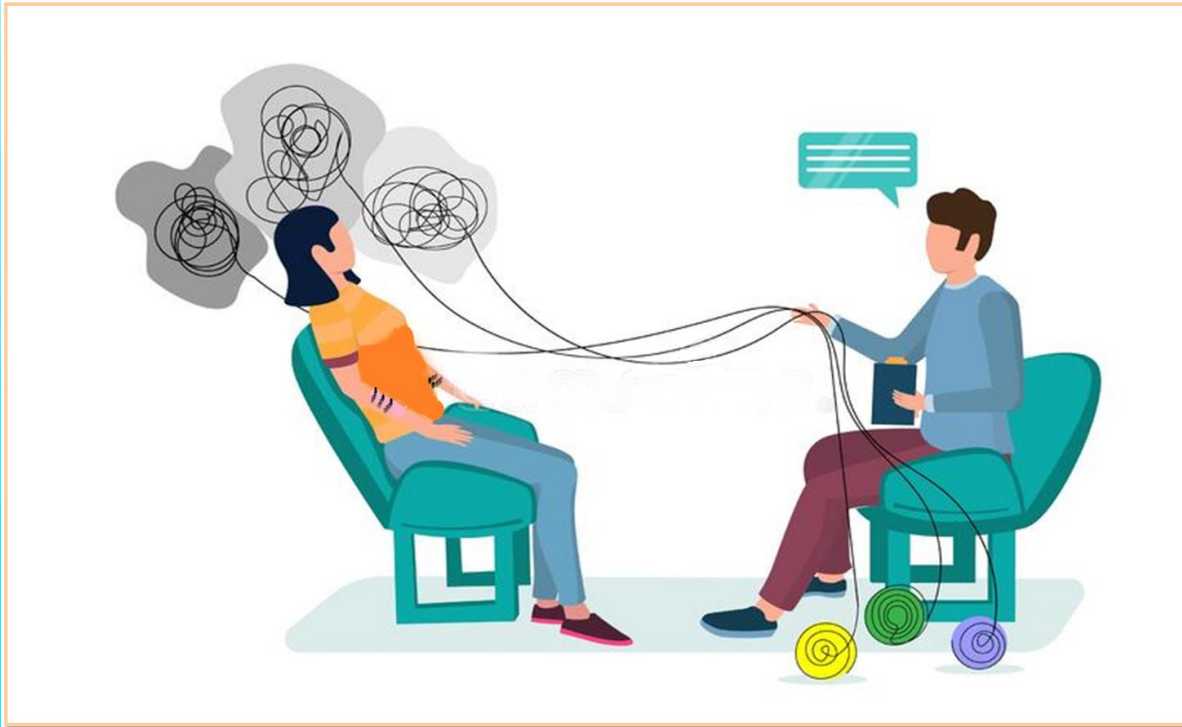


BRIEF THERAPY COURSE

OFFLINE from 3rd Jan to 7th Jan 2024



This course has been curated for Mental health professionals, counsellors, psychotherapists, social workers, staff of nursing homes, boarding staff, students etc.
Psychology students will be proud to have this tool kit in their bag of counselling skills.

What is Brief Therapy?



- ✚ Brief intervention and brief therapy techniques' use has become an increasingly important part of the continuum of care in the treatment of clients.
- ✚ Brief psychotherapy is not the name of a specific model or theory of treatment. Rather, it describes an approach that attempts to make psychotherapy as efficient and practically helpful as possible within a limited time frame.
- ✚ The aim of brief therapy is to speed up the process of change, amplify patient involvement, and foster more focused psychotherapy sessions.

Benefits of using Brief Therapy:



- ✚ These techniques identify the client's strengths and actively create personal and environmental situations where success can be achieved.
- ✚ They help the counsellor/therapist to quickly establish rapport with the client and focus on the problem or solution in a way that helps resolve the problem rather quickly.

**The message of a brief therapist to a client is
'make me redundant as quickly as you can.'**

What will you gain ?



- ✚ A practising counsellor/therapist will gain new perspectives to understand various problems, discover ways to quickly establish rapport and empower the client to resolve the problem. These techniques have been proved to be effective in dealing with a variety of problems.
- ✚ Participants will be provided with theoretical background as well as practical training in the use of these skills.

Resource Person :

Dr. Anthony J. D'Souza, SJ



- Dr. Anthony J. D'Souza, SJ, holds a Doctorate and Post-Doctorate in Clinical Psychology from Wright State University, Dayton, Ohio. He was introduced to Brief Therapy by Dr. Scott Frazer and Dr. Mary Talen and did his practicum under their supervision for two years at the same University. His skills were honed during his internship at Denver General Hospital in Denver, Colorado under the supervision of Dr. Jim Bartsch. He was given the opportunity to apply his training with psychiatric patients. He was given doctoral class award for Excellence in the Practice of Clinical Psychology in appreciation of his therapeutic skills. He uses brief therapy skills in individual and group psychotherapy and has trained counsellors for over 25 years. His psychotherapeutic skills are integrative, unique, quick, creative and effective.
- He is the founder of Premanjali Counselling Services, former Director of Xavier Institute of Counselling Psychology (XICP), former Executive Chairperson of St. Xavier's College, Mumbai, and presently, Director of Premanjali Counselling Services.

Course Details :



Fees - Rs.7000/- (Charges include course fees, handouts, lunch and teas)



Offline : 3rd to 7th Jan 2024 from 9 am to 4 pm @ Premanjali



Special discounts for Students - Rs. 5,500/-



Residential Facilities available at additional cost of Rs.550/- per day.

Reach us out for more details :



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