached bath, balcony and even some self-cooking space constructed during this past six months. People are appreciating the quality of the construction as seen in the picture. The ambiance is adding to the already existing pleasant resort like calm, safe, green and place. This will surely help us to increase a few more participants as they show interest in coming to counselling training which is becoming a very important component of human behavioural mental health services to individuals, families and communities in a turbulent world as witnessed in the last six months Even at the time of writing this, tensions in the Middle East, unease in the

neighbourhood and unspeakable tragedy of the Ahmedabad London Air India flight are still raw, fresh, numbingly painful and prolific in its sadness. It is good to notice in the midst of the ashes, the quick reaction of all the emergency services, airlines, government, public providing space to deal with these by the affected families.

RESIDENTIAL COURSES

During the past six months, we have conducted residential courses. As you can see from these pictures, very intense, very thorough, dedicated team, highly motivated participants. Their learnings and action plans are not only for personal growth and professional applications, but also **concerns for social change**, which is a unique characteristic of our programs. Here a concept that I developed through applying counseling in India. More than 50 years ago and now all over I'm applying these in one form or another to one degree or another and are conscious of the responsibility in India for counselors in our context to be catalysts of personal change as well as social transformation, both of which are needed. And we continue to provide this framework in our conceptualization, in our training policy.



Group No. 184 Interacting with Inputs of VIT Counsellor



Enjoying in the food Court



Director's welcome to Group 184



Seriously writing comprehensive Exam



Sing Song



Receiving Certificate



Thanks Giving



Group Picture with Director



Farewell

and in our awareness generation and interaction with multi-sectoral professionals, both government and non-governmental towards building a better world to the extent that is possible. And with the grace of the Almighty on our efforts to serve all human beings irrespective of race, religion, caste, community as reflected in the participant profiles of our courses coming from many states and union territories. Literally, or the long haul from every nook and corner of India, even beyond.

In addition to residential courses, we had online courses, one month, two months, parallelly, simultaneously, well-coordinated along with facing challenges involved in each of these modalities of learning.

GRATITUDE

Thanks to all of the following the And the learning was great both to the participants and to resource persons. And I want to appreciate contribution of the resource persons, Mr. Swapna Sunder of our own staff, our own alumni and resource persons of Christian Medical College Hospital, Department of Chaplaincy, Department of Mental Health, Department of Physical Rehabilitation Medicine. Besides, independent institute for Autism run by Mr. Pradeep Jayatilak. They've also been visited by our participants, who also met patients, relatives, counseled with them wherever possible and provided service and learned a great deal. An amazing win-win situation from the unique educational / health hub of Vellore.



ONLINE COURSES : MARRIAGE AND FAMILY COUNSELLING



I also want to point out that one of the special courses we ran online was a marriage and family educational counseling program for five days. This was attended by 19 professionals from many parts of India. Community leaders, counselors, clinical psychologists, special education, special needs psychologists, huge variety of professionals interested. This course centered around the family life cycle from pre-marriage preparation counseling to marriage counseling in its various coping, child bearing, child rearing, child launching or settling phases, getting old, grand parenting up to emptiness. The training also experientially demonstrated the distinct nature of marriage and family counseling compared to individual

counseling. Marriage and family counseling focuses on relationships, not just individuals and requires a different perspective, different skill set. Because of its uniqueness in countries where counseling has developed more, they have separate training professional profession is marriage and family therapists. And I was fortunate in my own many years of training to have had important exposure to marriage and family counseling at which time I even found pre-marriage counseling in the western context very different from the prevailing and evolving culture of India. And therefore adaptation and modification of counseling methods had to be looked into. We looked at the illegal aspects of marriages in India through guest faculty of four decades of five decades of experience in civil and criminal laws and how there are different marriage and family laws for different religious practitioners in our country is very distinct from many other countries and the role of counseling, the limitations of counseling, the options for people and the struggle and effort towards helping people to learn ways of adjusting, flexibility, communication, conflict resolution, taking responsibility for health, parenting and different aspects were covered. The more senior of the counselors who attended who could probably identify with some of those issues even more experientially than ones who are not yet married and are younger in age and experience. So they also enjoyed it. The more experienced ones actually in their feedback indicated how nice it would be if this course next time would be offered for a longer duration. We concur with this opinion and hope to do that in future.