



**MEDIA REPORT**

**“Connected within and outside: Gestalt Psychotherapy Experiential Workshop”**

**Date:** 8<sup>th</sup> February 2024 (Thursday)

**Time:** 9.00 AM to 5.00 PM

**Objectives:**

1. To learn techniques of Gestalt psychotherapy by taking first-hand experience during the workshop.
2. To experiment creatively by applying several Gestalt concepts to imbibe awareness of here-and-now.

**Outcome of the activity:** The session encouraged the participants to develop advanced understanding while experiencing the application of the theoretical concepts of Gestalt Psychotherapy in various psychological issues.

**Mode:** Offline

**Venue:** Amity University Madhya Pradesh

**Number of participants:** 55 participants including students pursuing B.A. Psychology (Hons.), B.A. Applied Psychology, M.A. Clinical Psychology, M.A. Applied Psychology, M.Phil. Clinical Psychology and Faculty members.

**Resource Personage:** Dr. L. Sam. S. Manickam, Professor of Clinical Psychology (Retd.) from JSS medical College, Mysuru, Gestalt Psychotherapy Trainer

**Summary of the session:**

Amity Institute of Behavioural and Allied Sciences, Amity University, Madhya Pradesh organized a 2-day workshop on “Connected within and outside: Gestalt Psychotherapy Experiential workshop”. On day 2 of the event, the enthusiasm and discussion of day 1 was carried forward. An open ground was laid for participants to clarify their doubts. Our speaker Dr Manickam invited a discussion on the same and initiated a role play of therapist and client. Consequently, many participated in that role play with different purposes.

With conclusion of presentation and doubts, the session was called off for closing by the co-ordinator of the event and an open discussion forum was welcomed by the guest speaker post-lunch. Lunch was served near the venue which led to informal and professional space for networking opportunities for the students and participants. After a relieving break, few participants left for their respective homes and few stayed back to have a wholesome discussion.

Approximately 40 participants stayed back to utilize the resources provided and again Dr. Manickam initiated an interactive activity using props and tools to make it more interesting. With active participation of the learners, the session involved the aim of expressing oneself, entangling the strings in one's mind, and initiate healing of one's long-standing hurt. The activity was concluded on a positive note.

In flick of a second, as it felt to the participants, there came the time to wrap-up the wonderful and insightful 2-day workshop by a short feedback round from the participants and key speaker. Thereafter, certificate distribution ceremony was announced and our respective Dr. NovRattan Sir, Dr. Rajendra Sir and Dr. Sam Manickam Sir along with faculties of AIBAS, awarded certificates to all the participants followed by photography session. Our very dear Director sir handed the certificate of organizing the event to Dr. Manickam extended gratitude. Few words of wisdom from Dr. NovRattan Sharma concluded the event.

**GLIMPSES OF THE EVENT DAY 2**

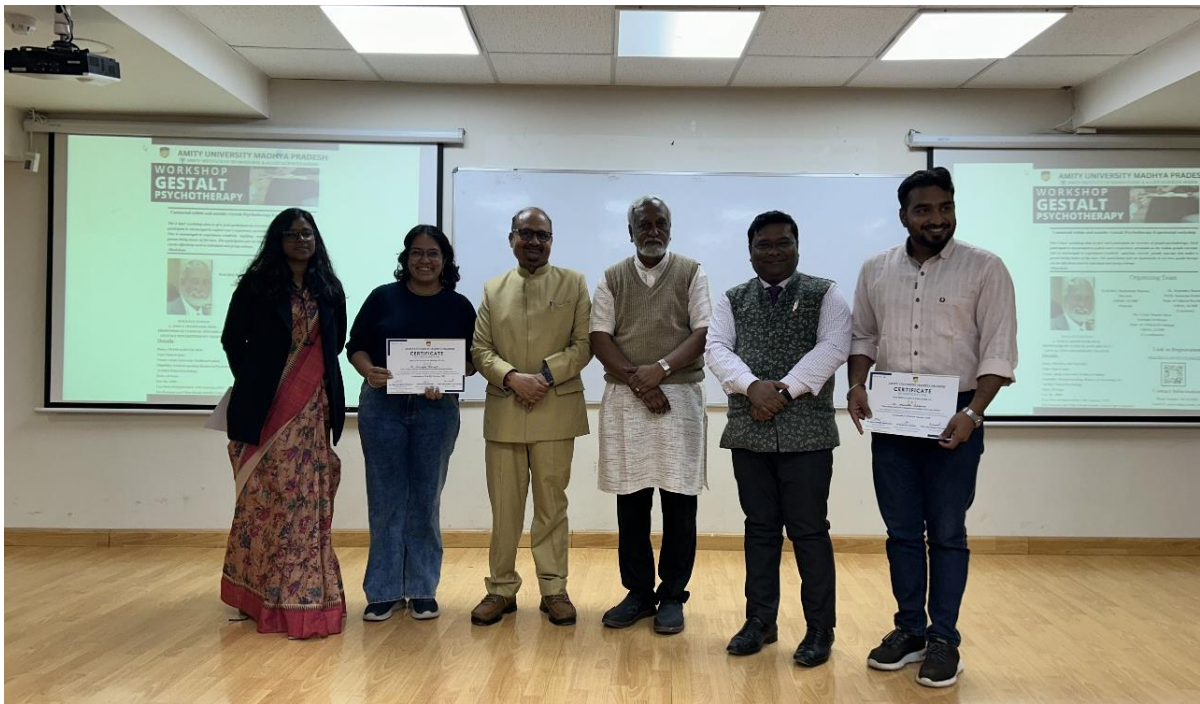




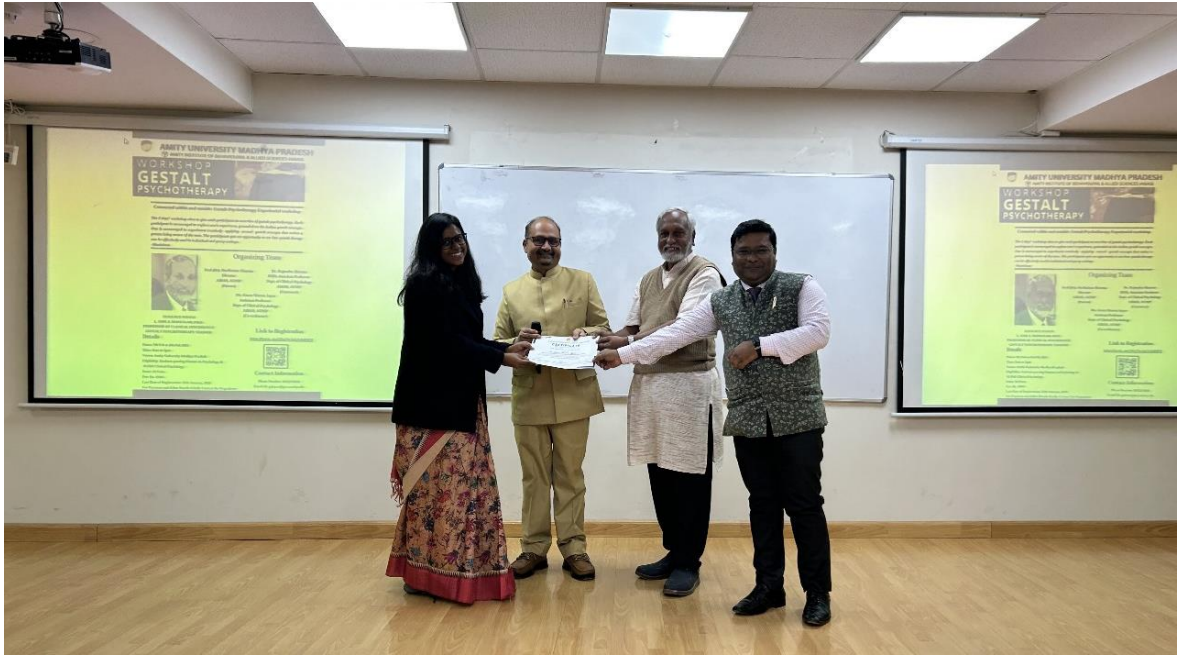


*(Dr. L. Sam. S. Manickam and students interacting in the session)*

















*(Certificate distribution ceremony to our guests and students and faculty of AIBAS)*



*(Students of AIBAS, along with our guest Dr. L. Sam. S. Manickam; Prof (Dr). NovRattan Sharma, Director, AIBAS; Dr Rajendra Kumar Sharma, HOD, AIBAS and Faculty members)*





# AMITY UNIVERSITY MADHYA PRADESH

AMITY INSTITUTE OF BEHAVIOURAL & ALLIED SCIENCES (AIBAS)

## WORKSHOP GESTALT PSYCHOTHERAPY



### Connected within and outside: Gestalt Psychotherapy Experiential workshop

*The 2 days' workshop aims to give each participant an overview of gestalt psychotherapy. Each participant is encouraged to explore one's experience, grounded on the Indian gestalt concepts. One is encouraged to experiment creatively applying several gestalt concepts that makes a person being aware of the now. The participants gets an opportunity to see how gestalt therapy can be effectively used in individual and group settings.*

*-Manickam*

### Organizing Team



RESOURCE PERSON

L. SAM. S. MANICKAM, PH.D.

PROFESSOR OF CLINICAL PSYCHOLOGY

GESTALT PSYCHOTHERAPY TRAINER

### Details

Dates: 7th Feb to 8th Feb 2024

Time: 9am to 5pm

Venue: Amity University Madhya Pradesh

Eligibility: Students pursuing Masters in Psychology &

M.Phil Clinical Psychology

Seats: 50 Seats

Fee: Rs. 1000/-

Last Date of Registration: 25th January, 2024

For Payment and Other Details Kindly Contact the Organizers

Prof (Dr). NovRattan Sharma  
Director  
AIBAS, AUMP  
(Patron)

Dr. Rajendra Sharma  
HOD, Associate Professor  
Dept. of Clinical Psychology  
AIBAS, AUMP  
(Convener)

Ms. Grace Sharon Joyce  
Assistant Professor  
Dept. of Clinical Psychology  
AIBAS, AUMP  
(Co-ordinator)

### Link to Registration

<https://forms.gle/XRo7ArJuk2s9dBtE8>



### Contact Information

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