Mixed Partnering and Parenting

Intersection of diversity issues in Couple Psychotherapy

Singla, Rashmi

Key / Legend	
Symbol	**Represents**
_____	Main Author
*	Presenting Author(s)

Paper ID 3887

Psycho Physiological Effect Of Vethathiri Maharishi's Simplified Kundalini Yoga (Sky) Among Prison Inmates

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Abstract:

Modern Prison Manual stated that reformation, rehabilitation and resocialisation are the prime objectives of prison management. Correctional team in Tamilnadu prison has implemented various counseling, psychotherapy and yoga program to achieve the aim. The present study aims to investigate the effect of Simplified kundalini yoga among prison inmates. For the purpose 20 inmates belong to remand, Tamilnadu prevention of the Dangers Act (TPDA) and convict were selected from central prison, Salem, Tamilnadu. The subjects, aged ranges from24 to55. The simplified Kundalini Yoga training consisting of simplified exercises, meditation and Kayakalpa yoga, was imparted to all the selected subjects. After completion of 15 days training program, a feedback about the effectiveness of the program were collected from all the subjects. Qualitative techniques of content analysis were used to analysis the feedback. The result revealed that all prisoners have problems with psychological, cognitive, physical and negative attitude towards life before practicing SKY yoga. Stress, lack of sleep, anxiety, lack of concentration and hopelessness are predominant problems reported by the prisoners before practicing SKY yoga. Practicing SKY yoga enhanced the physical, psychological and cognitive wellness of prisoners. A sound sleep, reduced anxiety, positive outlook towards life is the major signs of wellness achieved through the practicing of SKY yoga.

Keywords : Sky Yoga, Effectiveness Of Yoga, Prison Reformation

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Paper ID 3892

Supernatural Healing And Hearing Loss: South African Context

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Abstract:

Science and Religion have been debated for centuries. Patient assessment and management have traditionally focused on the medical model of detecting and curing a disease, facilitating a narrow focus on the physical needs, without considering the patient holistically (Segal, Gerdes, & Seiner, 2010). Patient care however operates both in the temporal and

the spiritual spheres (Bramadat, Coward, & Stajduhar, 2013). The spiritual aspect of patient care is argued by some researchers as alternative practices, while others see it as complimentary to the temporal management of the patient (Blanchette, Imamichi, & McLean, 2001). More inclusive models of patient care are becoming favourable as diversity of patients and health practitioners becomes more evident. We live in a spiritual society and most people accept a spiritual aspect in their lives as they seek to obtain a meaning to life (Bandura, 2003) therefore health care for individuals should consider the person as a whole not only as a medical entity. Hearing loss the 'hidden disability' is regarded as the number one disability in the world (Duke, 2009) thus a significant proportion of the world's population is affection directly or indirectly by this communication hindering disability. Prior to rehabilitation, finding a cure was the ultimate goal when considering any medical pathology. Presently there is no surgical method available to replace the damaged hair cells of the cochlear that cause a sensorineural hearing loss. According to Eddy (2013) there is no cure for a SNHL. The culturally diverse South African population comprises of individuals who belong to various ethnic and religious group thus the melting pot of rehabilitation techniques for any illness may vary from the traditional medical model. Supernatural healing may occur in various forms and within the South African population this may occur from various sources such as traditional healers, spiritual healers or religious leaders. The exploration of narratives of individuals who claim that they have been healed supernaturally of a sensorineural hearing loss will assist health care practitioners in managing individuals in a holistic manner.

Keywords : Supernatural Healing, Hearing Loss, Audiology

Paper ID 3966

The Effect Of Mindfulness And Cognitive Behavior Therapy On Communication Attitude, Quality Of Life And Speech Fluency In Adults Who Stutter

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Abstract:

The aim of this study was to examine and compare the effect of cognitive behavior therapy (cbt) alone and cognitive behavior therapy combined with mindfulness (m) for enhancing communication attitude, quality of life and speech fluency in adults who stutter. The sample consisted of 10 adults with the diagnosis of stuttering who were randomly allotted to the group 1 (cbt; n=5) and group 2 (cbt+m; n=5). The therapeutic program included 12 sessions of one hour each. The pre and post intervention assessments were done using toronto mindfulness scale, modified erickson scale of communication attitudes, who quality of life-bref scale, rosenberg's self-esteem scale, perceptions of stuttering inventory, and stuttering severity instrument. The study is ongoing and results will be presented in the light of supportive studies, limitations and future directions during presentation.

Keywords : Mindfulness, Cognitive Behavior Therapy, Communication Attitude, Quality Of Life, Stuttering

Paper ID 3986

Yoga Nidra & Hypnosis

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Abstract:

Trance states have long been used within a healing context in India. The use of chant, evocation of trance through ritual, and altered states achieved through meditation has been a means for self-realization, psychological well being, and increasing health. Indigenous psychologies have elucidated various types states of consciousness. Folk healing traditions often utilize trance as a means to invoke health, and exist concurrently with modern, western forms of psychiatry and psychotherapy. Comparisons have been made between techniques such the western modality of hypnosis and meditation and yoga. Yoga-nidra (the yoga of sleep) is one of these practices. It is similar to hypnosis and other techniques of mind-body methods of healing used in psychotherapy. Yoga-nidra has been introduced as a contemporary, systematic process of healing by various schools of yoga, both on the sub-continent and in Western countries. These methods are purportedly developed from ancient yogic texts. This article will provide an overview of yoga-nidra, both its origins and current form of practice, as well as a short review of the literature on its efficacy. It will be compared to hypnosis, a systematic, mind-body, trance-inducing technique, used as an adjunct with western forms of psychotherapy. Suggestions will be presented for using these modalities to integrate indigenous concepts of spirituality and psychology and the western models of mental health delivery in contemporary India, and populations of Indian cultural origin living abroad.

Keywords : Yoga-nidra, Hypnosis, Meditation, Psychotherapy, India

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Paper ID 4003

Reaching Deep Within The Margins: Incorporating Traditional Knowledges Into Psychotherapy And Trauma Support For The Urban Indigenous Homeless

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Abstract:

Toronto Canada is recognized as being one of the most multicultural cities in the world. People of Indigenous ancestry make up 0.5-1.5% of urban Toronto residents. However, individuals of Indigenous ancestry make up 15.4% of Torontonians who are living on the streets. This statistic demonstrates the disproportion of Indigenous homeless and furthermore the state of crisis of mental health within urban Toronto for Indigenous peoples who already marginalized as a group in Canadian society. Indigenous homeless individuals show higher rates of mental health symptoms, disorders and hospitalizations. Furthermore, Indigenous peoples in Canada as a group have experiences of poverty, colonization, and intergenerational trauma. Thus apart from the myriad of mental health concerns that are experienced by urban Indigenous homeless, many are also survivors of complex trauma. This paper presents research that asked, "What are the supports and challenges of Indigenous traditional knowledges in addressing the mental health of the urban Indigenous homeless, and how can traditional knowledge inform trauma care for Indigenous

homelessness. The results presented in this paper will demonstrate the mental health needs from the perspective of Indigenous homeless people themselves and will provide a model of care that incorporates traditional knowledge that can help inform mental health providers who work with Indigenous people are experiencing, recovering from, or at risk for homelessness.

Paper ID 4007

Influence Of Type Of Family And Gender On The Emotional Intelligence Of Early Adolescents In Kerala

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Abstract:

Families provide a context for nurturing the emotional and spiritual well-being of its members. Due to increased life expectancies families experience a greater confluence of multiple generations within the same family. In this context the presence of grandparents in the family is a source of support for other family members especially children and adolescents. The aim of the study is to compare the emotional intelligence of adolescents in nuclear families and three generation families and to compare the emotional intelligence of male adolescents and female adolescents through a quantitative research design. The sample size taken for this research was 500 adolescents, consisting of 200 adolescent boys and 300 adolescent girls of viii to xii standards, belonging to ten different government aided urban schools in kerala. Of the 500 adolescents taken, 165 were hindus, 165 were christians and 170 were muslims. Samples were equally distributed with regard to type of family(nuclear family, three generation family) and gender. Mangal emotional intelligence inventory mangal & mangal (2004) was used to yield a total score and dimensional scores. Multivariate analysis was used to find the impact of type of family and gender on the emotional intelligence. The result revealed that there is significant difference in the emotional intelligence of adolescents in nuclear family and three generation family. And there is significant difference in the emotional intelligence of male adolescents and female adolescents.

Paper ID 4021

Samkhya And The Yogasutra

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Abstract:

Samkhya, a complete system of thought, offers the world a little-known frame of reference about creation, evolution, and meaning of life. It has no gods, yet it describes the energies of creation. These energies form configurations that allow for the creation of everything in the universe. There is room for all images, species, viewpoints, and institutions. Three types of ego characterize the world, that of intelligence, activity, and inertia. discernment is one of the most valuable assets a person can develop. Discernment is the evaluation of what leads a person toward mental suffering. It also evaluates what enhances release from mental suffering, and what brings about more happiness and wellbeing. The effects of emotions, work, and relationships upon oneself and others are keys for discerning whether one is moving closer to light or to darkness. Discernment also assists in the pondering of significant questions concerning liberation and bondage, the unity of humankind, rebirth, and individual uniqueness. samkhya, written by kapila, is dated prior to buddha. Patanjali used this knowledge as a base for writing the yogasutra at a time closer to the era of christ. We can assume that even in ancient times people suffered from anxieties and fears. The aim of the yogasutra is to help humankind reach beyond duality, conflicts, and mental suffering to a transpersonal way of being.

Keywords : Samkhya, Transpersonal, Discernment, Yogasutra, Consciousness, Materiality, Yoga

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Paper ID 4022

Use Of Dsm-5: Assessment Tools For Counselors

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Abstract:

Program summary/abstract: this workshop will shed light on "emerging measures" from dsm-5 which will help counselors to enhance clinical decision on diagnosis and treatment planning. Participants will get hands-on experience on various assessments such as cultural formulation interviews (cfi), disability measures, cross-cutting symptoms and severity measures. purpose and goal: there is a growing body of research which supports use of the dimensional assessments in the mental health diagnosis. The diagnostic and statistical manual of mental disorders (dsm-5) has introduced dimensional assessments in combination with categorical diagnosis (american psychiatric association, 2013). The goal of this presentation is to address the recent changes in the assessment field and cover various dimensional assessment such as cross-cutting symptom measures, disability assessment by world health organization (who), and cultural formulation interview. this program would be best suited as 60 minute conversation session, but could also be modified as per the need of the conference. This presentation would include a didactic section followed experiential activities. learning objectives: provide information and knowledge on various assessments and measures from dsm-5 to participants. participants will participate and try modules from cultural formulation interview (cfi)and disability measures. participants are also encouraged to share their experience with the use of dsm-5 assessments. description of materials: presenter will need computer and projector for powerpoint presentation. Presenter will give handouts on cfi, whodas, and some other measures from dsm-5 to participants. reference: american psychiatric association. (2013). Diagnostic and statistical manual of mental disorders (5th ed.). Washington, dc:

Keywords : Dsm-5, Assessment

Paper ID 4023

Effect Of Attachment Styles On Dyadic Trust Of Married People

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Abstract:

Attachment styles (belsky & cassidy, 1994; bowlby, 1969/1982) offers an important framework to understand many of the dynamics of marital relationships in adulthood including interpersonal trust. Simultaneously, the interpersonal trust being operated in marital relationship emanates and gets sustained by the strength of the attachment styles. the trust between individuals is considered generally as a belief held by a person about the integrity of another person and is also regarded as the integral part of all human relationships (larzelere & huston, 1980). Stinnett and walters (1977) suggest that trust increases security in a relationship, reduces inhibitions and defensiveness, and frees people to share feelings and dreams. The trust is even seen as a prerequisite for marital partners to open their marriage to their full potential for personal and interpersonal growth (o'neill & o'neill, 1972). the paucity of researches particularly in the indian context prompted the researchers to launch a study on the alliance between attachment styles and interpersonal trust. Data gathered from 1330 married individuals using the dyadic trust scale (larzelere & huston, 1980) and the attachment style questionnaire (van oudenhoven, hofstra, & bakker, 2003) were analyzed in this study. The results sustained the expectation of the researchers, and proved that a clear and candid association exists between the attachment styles and dyadic trust of married individuals.

Keywords : Dyadic Trust, Attachment Styles, And Marital Relationship

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Paper ID 4024

I Heal She Heals; A Qualitative Study Of The Experiences Of Depression And Coping For Black Canadian Women

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Abstract:

The psychological literature on mental health has identified that oppressions such as racism, sexism and classism can be extremely stressful. The conceptualization that individuals' identities such as; race, gender and socio-economic status are subjected to oppression has clinical implictions. The current research sought to investigate black canadian women's intersecting identities and how it contributes to their unique experience of depression and coping. The aim of this study was to identify significant experiences of depression and coping to develop a theory of healing. the current literature on black female depression is dominated by black american and black british women's experiences. Black canadian women resemble those groups in terms of marginalization, discrimination, and unequal access. However, patterns of migration and the specifics of race relations and

diversity issues differ between these countries. This study therefore specifically explored the phenomenon of black canadian women's experience of depression and how they cope. the participants in the study were 20 black canadian women who self diagnosed their depression. this research employed a methodology of qualitative constructivist grounded theory to provide a detailed description of the participants' journey through depression, coping, and healing. The findings suggest a distinct and unique ways of experiencing, and coping with depression among black canadian women. Healing became a relational phenomenon that interconnected with self, family and community. a theoretical framework of healing was developed from the interconnectedness of multiple complex layers during the process. Isolating the themes of the strong black woman, mother-daughter relationships, and transgenerational trauma/resilience transmission around the circular effects of depression and coping provided a means to illustrate the paradoxical influences. These themes illustrate the reality in black canadian women's lives dealing with depression. Recognizing that the road to healing involves understanding these three themes, as well as the concepts of community engagement and self-definition, allows black canadian women to move to a place of healing.

Keywords : Black Women. Depression, Coping

Paper ID 4025

Power Of Persuasion And Its Effects On Decision Making

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Abstract:

Given the range and the amount of information that an average individual comes across on a regular basis the tendency has shifted to behave in an impulsive manner. Thus when the individual comes across a situation wherein decisions are to be made at the spur of the moment, the probability of making mistakes increases exponentially. This isn't because the decision maker is always irrational. Most of the time wrong decisions are taken by individuals who are rational, however, it is due to the influence of scarcity of time and the links formed where it comes to rational thought process. The confusion lies when people mistake organized information with rational flow of information. In other words, when organized information is assumed to replace rationality the tendency to make careless mistakes increases. It is at this point that persuasion dynamics comes into the picture. Most individuals intentionally or unintentionally use the conflict emerging due to the absence of clarity as to what is right and wrong to persuade the person of interest. Thus through the course of this paper, using a simple experiment, we shall expand on the power of persuasion and its impact on the individual's decision making abilities.

Keywords : Persuasion, Decision Making, Perception,

Paper ID 4026

Developing Intentional Intercultural Friendships Between Canadian And International Chinese High School Students: Pilot Study

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Abstract:

International students are known to be at a high risk for developing acculturative stress that arises from intercultural contact. Loss of social support structures and adjusting to new and unfamiliar cultural norms, values, and language are challenges that affect the rebuilding of such a social support network in a foreign country. Moreover, international students have a strong tendency to form friendships amongst themselves, especially with other students from their home country. These friendships are important in providing emotional support, but do not provide opportunities to practice english and become familiar with the host country and its culture and to share about their home culture with their hosts. to facilitate the formation of intercultural friendships in international high school students, a pilot intervention program is being developed. It will be implemented in a local canadian high school with a large international student population from china. Forty high school students (20 chinese international students; 20 canadian students) will participate in 2 weekly sessions over 5 weeks. Students will meet in school during lunch break and learn about acculturative stressors (e.G., homesickness, loneliness, second language anxiety, and academic pressures). In pairs and in small groups, students will discuss cultural values and differences. Pre-and post-intervention measures include a semi-structured interview about the number, nature, and quality of friendships in the home and host cultures. The acculturative stress scale for international students (assis), the revised child anxiety and depression scale-short form (rcads), and the intercultural communication competence questionnaire will be administered. It is hypothesized that for the chinese international students, the intervention will result in decreased acculturation stress and greater quantity and depth of friendships with canadian students, while the canadian students will improve their intercultural communication skills.

Paper ID 4027

Paper: Children's Experiences With Outdoor Play And Its Relation To Their Academic Achiement And Well-being

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Abstract:

Play is integral to children's well-being. Whilst playing, children experience real emotions, create their own uncertainty, experience the unexpected, learn social skills, respond to new situations and adapt to a wide variety of contexts (lester and russell 2008; nice 2010; coalter and taylor 2001). Outdoor play is particularly important for increasing levels of physical activity, alongside other positive influences, such as opportunities to understand and respect the natural world and for psycho-emotionally therapeutic reasons. Lester and russell (2008) also cautioned that 'play' should not be 'instrumentalised' by perceiving it merely as a tool to achieve other benefits, and that its true importance must be considered as an end in itself. traditionally, children had many opportunities for outdoor play, as opposed to children of today. A combination of poor play environments, busy school schedules and an increase in structured activities has meant that this beneficial and basic children's right has become sidelined, often perceived as an 'unaffordable luxury' (elkind 2008). Even self-directed play during school break times, which is linked to improving concentration and behaviour during lesson times (madsen and others 2011) has been cut significantly in recent years (blatchford and others 2002) and traded in for "completing the syllabi" and other

"important activities". Whether the increased incidence of adhd and specific learning disabilities, and even other school-related problems, are a result of this decrease in playing opportunities is difficult to ascertain. this pilot paper hypothesizes that allowing children to have their "own" time to play outdoors without trying to influence what they should do, does in itself improve their well-being, and helps them deal with problems, especially attention-related and behavioural problems. In a way, making sure that children have sufficient unplanned, outdoor fun could, on its own, serve as therapy - natural and free. the research will use purposive sampling to identify students with attention problems or mild behavioural problems, across randomly chosen schools in goa. These children will be identified through suggestions from teachers. Consent from the school authorities and parents will be obtained. Each child will be interviewed to chart out activities engaged in during after-school hours. The researcher will record their academic progress and well-being before participation in the study. The children will then be divided into a control group and an experimental group. The parents of children in the control group will not be counselled about the value of outdoor, unplanned play. The parents of children in the experimental group will be given a short session on how unplanned, outdoor play can benefit their child(ren) and then be asked to allow their child(ren) at least one hour of unstructured, outdoor play per day (for at least 5 days in a week) during the following two months. At the end of this time, their academic progress and well-being will once more be charted through questionnaires and teacher reports. The researcher hypothesizes that there will be some improvement in classroom behaviour, academic achievement, and well-being. Simple, unstructured, outdoor play can therefore be used as a non-intrusive therapeutic measure.

Keywords : Children, Outdoor Play, Academic Achievement, Well-being, Play Therapy

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Paper ID 4029

Koinonia

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Abstract:

Koinonia a fellowship therapy is a group therapy model developed for recovering drug dependents or addicts at shalom rehabilitation centre, chumukedima in nagaland. This model is based on non threatening approach towards individual's healing process at the time of recovery and rehabilitation. This has been used for about four years now and i have found it useful, helpful and also have brought changes in the individuals and have made the group affinity strong in many ways. Thus it has paved the way for individual growth and development and also helping the persons from relapse. This therapy has four stages and at each stage the individual is made aware of his strengths or good quality and then one weakness. In the third round the person realizes one aspect that he needs to change and he is aware and knows what he needs to change and in the last round one opportunity that he thinks that he will be able to make use towards holistic development. This therapy is has the aspects of twelve steps of alcoholic anonymous with christian background as the members of group are basically coming from christian background.

Paper ID 4030

Self Concept And Career Choice In Adolescents

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Abstract:

Understanding the importance of the theory of self concept as explained by carl rogers is of immense significance for career counselors and educators while discussing career choice with adolescents. Choice of a career is very important in today's competitive world when students have many options available to them. Students must make a choice which is most suitable to them based on their interest, personality, aptitude and economic background. Students must firstly perceive their own capability realistically before enrolling for a career course. Parents, teachers, peer group and significant others have a very important role to play for students to perceive themselves realistically for a career. In my paper i aim to qualitatively study the role played by students and their parents, teachers and peers while choosing a career.

Keywords : Self Concept, Career Choice, Adolescents

Savouring The Beauty Of One's Wholesomeness In Healing: Integration Of The Japanese Aesthetic Tradition Into Psychotherapy

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Abstract:

Aesthetics is one of the essential characteristics of traditional healing rituals and ceremonies. In asian cultures, they promote appreciation and practice of living in harmony with the beauty found in one's life itself, especially with the nature seen as the extension and the origin of who we are. At various human life stages from significant life transitions to daily living, the cultivation of such harmony has been the ultimate goal of traditional spiritual practices and healing rituals. with the profound spiritual foundation of shintoism, confucianism and buddhism, japanese tradition has appreciated the deep beauty inherent in human life - the evolving and transient being in the cycle of co-existing shadow and destruction with light and creation in life. A life of a person is perceived as an art itself which is to be cultivated and savoured to achieve the meaningful fulfillment and ultimate oneness. This way of living is called ajiwai-aru jinsei (□□□□□□), a flavourful or "delicious" life in japanese. "delicious" is written as oishii (□□□) , rooted in "savouring beauty". It describes a cherished moment, not only from food or taste or pleasure, but also from the unique beauty found in the wholesome experience of full spectrum of actively felt senses, emotions, memories, meanings, and sharing. This word is a perfect adjective to describe the classic attitude and process of japanese culture, which is symbolic, sensorial, experiential, formal and beautiful. based on this aesthetic essence embraced in rituals and daily living in japanese culture as well as other traditional healing practices, delicious moments (dlm) has been evolved as a unique holistic therapeutic and wellness concept integrating positive psychology, amae psychology, mindfulness, existential psychology and transpersonal psychology. The practice of "savouring beauty", as observed in traditional practice, can restore the opportunity to experience the rich depth of human life and flourishing mental health and wellness while cultivating an ability to enjoy life, develop resilience, and find hope and meaning to overcome challenges in life. dlm is less of a treatment of technique,

but more of a philosophical stance and a practical approach emphasizing the wholesomeness of a person. As such , it can be incorporated into any therapy by any therapist to enhance the holistic and integrative quality of the session with a client as well as for professional development and personal care. In this workshop, the concept of dlm is explored in terms of how it can enhance and savour one's wholesomeness (biological-psychological-spiritual-social) with specific examples, techniques and exercises to be experienced together as a group.

Paper ID 4200

Conscious Moments Without The 'i' In Ordinary Life

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Abstract:

As long as we are awake and even while dreaming, a sense of "i am seeing, hearing, or doing, etc." seems to be an inevitable content of any conscious experience. One may wonder whether it is ever possible in our ordinary lives to have an experience where the "i" is not present, or briefly, have a self-transcendent experience. I describe below a few experiences of short duration which occur in our ordinary lives and which have nothing mysterious about them and argue that they all transcend ego. To explain how the self (ego) is present or not in an experience, i describe some properties characteristic of the self such as its sense of personal identity and ownership of action. Manifestation of these properties in an experience indicates the presence of the self and absence of these properties indicates its absence. Acts of observation paying full attention to what is being observed also seem to transcend ego as they push every thought, including the "i" thought, out of the conscious mind and keep it fully occupied with the act of observation. A characteristic property of the self-transcendent state seems to be that one can only recognize such a state as being free from the self, but one cannot prove that it is so because the outward effect of the state may be the same as that of an alternative state where the self is present.

Paper ID 4667

Experienced Volatile Old Age

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Abstract:

In the value based society, many of the old aged persons to whom hindu philosophers and other holistic health providers enlighten in the path of completion towards journey to be standstill apparently meant for elderly as successful as vivid.Experienced older adults are the treasure of our spiritual instinct society.Through the ways of selfless culture and dedication oriented discourse, they made themselves wise old and compatible person to handle everyday needs as well as deeds symbolically. It is praiseworthy that our wise forefathers know the techniques of peaceful family settings where a large members of a family built on and moves on as per direction of a head maintained indeed. He faces with beleaguered tasks and all are the obedient to his rule because of selfless regulation and clear representation. Hence, he was regarded as a symbol of the then social pattern of our culture and value based education. Such institution were the center of the man making character with ideas and ideals of patriotic personalities as a result of selfless and dedications attained in the end of basic knowledge for a great purpose. During this time of learning phase of our ancestors, they not only used to acquire the literature, mathematics, health & hygiene science rather also got to hear the story of epics and holy gita as well as upanishads from grandmother & grandfather too in addition to the enriched heritage of the history. This is our spiritual principle of unity in the diversity & transpersonal approaches.

Keywords : Holistic Health, Spiritual Instinct, Beleaguered, Selfless, Dedication, Patriotic, Ancestors, Enriched Heritage, Diversity.

Paper ID 4834

Validity And Reliability Of Spiritual Intelligence Scale – Indian Version

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Abstract:

This paper describes the development and preliminary validation of the integrated spiritual intelligence scale (isis) indian version. Isis is a 45-item self-report instrument. Isis has shown satisfactory factor structure, internal consistency, test-retest reliability, and constructs validity. It contains 22 subscales assessing separate si capabilities related to beauty, discernment, egolessness, equanimity, freedom, gratitude, higher-self, holism, immanence, inner-wholeness, intuition, joy, mindfulness, openness, practice, presence, purpose, relatedness, sacredness, service, synthesis, and trust. These 22 subscales are grouped into 5 domains: consciousness, grace, meaning, transcendence and truth. Both confirmatory and reverse factors correlate significantly with each other. They also show acceptable levels of reliability whenever applicable.

Keywords : Spiritual Intelligence Scale – Indian Version, Scale Construction

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Paper ID 4847

Victimization, Intimate Relationships Of Transgender And Shifting Attitudes On The Social Ostracism, Social Stigma By The Youth

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Abstract:

Transgender being a minority experience themselves in a socially stigmatized group. The increased stress faced by transgender leads to psychological distress when they are unable to successfully increase their level of coping. This population has confronted considerable challenges related to societal bigotry, including drastically elevated rates of violence and discrimination and many of them experience gender discrimination and victimization which includes majority of verbal gender victimization and comparatively higher rate of physical gender victimization. These minorities also face problems with intimacy and intimate relationships, which refer to close, caring personal relationships which are both sexually (partners and lovers) and non-sexually (friendships) experienced and practiced. It has been suggested that intimacy has become a site of social transformation within contemporary society as intimate relationships acquire increased importance. Within this body of work, transgender partnering and parenting relationships are positioned as being at the forefront of changing affective structures. Different questions raise in mind, are these minorities getting their rights to live as they feel like? Is it their problem that they feel differently unlike to their gender? Whether the myth/stereotype about these minorities will change by the society? Will there be any attitude shift toward transgender people by the youth, if so, how it is going to help these minorities in their future, will it help them to get proper education, job and opening to many other avenues. Since youth are the mentors for the next generation and they can bring a drastic change to these minorities to improve their living.

Keywords : Victimization, Intimacy, Shifting Attitude, Transgender, Youth

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Paper ID 4848

The Work Of Muslim Shamans: Islamic And Pre-islamic Healing Methods In Turkey

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Abstract:

About 97% of the population in the republic of turkey is muslim (Çarkoğlu & toprak, 2000), and 90% of those are from the sunni sect (engin-demir, 2003). Turkic tribes of central asia converted to islam from various other belief systems around 10th century. There were several other belief systems among the turkic tribes before islam, such as göktanrı cult, animism, and ancestors cult (ocak, 2000). During the conversion process turks kept some of their previous beliefs and practices while adopting new islamic beliefs (İnan). Consequently, pre-islamic beliefs are intertwined with islamic beliefs among turkish peoples and they collectively shape current cultural and traditional healing methods. The purpose of this presentation is to present various islamic healing methods used in turkey and discuss the influence of pre-islamic beliefs on these practices. Integration of both pre-islamic and islamic practices into counseling and psychotherapy will also be discussed.

Keywords : Islam, Pre-islamic, Religious Practices, Turkey, Psychotherapy

Paper ID 5018

Optimism And Resilience Among Older Adults: A Case Study Approach

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Abstract:

The progressive ageing of the world's older population is perhaps one of the most significant demographic changes in modern times. A survey by helpage india in 2012 says india has around 100 million older adults and the number is increasing rapidly. Positive ageing is a process of feeling good about oneself, maintaining a positive attitude, keeping healthy and fit and being fully involved in life as one gets on in age, rather than considering ageing as frailty, disability or functional decline. Using a case study approach the study explores experiences of older adults in relation to optimism and resilience taken from psychological capital theory by morgan and luthans (2013). The participants were a 73 year old woman and a 71 year old man, retired; spouses have expired and living with family in bangalore city. They were interviewed using a validated semi structured interview schedule. Interpretative phenomenological analysis was used to analyse how they make sense of their experiences as older adults. The results of this study show that older adults are able to stay strong and resilient in challenging situations because of their deep spirituality and the bond they share with family and friends. Their optimism stems from gratitude, a positive attitude towards life along with a sense of hope and determination. The study has implications for promoting a positive and healthy attitude towards older adults and to help older adults to move forward with hope and courage.

Keywords : Key Words: Positive Ageing, Older Adults, Optimism, Resilience

Paper ID 5020

Influence Of Acculturation On The Ambition Level Of Second And Third Generation Migrants Of Andaman And Nicobar Islands

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Abstract:

Ambition is a very commonly used word and is linked to the success of an individual in every culture. Also ambition drives motivation, determination and all the ingredients to achieve success in life. People normally migrate from one place to another in search of better livelihood. Normally the first generation migrants will work hard to strive with the place, but for the coming generations, acculturation plays an important role. Since degree of ambition is a product of both genetic and environmental factors, acculturation will directly impact the ambition level of the migrants. The acculturative experience of the migrants shapes the perceptual experience. In the islands, there were no existing culture or population and migration started from 1857 during the penal settlement plan of the britishers. After independence, for developing the land and settling peoples in the islands,

government of india introduced many facilities like job reservation, easy access to govt jobs in the islands, reservation for higher education etc. These facilities extended by the govt influenced the migrants in such a way that they are still expecting something big from the government. Since the scenario of the islands compared to the 50's, 60's and 70's are totally different as of now. Population of the islands have reached to an alarming level and the facilities and opportunities have shrunk down, yet people have not changed their mindset. Other cultural factors, peaceful coexistence and less exposure to the outside world greatly impact the migrant's ambition level. ....

Keywords : Acculturation,ambition, Migrants

Paper ID 5021

"on-demand" Sessions In Psychotherapy Are Acculturated

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Abstract:

Psychotherapy is a cultural phenomenon; therefore, when psychotherapeutic approaches that originate in the west are applied in non-western settings, they may hybridize with non-western therapeutic approaches and culturally transform. What kind of mechanism occurs during this transformation? based on my clinical experiences, this study aims to examine the cultural transformation of psychotherapy in okinawa, an isolated island of japan, where indigenous shamans still exist. Specifically, it focuses on the reservation system of psychotherapy. psychotherapy involves a contractual relationship between independent individuals. Therefore, therapists and patients have regular sessions at a predetermined place and time; this is the basic form of psychotherapy, which is eminent in psychoanalysis. however, patients in okinawa often request to change the reservation system of psychotherapy from regular sessions to on-demand sessions. This study examined the mechanism and function involved in this cultural transformation. D. W. Winnicott's theory is particularly useful in addressing this topic, because it focuses on the clinical value of on-demand sessions. The clinical significance and cultural mechanism of shifting from regular sessions to on-demand sessions in non-western areas are discussed.

Keywords : Interculturality, Psychoanalytic Psychotherapy, Winnicott

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Paper ID 5022

Codependency And Mother Child Relationship

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Abstract:

The dilemma concerning the position of codependency in the normal-abnormal spectrum has led the concept to be under researched. The term which is often loosely used to describe a close family member of an alcoholic has been a prevailing concern which demands clinical attention. The aim of the present study was to examine whether the wives of alcoholics would score higher on codependency than wives of non-alcoholics, along with this the study also looked at whether there is any difference in the mother child relationship between wives of alcoholics and wives of non-alcoholics. The study sample included 110 individuals among which 24 were 24 were wives of alcoholics and 26 were wives of non-alcoholics, 30 children of alcoholics and 30 children of non-alcoholics. Spann fischer codependency scale was used to assess codependency and mother form of the parent child relationship scale was used to assess the mother child relationship. The findings of the study supported the contention that the wives of alcoholics appear to have traits of codependency. However no significant difference was found in the mother child relationship between the two groups. The study has several implications in designing intervention model for the families who have been affected by codependency and alcoholism in large.

Keywords : Codependency, Mother-child Relationship, Alcoholism

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Paper ID 5025

Revisiting Psychodynamic Psychotherapy

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Abstract:

The interplay between pharmacotherapy and psychotherapy holds interesting prospects in the future of psychiatry. The current trend in training in psychiatry is more focused on neurobiological aspects leading to a drift away from psychotherapy. The debate is the role of psychotherapy the current psychiatric practice. Through our article, we would like to demonstrate the ongoing relevance of psychotherapy in the era of pharmacotherapy and how it makes the difference in management of a psychiatric illness. A 39 year old married lady had been temperamentally easy child with good coping skills despite exposure in her early years to continuous stress. However, with time she failed to cope with increasing psychological stress including marrying, at a very young age, to her own brother in law after her sister committed suicide, taking care of two step daughters (her own nieces) and constant criticism from her relatives and neighbors about her inability to be a good wife/mother. She was brought to the hospital with complaints of episodes of regressive behavior (dissociative episodes) which were present for past 15-16 years with duration varying between 2 hours to 4 months and was not treated due to poor knowledge regarding her illness. In this presentation we would like to emphasize on several of psycho-dynamic processes and effectiveness of viewing patient's symptoms through perspective of psycho-dynamic factors. And using the same as the primary mode of treatment through supervisory sessions with which patient improved significantly. Additionally, the role of technology as a medium to continue therapy is highlighted.

Keywords : Psychodynamic Psychotherapy, Dissociative Disorder, Processes In Psychotherapy, Technology In Psychotherapy

Paper ID 5028

Idioms Of Distress: Expressions Of Female Victims Of Domestic Violence

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Abstract:

Culture has always taken a back seat in our understanding of mental health issues. Concepts and classifications borrowed from the occident are considered the norm, and culture specific presentations are largely brushed aside. This has led to a gap between the biomedical model of illness and patients' subjective view of illness which is shaped by the their culture. Consequently, delineating a diagnosis and treatment plan has become a challenge for the mental health professionals as the patient's expressions and explanations of illness, may not be an exact copy of a diagnostic manual as defined in the west. In india, these 'idioms of distress' (ways in which members of a socio-cultural group convey affliction) amongst women have assumed the form of mostly somatic symptoms like aches, weakness, gynaecological symptoms, sinking heart and so on. As domestic violence is one of the most prevalent and mentally disabling 'silent' experiences of the indian woman, an important question arises : how do female victims of domestic violence in the indian society convey their mental health? the current research aims to address this question and identify some of these idioms of distress with help of semi structured interviews and observation method. Being aware of these idioms of distress can help mental health professionals in developing an insight into previous life events (domestic violence) of the client and provide suitable therapeutic interventions and referrals to women enabling them to get an opportunity to seek help for their 'actual' issues.

Keywords : Domestic Violence, Idioms Of Distress

Paper ID 5030

Profile Of Beneficiaries Attending A Traditional Healer

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Abstract:

Introduction:traditional healing practices are rather widespread, though they are considered to be primitive. Despite the availability of modern medical treatment, traditional healing practices are widely prevalent in present day society. aim & objectives: present study investigates the general characteristic of beneficiaries attending a traditional healer, their general mental health status and to know the relationship between their knowledge and choice of traditional healing methodology: it is a prospective descriptive study with a sample of 150 individuals seeking help from traditional healer at specific temple in udupi district and fulfilled inclusion and exclusion criteria. procedure: structured interview schedule used for collecting socio demographic data and attitude towards traditional healing. The belief, socio-cultural heritage, and the religious background of the population

was evaluated by ask scale. Ghq-12 scale used to know whether experienced any particular symptom or behavior. result and discussion: majority (63%) of the subjects visited the healer for the first time, while the (37%) visited the healer before for the same problem, which they are experiencing currently. Despite the outcome was not satisfactory they continued to seek treatment from the same healer. conclusion: from the current study it can be suggested that people approach traditional healer for varied reason. Half of the population could not attribute any cause to their problem. Remaining half of the population tend to attribute cause of problem to gods anger and black magic. Further family and social network played important role in referring / influencing them to seek help from the traditional healer.

Keywords : Traditional Healing

Paper ID 5031

Intervention For The Development Of Informational Sensitivity And Its Role In The Reduction Of Anxiety

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Abstract:

Few studies have assessed the role of informational sensitivity, i.E. The quality of the researcher, in daily life situations towards state anxiety. The present study inquires, whether assisted heightening of informational sensitivity by awareness of the subtleties of meaning of information, relates to reduction in experiences of anxiety and thus tries to address the gap within the literature. to investigate the problem, quasi-experimental strategy of pre-test/post-test was used. Female subjects ranging between 20-24 years of age recruited for the study was randomly divided into two groups- a control group (n=4) and treatment group (n=4). the participants were administered with state trait anxiety inventory (stai- form y1) three days prior to the intervention. The session lasted for 30 minutes during which they were subjected to a form of therapeutic discussion during which the researcher, guided the participants in treatment group towards adopting a more analytical style of understanding and gaining insights about a phenomenon as they interact with daily life situations. participants in non-specific control group received no treatment, though they received all other elements of therapy that are not specifically therapeutic. as for the post-test observation, participants were made to fill stai (form y1), for the next three days at regular temporal intervals. Results showed a reduction in anxiety after the treatment and thus was in accordance with what was hypothesized. The findings were graphically represented. Future clinical and research implications were discussed.

Keywords : Informational Sensitivity, Anxiety, Intervention

Paper ID 5032

Music-based Remediation In Traumatic Brain Injury

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Abstract:

Traumatic brain injury (tbi), also called acquired brain injury or simply head injury, occurs when a sudden trauma causes damage to the brain. Half of all tbis are due to transportation accidents. Traumatic brain injury can cause a wide range of functional short- or long-term changes affecting thinking, sensation, attention, language, or emotions. Various studies have revealed that the attention deficits that follow tbi include, decreased alertness, slowed reaction time, difficulty completing various tasks requiring focused, sustained, selective, alternating, and divided attention, reduced attention span, and malfunction of supervisory attention control. These attention deficits severely limit everyday functioning, negatively impact personal relationships and work and personal safety gets compromised, leaving the patients anxious and frustrated. Shame is an emotional response found by researchers to be prominent among tbi patients which is associated with a sense of public exposure of some mistake or failure, leading to depression. Newly emerging scientific evidence showing a link between music and cognitive functions is impressive. Studies have revealed that music tempo is one of the most significant characteristic in modulating affect. This study will highlight the link between tbi and changes in the levels of attention, depression and anxiety following the injury. Music therapy and intervention as shown by previous researchers can benefit people who suffer from a traumatic brain injury. This study will also highlight whether a newly designed music intervention can facilitate the patients in improving their attention span and alleviating their depression and anxiety.

Keywords : Traumatic Brain Injury, Attention Deficits, Shame, Depression, Anxiety, Music Intervention, Music Tempo

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Paper ID 5033

The Evolving Self Of A Psychotherapist

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Abstract:

Psychotherapy literature has extensively focused on the client as a person, engaging in a therapeutic alliance with a professionally trained psychotherapist. The dynamics of this relationship have been studied in terms of process and outcome research involving therapeutic variables, client characteristics and therapist qualities. The therapeutic alliance as the key to the progress and success of therapy has widely been accepted, and the therapist's impact on the client has been acknowledged repeatedly. Recent research has shown that emotional experiences in a relationship can cause psycho-biological changes, and therefore it is likely that these psycho-biological changes can occur in the therapist as well. Just as the 'self' of the client changes through therapeutic interactions, it is possible that the 'self' of the therapist as a person is affected too. This idea is significant, as a psychotherapist goes through many such 'therapeutic alliances' within a given time period and limited research in this area does not sufficiently address relevant concerns related to the 'evolving self of a psychotherapist'. Therefore it is important to explore this process, to help practitioners understand and become aware of these dynamics, to deal with the possible changes that they go through, and to develop adequate methods/techniques to facilitate this evolution. The proposed conversational session aims to stimulate a discussion on the evolving self of the therapist, exploring applications of the self-theories in relation to therapists from various cultural backgrounds and incorporating the same in psychotherapy supervision.

Paper ID 5034

Dating And Violence In Young Adults: The Role Of Gender And Culture

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Abstract:

In modern india, an increasing number of young adults are committing to romantic relationships. The current study aimed to explore dating experiences and dating violence in india. a mixed-method research design was adopted. Seventy-five students from a bangalore-based university, who were in a heterosexual romantic relationship for at least three months, participated in part i of the study. A socio-demographic sheet and the revised conflict tactics scale (cts2) were individually administered. Parts ii and iii were carried out concurrently, where ten individuals who reported dating violence on the cts2 were interviewed (part ii), and five women from part i who reported no violence participated in a focus group discussion (part iii). The obtained quantitative data was subjected to descriptive statistical analysis, while data from parts ii and iii were analyzed using interpretative phenomenological analysis and thematic networks analysis respectively. results indicated that rates of dating violence in india are comparable to those reported by western literature, with a predominance of bidirectional violence. Acceptable attitudes towards violence, anger, ambivalence about commitment, jealousy, dysfunctional interaction patterns, parental aggression and previous abusive relationships increased vulnerability to dating violence, while guilt and shame associated with it could lead to minimization, denial or refraining from seeking support. Open, direct and mutually constructive communication was considered important for positive dating experiences. the study pertains to a relatively new area of research in our country, highlighting that dating violence is indeed prevalent among young adults, and perceptions on dating and violence, have implications for mental health professionals.

Keywords : Dating Violence, Gender, Culture

Paper ID 5035

Mixed Partnering And Parenting: Intersection Of Diversity Issues In Couple Psychotherapy

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Abstract:

This proposal deals with psychosocial intervention of couples in mixed marriages in

denmark, which has barely been scientifically explored due to the homogeneity and colourblindness dominant discourse. the term "mixed" is used for couples who feel that their intimate relationship is formed across two socially significant groups: ethnic, religious, region/caste, thus the present study has broad relevance. This proposal delineates the demographic details, intervention process of two ethnically mixed- marriage cases. Cases' analyses are combined with relevant results from an empirical study (singla, 2015) about intermarried couples to present lessons for counselling and psychotherapy good practices. the couples in the two cases and ten in-depth interviews based empirical study are formed across ethnic/religious borders - one partner is native danish and the other originates from south asia (india, pakistan). Cultural historical psychology forms the background of the theoretical framework of the study, while a combination of intersectionality (moodley, 2011), everyday life perspective and transnationalism forms the foreground. the lessons learnt for counselling and psychotherapy are about balancing different family and world views through exploring and including the family relationships across categorisations such as generation and geographical positions, while focusing at multiple- and dominant identities. Balancing levity and gravity - optimism and realism is the next lesson. The last lesson is about moving beyond the dichotomy of similarity and differences inspired by murphy-shigematsu (2002)'s argumentation that difference and sameness are not mutually exclusive and must be understood through clients' context especially differentials of power and privilege characterising the partners, also historically.

Keywords : Mixed Marriages, Clinical Cases, Empirical Study Results, Intersectionality, Everyday Life, Transnationalism, Lesson Learnt

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Paper ID 5037

A Study On The Psychological Effect Of "ekadashi" Fasting

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Abstract:

Fasting is an effortful and deliberate attempt to give up food for a particular duration of time in order to achieve a specific goal. Ekadashi is one of the fasting styles seen among vaishnavait hindus. It is the 11th day from full moon day or new moon day. It is also called 'dry fasting' as practitioners do not consume food and water for more than 24 hours (from 10th night to 12th early morning). Recently, efforts are made to understand the effect of fasting on physical health whereas there is no research work on its effects on the mind to the best of our knowledge. Since fasting involves inhibition of habitual impulses, we hypothesized that it will have influences on self regulation and tolerance. The aim of the study was to compare self regulation abilities, stress tolerance and quality of life among ekadashi fasting practitioners and normal matched control participants. This is a cross-sectional, matched control study and employed purposive sampling to arrive at a sample size of 100. The tools used were stroop test, self-regulation questionnaire, presumptive stressful events scale and who quality of life questionnaires. Application and relevance of the results obtained will be discussed.

Paper ID 5039

Client Satisfaction With Online Therapy

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Abstract:

In the 21st century, a service such as therapy is widening its reach more than ever. Online counseling has begun to reach an unprecedented number of individuals. Research is underway, exploring just how effective this new medium of counseling is. The current study aims at establishing its effectiveness by measuring client satisfaction. While scales like the client satisfaction questionnaire (larsen, attkisson, hargreaves, & nguyen, 1979) and patient satisfaction questionnaire (ware, snyder, & wright, 1976) exist, i was unable to find a scale specifically measuring client satisfaction with online therapy. an objective of this study is to measure consumer satisfaction by adapting an existing satisfaction scale by considering this new 'online' dimension or even create a new scale that tests the same. The study is exploratory in nature and attempts to understand consumer perceptions with this new therapeutic mode. It is expected that results from this study would help better understand the outcomes of online counseling, the therapeutic relationship, attitudes and ethics, cyberbehaviours, and limitations. It seems more prudent to strengthen this tool rather than abolish it. Technology is invading all spheres of life and online counseling – whether effective or not – is here to stay. It is therefore increasingly essential for practitioners to appreciate the impact of the technology and communications fields on delivery of quality health care (kraus, stricker, & speyer, 2003).

Keywords : Online Therapy, Client Satisfaction, Therapeutic Effectiveness

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Paper ID 5042

Evaluating Time-based And Event-based Prospective Memory In Individuals With Schizophrenia

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Abstract:

Individuals with schizophrenia show a lot of disturbances in their cognitive and social functioning. Some of these problems may arise from dysfunctions in specific cognitive processes. Studies (okuda, fujii, yamadori, kawashima, tsukiura, fukatsu, et al., 1998; burgess, quayle, &frith, 2001; burgess, scott, &frith, 2003) have also shown that some of these pathologies are associated with dysfunctions in the frontal areas of the brain. Prospective memory is an important cognitive process that is associated with some essential behavior and daily tasks. The purpose of the present study is to understand the difference in time – based and event – based prospective memory in individuals with schizophrenia compared to normal healthy adults. A computerized prospective memory task will be used to assess the prospective memory of the individuals with schizophrenia and normal healthy adults. Correct conduct of prospective memory functions involves regions in the frontal lobe. Therefore, defining performance deficits in prospective memory tasks will help in the understanding of cognitive deficits in schizophrenia. The present study will have strong bearing on appointment keeping and medical – adherence behavior. As patients are required to take medications on time and perform the desired task at the occurrence of a

particular event, this study will help note which particular task condition is affected the most and how to improve the treatment compliance. Also it will help in improving the administration, management and rehabilitation of prospective memory problems in individuals with schizophrenia.

Voice To Voiceless: Violence Experienced By Commercial Sex Workers

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Abstract:

According to the article 21 of the indian constitution supreme, sex workers have a right to life and must be rendered the protection guaranteed to every citizen. It instructs the state to provide recommendations on the rehabilitation of sex workers who wish to leave sex work out of their own volition and to provide a conducive condition for those who wish to continue working as sex workers. (budhadev karmaskar v. State of west bengal, criminal appeal no. 135 of 2010 in the supreme court of india, 2014). The purpose of this study is to explore the various forms of violence such as physical, sexual, emotional, verbal, spiritual, financial and cultural violence experienced by commercial sex workers in delhi. The study will be carried out using the qualitative research design incorporating the life history method. An extensive literature review has indicated that there is still dearth of research on the various unknown or the lesser known forms of violence such as emotional, financial and cultural violence. The implication of the study is that it would bring out to public the experiences of these women to help in a more efficient implementation of the laws that are already in place with article 21 in our country.

Understanding The Wellness Of Students: A Comparative Study Of Self Concept And Self Confidence

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Abstract:

Background: self concept is best conceived as a system of attitudes towards oneself. It

consists of all the personal aspects like learning, perceptions, feelings, attitudes, aspirations, adjustment and values of oneself concerning oneself which determine the academic and other successes of the individual in and out of the school. Self confidence is the belief in one's own self. It relates to self-assurance in one's personal judgement, ability, power, etc. During adolescence, self-confidence can vary in different environments, such as at home or in school and be observed in a variety of dimensions. Objective: this paper examines the self concept and self confidence of christian and non christian adolescents, and investigate the gender differences in self concept and self confidence. Methodology: the sample consisted of 120 adolescents (60 christian and 60 nonchristian) from ranchi district studying in class xii. The male and female (aged 16 to 18) were equally distributed among the samples. Tools: self concept rating scale and self confidence inventory was used for measurement. Interpretation: the data obtained for the variables under study have been subjected to different statistical analysis such as mean, standard deviation (sd), pearson's correlation and t-test, to understand the impact and relationship between the variables. Results: the findings indicated that there were no significant differences with regard to the self concept of male and female and christian and nonchristian adolescents. Significant gender differences was found in self confidence score. The females had significantly higher level of self confidence in comparison to the males.

Keywords : Self Concept, Self Confidence, Adolescents,christian,non Christian, Male, Female.

Paper ID 5045

Challenges And Psycho-social Interventions In Co-morbid Developmental Disorder And Mental Illness A Case Report

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Abstract:

Persons with co-morbid mental illness pose unique challenges to the caregivers and the treating team with respect to diagnosis and management. Presence of intellectual disability, pervasive developmental disorder and co-morbid psychiatric illness leads to serious and lifelong impairments. Their co-occurrence adds on to the burden of disease and deteriorates quality of life of the person and their care-givers as they lack social support may be treated differently and in extreme cases are socially ostracized. this report illustrates the challenges experienced with a 27 year single, male having multiple diagnosis (autism spectrum disorders, intellectual developmental disorder, childhood attention deficit hyperactivity disorder, bipolar affective disorder and seizure disorder), difficulty in engaging with him in light of his stereotypical thinking, physical and verbal aggression, dysfunctional family patterns and inconsistent parenting. he has been in contact with multiple mental health professionals and there were frequent hospitalizations. The focus of recent inpatient intervention was on a highly structured behavioral program including behavioral analysis, differential reinforcements, and token economy over a period of three months integrating family intervention and augmentation of inputs from the multi-disciplinary treating team (psychiatrists, clinical psychologists, nursing staff and hospital attendants) into the therapeutic process. this paper highlights the role of different therapeutic approaches woven into a multi-disciplinary team approach in the road to recovery.

Keywords : Rehabilitation, Multi-disciplinary Team Approach, Psycho-social Interventions, Co-morbid Mental Illness

Paper ID 5046

The Skills And Attributes Of A Priest In Liturgical Confession

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Abstract:

The process of confession has a deep and significant meaning to the individuals who participate in it. Narrative reviewing of literature shows that confession as a process helps an individual to understand and revamp their psychological, emotional and moral standards subsequent to their action causing distress in them. Confession is also considered to foster emotional transition from distress to relief, contributing to their well being. Thereby the process of liturgical confession was examined to identify the role played by a priest who facilitates confession in terms of the skills employed by him and his attributes that facilitate emotional transition in the penitents. Employing a qualitative research design 10 priests of 5 different indigenous indian christian communities from the oriental orthodox church and the roman catholic church were interviewed to understand their experience facilitating the process. The data analyzed using conventional content analysis helped in emerging three broad categories that addressed the objectives of the study. First category helps in understanding and describing the nature of 'sorrow' and 'relief' experienced by a penitent as well as the process of 'confession'. Second category identifies the 12 different skill sets like 'orienting skills', 'problem solving skills', 'skill of penance', 'skills facilitating expression', 'skills of absolution', 'situational skills', 'skills outside the session' and others that are used by a priest(confessor) describing each of these sets on a deeper level. The final category helps in understanding the attributes of a priest that are symbolic to his entity and also to his self.

Keywords : Confession, Liturgical Confession, Skills Of A Confessor, Attributes Of A Confessor

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Paper ID 5047

Potential Benefits Of Psychologists Gaining Expertise Regarding The Influence Of Religion

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Abstract:

This presentation will discuss the potential benefits of psychologists developing a greater understanding of the role of religion. Roughly 84% of the people in the world are religious. Religion influences decision-making, behavior, relationships, social interactions, community-level outcomes, conflicts and wars, and other societal outcomes. We will consider that, with increased understanding of the role that religion plays on individual, community, and societal levels, psychologists would be better equipped to contribute to society and to fulfill professional duties. For example, in some countries professional standards and codes of

ethics encourage psychologists to promote and defend actively human rights within society. Would psychologists be better equipped to do this if they had greater knowledge of issues faced by religious adherents in society? Considering the widespread occurrence of religious-based discrimination, psychologists may also be better able to recognize and help to address issues in their communities with this expertise. On an individual level, psychology professionals may be better equipped to assess, treat and/or help clients and patients if they are equipped with this background knowledge. While religion is discussed extensively in related disciplines, one could argue that the importance of religion as a motivator of human behavior is not reflected proportionately in the curriculum of many psychology graduate programs. This presentation will discuss whether we should consider investing further in educating and/or training psychology professionals on the influence of religion. Practical methods by which psychology professionals could obtain this expertise and the implications of this will be discussed.

Keywords : Psychology, Religion, Psychology Graduate Training, Human Rights, Ethics

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Paper ID 5048

Role Of Locus Of Control In The Relationship Between Game Anxiety And Superstitions Among College Sportsmen

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Abstract:

Is a belief in one's own abilities and skills enough to vouch for one's success? Not really. In competitive sports, when the stakes are high and the expectations from self and others skyrocket, it is not unheard of for athletes to believe in or often rely on "magical thinking" or superstitions. This may be particularly so in the indian worldview where everything in the cosmos is believed to be inter-related and impacting human behavior. However, elevated belief in and over dependence on superstitions may be dysfunctional in being distracting as well as time and energy consuming, particularly in anxious athletes who additionally believe to be externally controlled. Alternatively, superstitious beliefs and practices can also reduce anxiety, build-up confidence, and facilitate performance, and thereby add to athlete's sense of well-being. the proposed research aims to empirically examine this issue by relating anxiety to superstitious belief and practices of indian collegiate level athletes as moderated by their beliefs in being externally or internally controlled. The findings are likely to prepare a module for interventions to enhance mental well-being of athletes in coping with game anxiety, restricting to minimum superstitions, and cultivating self-reliance. key words: superstitions, game anxiety, locus of control

Keywords : Superstitions, Game Anxiety, Locus Of Control

Paper ID 5049

Character Strength: Developing Positive Classroom Intervention/training Model For Children

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Abstract:

Early childhood is a remarkable period of physical development, cognitive development, emotional development and even character development based on the exposure to one's culture. Recent studies on positive psychology have emphasized so much on character strengths and was seen to create greater impact on their academic performance/accomplishment, developing positive attitude and in turn happiness. The theories on positive psychology emphasize on following character strengths and skills such as curiosity, gratitude, grit, optimism, purpose, self-control, social/emotional intelligence, and/or zest to show impact on children's achievement. The present study intends to assess the impact of different character strength and to create intervention module and develop teacher's training module to extend the training on character strength to more students. The present study considers qualitative and quantitative mixed design approach to create the intervention model. Participants were teachers, parents, experts and students. The assessments tools are open-ended schedule, character growth card and via strength survey for children. The results would be discussed based on thematic, content and deductive reasoning and the results are discussed in the context of developing the intervention model to create positive classroom to improve performance achievement and happiness.

Keywords : Character-strength, Intervention-model, Positive-classroom

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Paper ID 5050

Impact Of Forgiveness Intervention On Forgiveness, Self-esteem, Resilience And Wellness Of Sisters From Convents.

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Abstract:

People who consider themselves as highly spiritual or religious have greater regard for forgiveness (mccullough & worthington, 1999). Hence, the study focused on sisters from convents to see if forgiveness intervention would significantly affect their levels of forgiveness, as their everyday life is dictated by their religious tenets. Forgiveness is a process of progressively tapering the negative affects' of avoidance and revenge, and increasing the positive affect of benevolence for oneself (mccullough, 1997). Forgiveness intervention has also significantly affected self-esteem, resilience and life satisfaction ((kim, h.K., lee, m, (2014); klatt (2008); reed & enright, (2006)). Hence the impact of forgiveness intervention was seen on these variables. The study used a pre-post research design. The tools used to assess the impact of the intervention were trim-18 (mccullough, m.E., root, l. M., & cohen, a. D.,(2006)), resilience scale (wagnild, g. M. & young, h.M. (1993)), rosenberg's self esteem scale (1965) and satisfaction with life scale (diener, e., emmons, r. A., larsen, r. J., & griffin, s. (1985)). The study consisted of a twenty hour forgiveness intervention, spread over two and a half days. The intervention used was the awareness-

integration-expansion model, developed by sampoorna, g.L. The intervention consisted of an eclectic and a multimodal approach, incorporating exercises from gestalt, neurolinguistic programming, somatic exercises, mindfulness, indigenous techniques, cognitive behaviour, sound and psychoanalytic therapy. Journaling, stories, self-inquiry and visualisations were also used to gain deeper levels of awareness. The exercises focused on dislodging limiting beliefs, fostering forgiveness and improving self-esteem. Paired wise't' test was used for analysis. The results showed significant decrease in avoidance motivation and increase in benevolence motivation, life satisfaction, resilience and self-esteem (p<0.01). However, no significant difference was found in revenge motivation. Study carries significant implication of forgiveness training in religious groups and general population.

Paper ID 5051

Role Of Developmental History In Counseling Young Children (2-6 Yrs)

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Abstract:

The roles and functions of counselors working with young children are outstandingly multifaceted. Counselors need a repertoire of interventions to address the myriad of challenges present in the school setting. The initial interview is an essential area of counselor training; it is the basic foundation of every counseling relationship. The ability to interview for diagnosis is an important skill for counselors to hone. The developmental history session structures the counseling process and helps in identifying children who are at risk. Developmental history provides vital information while dealing with young children. Birth history and developmental milestones provide an indicator for early intervention. All domains of development are interrelated. Global developmental delays can be identified and the necessary intervention can be provided. Birth history comprising the pre-natal and post natal, any birth traumas can have an effect that last till six years of age. The developmental history can be a useful tool to educated parents about the stimulation they can provide to young children so that they develop holistically. Guidelines for the use of developmental history taking have been provided.

Keywords : Developmental History, Counselling Young Children

Paper ID 5052

Multiple Co-morbid Anxiety And Mood Disorders And Sociocultural Issues In An Adolescent: Challenges And The Need For An Eclectic Approach To Intervention

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Abstract:

Persons with co-morbid mental illness pose unique challenges to the therapist and the treating team with respect to diagnosis and management. Presence of anxiety disorders, mood disorder and co-morbid personality issues can make the therapeutic process challenging. Their co-occurrence could pose many questions as to what approaches need to be taken and how effectively these facilitate therapeutic change. Additionally, it could also provide insights into the need for psychotherapeutic integration and learning from practice-based evidence. this report illustrates the challenges experienced working with a 15 year old adolescent girl, having multiple symptoms of depersonalization/derealization, recurrent obsessive thoughts and images, compulsions, multiple deliberate self-harm attempts, death wishes, physical and verbal aggression and emotional dysregulation, with restrictive sociocultural environment, dysfunctional family patterns and inconsistent parenting. the focus of inpatient intervention was on building a strong therapeutic alliance; maintaining therapeutic engagement with an adolescent requiring corrective emotional experience to begin with. The intervention was designed to include different cognitive-behavioral approaches. Alongside they also enhance one's understanding of the therapeutic stance one ought to take while working with multiple diagnoses and a challenging presentation. Intervention was spread over a period of two months integrating family intervention into the therapeutic process. this paper highlights the therapists' narrative of working with an adolescent with multiple diagnoses and reflections on therapeutic alliance, engagement and outcome in co-morbid anxiety disorders, mood disorder and evolving personality disorder issues with parental discord and restrictive socio-cultural environment.

Keywords : Therapist Narrative, Socio-cultural Issues In Adolescents, Comorbid Mentall Ilness, Eclectic Approach

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Paper ID 5053

Forgiveness And Subjective Well-being Among Old Adults

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Abstract:

Forgiveness has been emphasized in various research studies as being positively related to subjective well- being. This study seeks to study the relation between forgiveness and subjective well-being among old adults in old age homes. A study of gender differences in the same is also proposed. data will be collected from a sample of 60 old adults (30 males and 30 females) in the age range of 60-90 years from various old-age homes in kerala. The heartland forgiveness scale and subjective well- being inventory will be used to assess the variables. Results of the study will be discussed in terms of the findings and associated literature.

Keywords : Forgiveness, Subjective Well-being

Paper ID 5054

Meaning In Life

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Abstract:

Many researchers talk about meaning in life in different contexts. Lack of meaning in life is synonymous with other names and words like "empty", "aimless", "unmotivated", "purposeless" etc. This term gained prominence as a result of the growing rise of the existential approach in psychology. Despite the popularity of this term, as an independent construct, studies on meaning in life are very less. It is studied in relation to other constructs like life-satisfaction, well-being, or in terms of how it is a symptom of disorders like depression. The studies that have been done on meaning in life, lack of meaning in life as a problem as well as a symptom, call for a more in-depth understanding of this construct in relation to various psychological problems and disorders. This understanding of meaning in life in a person can guide therapists to address meaning in life as a separate aspect during the process of treatment , especially for those populations having more likelihood of experiencing meaninglessness, such as, victims of chronic illness, people suffering from depression, people from poverty ridden areas, suicide survivors etc. What is meaning in life, how it can be understood, what factors may lead to meaning in life, gaps in research, especially in the indian context, and different treatments methods including existential therapy shall be discussed.

Paper ID 5055

How Are Counsellors Trained In Mumbai And Bengaluru?

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Abstract:

The need for counselling has become vital in order to promote the mental well-being of human beings. In recent times, counsellor education is gaining importance. The role of counselors is now being recognized as crucial to holistic development of individuals. Therefore, within specialized areas of counseling, employment opportunities are expected to increase. The primary aim of the paper is to identify the types of counselor training programs developed to train counselors across two cities. The types of courses available to students vary from short-term certificate course to long-term degree courses. In mumbai, a variety of courses are available (n=30). In bengaluru, approximately eighteen counsellor training courses are available. Multiple methods are used to collect data which comprised newspaper survey, internet search and expert's interview. A comprehensive list of courses across the two cities is created with information regarding eligibility, duration of the program and information on affiliation to university or board of studies. The second aim of this paper is to examine the variations across the different types of selected courses. The findings clarify that variations are seen in many aspects of the programs. Theory and practicum exposures students experience are wide-ranging right across courses. The paper ends with discussions on guidelines regarding quality for future counsellor training and research.

Paper ID 5057

Contributions Of Psychosocial Factors In Criminal Behaviour Among Young Adults

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Abstract:

Over the years, there has been a steady increase in the number of crimes committed annually in india. The statistics published by the national crime records bureau indicate that murder has increased by 238.7 percent, rape by 1255.3 percent, abduction by 1144.3 percent, robbery by 279.8 percent and riots by 251.3 percent from 1953 to 2013. The urgency to understand the reason behind such a drastic elevation in these incidences can be understood by the statistics stated above. The purpose of this paper is to delve into the psychological and social factors that contribute to the development of criminal behavior in the indian context. Eysenck & eysenck (1985) stated that "individuals choose the situations in which they find themselves; therefore, situations are the consequences of an already existing system of perceptions and attitudes influenced by personality traits" (listwan, 2001). For the current research, individuals with a criminal record will be selected using purposive sampling and eysenck personality questionnaire- revised (hindi version) will be administered on the them. A semi structured interview which will delve into understanding the social factors that contribute to criminal behavior will be taken for the individuals who have a criminal record. To put a leash on the rapid increase in crime rates in india, it is imperative to understand what factors make a person engage in criminal behavior.

Keywords : Criminal Behavior, Psychological Factors, Social Factors

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Paper ID 5058

A Conceptual Research Paper Exploring The Current Rise Of Social Networking Addiction

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Abstract:

Abstract social networking sites emerged as a platform to help the members connect with their friends and family freely at their convenience. Thus enabling its members to connect with their loved ones from across the globe, share pictures, news and important life events. However this advantage has soon proved to be disadvantageous and addictive.Anecdotal case studies and research articles have stated that social media addiction leads to potential mental health risks. Studies have shown cognitive behavioural therapy as an effective method to reduce the social networking addiction among users.The higher the level of addiction, the higher are the problems and disorders. There is a great need to critically study this global consumer phenomenon and evaluate why cognitive behavioural therapy with internet addiction is the best therapeutic method to reduce the addiction. This rise in usage leading to addiction has made the topic currently very relevant.Therefore,this research intends to explore social media today,the user's addiction to it,the negative outcomes and potential health risks.A careful and critical review of research articles elucidates how the social media has turned out to be the latest abnormal disorder posing numerous health risks to the user.It has gotten the users so engrossed in their virtual life that they have forgotton rather neglected to lead their real lives and have real

relationships.Users who have undergone cbtia therapy have reported a noticeable reduction in their social media usage time.

Paper ID 5059

An Outlook On The Perception Of Friendship In Different Cultures In India

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Abstract:

Friendship has frequently been characterized as a special moral relationship that fosters moral goodness in persons (blum, 1980; bukowski & sippola, 1996). aforesaid definition is a frequently quoted definition however it misses out on the uniqueness of friendships across individuals. No two individuals define friendship in the same way. One of the factors in facilitating such diversity in friendship can be the influence of different cultures prevalent worldwide. Hence, this calls upon to investigate into the position of culture. Therefore, one often wonders, what are the conditions that sustain friendship over different cultures? How does the nature of friendship vary across diverse cultures? Present study aims to answer these questions with respect to indian context and with respect to the dimension of early adulthood. Therefore, an attempt is made to investigate into the dynamics and corollary of friendship across various cultures in india. To fulfill this aim, an extensive quantitative analysis was undertaken to have an insight into the constitutions of friendship across various cities of india. In order to not lose out on the exquisite nature or "fabric" of friendship, appropriate qualitative study was also undertaken to substantiate the findings. Sample size was 70, consisting of both males and females. Significant findings will be discussed in light of contextual variables.

Paper ID 5060

Therapeutic Community Methodology As Low Cost,long Term,bio-psycho-social Treatment Model For Persons With Psychiatric Disorders

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Abstract:

Abstract introduction knowledge, diagnosis, treatment and interventions in psychiatric services are highly westernised and specialised. Therefore, the burden on families and medical services is huge with a large gap between psychiatric services and those who need

them. The therapeutic community (tc) methodology is one such creative strategy aimed at fulfilling this need by involving the community at large in offering robust, low cost, long term treatment and recovery programmes for the psychiatric population. aims this workshop will propose treatment options to enhance the gap between cbr and psychiatric hospitals using the tc methodology and principles which can be established and run locally keeping the intensity of long term recovery and rehabilitation programs. objectives the objectives of the workshop will be: • to present hank nunn institute's experience in the areas of treatment and training in mental health – the existing day tc model in bangalore, and the living learning experience with students of psychology • to describe how the tc methodology fills these gaps and paves a way towards an inclusive society. method the process will include the experience of community meeting in a temporary tc, the members being the participants, where the agenda is to present tc concepts, experiences of professionals and clients from an indian democratic therapeutic community, discussion on themes that are common in therapeutic communities. conclusions the outcome of the workshop is to: (1) gain support and encouragement to take this methodology forward (2) identifying and collaborating with support systems within the medical and professional circles

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Paper ID 5061

Conceptual Paper On Comparing The Cognitive Behavioral Therapies With Analytical Problem Solving Group Therapy.

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Abstract:

Life demands many kinds of decisions to be made. We assume that most of us after weighing the pros and cons, make a decision. But, in fact very often make erroneous judgments and decisions. According to past literature we tend to take cognitive heuristics in information processing, and that might lead to negative consequences. According to cognitive therapy (one of the forms of cognitive behavioral therapy) thoughts, feelings and behavior are all inter-connected, and that difficulties can be overcome and goals can be met by identifying and modifying erroneous judgment pr inaccurate thinking, problematic behavior, and distressing emotional responses. In cognitive therapy individuals working , collaboratively with the therapist modifying beliefs, identifying erroneous thinking patterns and changing behaviors. Another recent alternative approach, where focus group therapy is used to modify the cognitive styles of the individual, which intends towards more efficient problem solving and coping strategies in life, thereby decreasing states of anxiety, stress and depression. Hence this paper attempts to explore cbt and this form of group therapy, comparing and analyzing their similarities and dissimilarities along with the advantages over the one another towards therapeutic effectiveness.

Keywords : Cognitive Behavioral Therapy, Problem-solving, Cognitive Therapy.

Paper ID 5062

Spiritual Approach To Healing

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Abstract:

Religion and spirituality are like both sides of the same coin. They are man created. Here the mention of transpersonal psychology and approaches also has to be made, which signifies "personal plus". We talk about some deeper or higher aspects of human experience that transcend the ordinary and the average experiences that are transpersonal or more than personal or as already stated personal plus. It also focuses on the spiritual. Therefore, in this presentation focus will also be the impact of spirituality, religion and transpersonal psychology to healing. hinduism, also called the sanaatana dharma is the religion which embodies values and doctrines which have eternal validity. One of the tenet of hinduism is the belief that one's own inner self is also an expression and aspect of the divine. Healing can take place in this total surrender to the divine. Coming next to islam, a religious system founded by prophet mohammad who firmly believed that he was the messenger of god and had come to teach absolute submission or resignation to the will of 'allah', by which again healing occurs. zorastrainism is a religion which lays down five virtues namely – goodness, concord, peace, charity and holiness as the prime process for human healing. Same is the case with regard to christianity, buddhism, jainism and sikhism. Jesus christ founder of christianity asked his followers to purify and get healed by repenting for their sins. spiritual awareness is the basic for peace and which is very effective way for healing. Spirituality is the root of all types of knowledge. Through the presentation again focus would be on how spirituality can help in eliminating ignorance and thereby enable one to get healed from mental illness. transpersonal approaches for healing is an approach to understanding the way our minds operate through our relationships with others. It is about articulating a scientific study of consciousness within a framework of evolutionary biology. This approach helps in healing as it is connected to spirituality. This approach proceeds though traditional therapy method like – counseling, psychotherapy and hypnotherapy. indian culture is based on spirituality. The scientific basis of spirituality for healing cannot be ignored. "spirituality – that branch of knowledge which studies the consciousness underlines all creation and which dwells in human beings as the soul or spirit.

Keywords : Religion, Spirituality, Transpersonal

Paper ID 5063

Role Of Spiritual & Emotional Intelligence In Psychological Resilience Among Adolescents In Conflict With Law

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Abstract:

Adolescence is a stage of identity crisis & emotional conflicts even under normal circumstances, needless to say for those undergone trauma & victimising. The role of spiritual intelligence & emotional intelligence in the resilient behaviour & success in life is highly pronounced these days . This study is attempted to aim at finding out the relationships among spiritual intelligence, emotional intelligence, psychological resileince & (subjective wellbeing) . For which sampling is from the inmates of children's home of the juvenile wing in kochi which comprises of 32 samples in conflict with law (sexually abused

& maltreated adolescent girls of age 12 -18 yrs) are taken as samples . An experimental group of 15 and control group of 17. The methods of data collection are personal interview & secondary methods. Pre-post experimental method is adopted for the study.Psychological assessments are done using appropriate inventories & scales for each variable on both groups. Interventions are given to the experimental group which includes cbt, ipt, yoga (also superbrain yoga), meditations and group counselling, over a period of three months. The study lays emphasis on the cognitive restructuring and behaviour modification through interventions to help them reconciliate with the trauma undergone and prepare them better cope with the stressors of life ahead. And also enhancing sq & eq through holistic interventions & integral pe rception of life. The regression analysis is employed to find out the role & interrelationship of variables. Also the 't' test & anova is made use of.

Keywords : Spiritual Intelligence, Emotional Intelligence, Psychological Resilience, Subjective Wellbeing, A

Paper ID 5074

Honey

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Abstract:

Honey has been used as an effective remedy for wounds, burns and ulcers for centuries. In recent years arenewed interest in the medicinal properties of honey was showed. Much of this research is being carried out by a team of people working at the waikato honey research unit, new zealand. How does honey work to treat infections? There are many features in the composition of honey that, combined together, yield its antimicrobial properties. Feature antimicrobial action high osmolality honey is a saturated or supersaturated solution of sugars that have strong interactions withwater molecules. The lack of 'free' water inhibits the growth of microorganisms. Hydrogen peroxide when honey is diluted by wound exudates, hydrogen peroxide is produced via a glucose oxidase enzyme reaction. This is released slowly to provide antibacterial activity but does not damage the tissue. Antibacterial phytochemicals some honeys still have antimicrobial activity even when hydrogen peroxide activity has been removed. Honeyfrom manuka trees (leptospermum scoparium) has been found to have high levels of this antibacterial phytochemical. In addition to its antimicrobial properties, honey also appears to stimulate lymphocytic and phagocytic activity. These are key body immune responses in infections. What can honey treat? Honey is most commonly used as a topical antibacterial agent to treat infections in a wide range of wound types. These include: leg ulcers pressure ulcers diabetic foot ulcers infected wound resulting from injury or surgery burns in most cases, honey is used when conventional antibacterial treatment with antibiotics and antiseptics are ineffective. Numerous studies

Keywords : Honey , Bruna, Lega, Dermatologist, Teraphie,

Paper ID 5077

The Non Directive Intervention (n.d.i.)

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Abstract:

Non directive intervention is an approach invented by michel lobrot. It is based on a completely original theory and it includes a philosophical view of human relationships. It can be applied both in psychotherapy and education. One of the fundamental ideas of n.D.I. Is that one cannot change positively, grow or learn by force. Directivity might possibly lead to behaviour that is superficially fitting but it does not lead to a profound change in the person. Another fundamental idea is that the environment, like the air we breathe, is a factor of growth. Thus, the psychotherapist have to be a source of stimuli, questions, proposals, analyses, suggestions, etc. However, if all these interventions are to be truly effective, they have to be subordinate to the person's actual desire. They have to be presented as a proposal, as an idea that the person alone can know whether this intervention is of help or not at a specific moment. Other environmental conditions described by rogers like empathy, positive, unconditional consideration, and congruence are also necessary. underlying n.D.I. Is the idea that we all know better than anyone else what is right for us. This fundamental trust in the capacity of a person to know what is right for him/her is the cornerstone of all non directive approaches. If this postulate is not accepted, any seizure of power over others is authorised.

Keywords : Psychotherapy, Ndi, Education, Non-directivity, Environment, Proposal, Desire, Intervention

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Paper ID 5086

Adolescents Problems Correlated With Academic Performance In Girls Students

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Abstract:

Introduction:-mental health is a state in which individual has ability to creat harmonious relation harmonious relationship with others ,manage normal stress of life ,improve the environment , work efficiently and contributes to the community .The student perceive academic life as stressful and demanding and report experiencing such stress which is due to external pressures and self imposed expectation. aim:- this study aims to establish correlation between various factors pertaining to health and academic performance of girl students. objective:- i) to improve their academic performance ii)to access their general health status. methodology :- it is retrospective study with a sample of 50 girls students from reputed school in goa and fulfilled inclusion and exclusion criteria. tools:- general health questionnaire (ghq)12 ii) structural interviews schedule used for collection socio demographic data and attitude towards their health problems. study area:- students attending the school during jrc. P.E periods procedure for data collection :- i) ethics clearance was obtain from the head master ii) parents will be contacted and explain about the study and their permission will be taken. ii) written consent will be taken. statistically analysis :- appropriate statistical analysis will be made after data collection.

Paper ID 5104

Writing The Body: A Process-oriented Approach To Writing For Personal Development And Therapy

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Abstract:

The proposed workshop will explore personal writing, and in particular writing grounded in the body and physical experience, as a modality for therapy and personal development, according to pennebaker (1997), disclosing one's experience, whether orally or in writing, has been shown in a series of empirical studies to positively influence various measures of physical health and emotional well-being; further, "people who benefited from writing began with poorly organized descriptions and progressed to coherent stories" (165). In writing one is required to focus on specific images and to recreate them in detail, as well as to pull them together in narrative form, and, as maccurdy (2007) suggests, "re-experiencing sensory details encoded during extreme life moments is at the core of trauma recovery" (36). the workshop will begin with a brief review of some ideas of process-oriented psychology (mindell, 2010), their application in writing (halprin, 2001), and work on embodied reflective writing (anderson, 2001), particularly in a multi-cultural context (elbaz-luwisch 2010; li, conle & elbaz-luwisch 2009). Participants will then be guided in writing brief personal episodes based in bodily experience. Episodes will be shared and then, in pairs or small groups, turned into dialogues, letters, or poems. To conclude, we will formulate new understandings attained by the writing process, discuss the added value of sharing personal material in a multicultural setting, and consider ways of integrating writing into individual and group therapeutic settings.

Keywords : Writing, Embodiment, Process-oriented Psychology

Paper ID 5200

Aspiring To Become A Psychotherapist

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Abstract:

Clinical psychologists spend considerable time and energy training students to become psychotherapists but less attention is spent examining those who actually enter the profession. Given that the person of the therapist influences the therapeutic process considerably, it seems important to examine what leads students to train to become therapists and what draws them to the field. ten female students enrolled in masters and m.Phil level courses of psychology/clinical psychology, who indicated their desire to become psychotherapists, were interviewed regarding their career choice. The interview schedule was adapted from hill et al. (2013). All the interviews were video/audio-recorded and later

transcribed. Consensual qualitative research was used to analyse the data. The members of the research team drafted a list of domains by reading the transcripts, first individually and then as a team, which continued to be refined throughout the analysis. Within each domain, core ideas were constructed and then audited for accuracy and then consensually revised by the research team. the participants all indicated a passion for helping others, believed in the importance of giving back, and had prior experiences in helping activities. They considered themselves to have personal helping-related strengths as well as challenges, and worried about potential problems they would encounter as therapists. Participants expressed both other- and self-oriented motivations for wanting to become therapists. results are discussed in the light of similarities and differences between participants' responses, and implications for helping students reflect about therapy as a career choice are offered.

Paper ID 5201

Engaging The Mind In Conversation: Insights From Bhagvad Gita

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Abstract:

Mind is self pervading.It is actively involved in all pursuits of our existence. Our internal dialogues guide our thinking, emotions and actions.When there is conflict between our perceptions of real and mere self, it causes a disturbance in the mental wellbeing, often causing symptoms of anxiety, depression, hopelessness,fear,guilt. Our mind is like a bird, ready to fly,but its complexes distract it from the main goal in life. Insights from bhagvad gita will elucidate the importance of realizing the true self (atman), its nature and the path to freedom, the knowledge of the ultimate reality. The functions of intellect (buddhi), such as discrimination, judgement, and decision help to resolve conflicts related to morality, desires or ego as these conflicts tend to perpetuate the symptoms of maladjustment or illhealth. The bhagvad gita emphasises on being aware of negative emotions (kama,krodh,moha, lobha etc) which are the root cause of our suffering and the imperative need to develop emotional experiences into qualities (gunas) for meaning in life and happiness. The wisdom conveyed by bhagvad gita provides important psychological insights for examining, transforming and healing one's inner being through karma yoga, bhakti yoga, and jnana yoga. Hence, the essence of the bhagvad gita can serve as a very valuable resource in counselling and psychotherapeutic practices in all cultures.

Paper ID 5205

A Study On The Attitudes Towards Seeking Professional Psychological Help Among Indian Professionals From Various Fields

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Abstract:

Since the last few years, india is witnessing an increase in awareness and openness among its general population on mental health and well-being. This is seen to be particularly true among the urban population of the country through professional mental health services, psychological and counseling services available to employees at reduced cost, an increase in public discourse on these topics, as evidenced by social networking sites and online forums and many other forms of dissemination. however, although the average urban indian citizen and professional has an idea of what 'counselling' is, people do refrain from reaching out to a psychotherapist or counselor when needed.Exploring the attitudes towards seeking help in people employed in different occupations can be one of the first steps in understanding the current mindsets of these individuals. Additionally, this endeavor can build a solid foundation for identifying factors that may inhibit one's decision toward seeking professional psychological assistance in times of need. this study aims to compare the attitudes towards seeking professional psychological and counselling help amongst indian professionals in various fields. For this purpose, approximately 100 test subjects, professionals from different fields, will be chosen via purposive sampling and the attitude toward seeking professional psychological help scale (atspphs) questionnaire will be used to measure their attitudes and levels of openness towards seeking psychological help. Research and data collection is underway, and data analysis is pending. The paper will be submitted by the given deadline.

Keywords : Counselling, Attitudes Towards Seeking Help, Psychological Help, Indian Professionals

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Adolescents' Adherence For School Counselling: Determinants, Outcomes And Remedies.

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Abstract:

Poor adherence of adolescents to counselling sessions is one of the major issues faced by school counsellor. Since this issue has negative outcomes not only for the adolescents and the counsellors, it is relevant to address and discuss the determinants factors, outcomes and remedies poor adherence to school counselling. The identified determinants of adherence for school counselling are at different levels such as client and need for counselling; support from teachers and parents; and competency of counsellor and counselling system. The outcomes of disrupted counselling sessions are varying from adolescents feelings of helplessness to counsellor's feeling of incompetence and amotivation. The current paper also discusses the theories about adherence behaviour and suggestions from school counsellor about the best practices for effective monitoring of adolescent's school counselling. key words: school counselling, poor adherence of adolescents

Keywords : School Counselling, Poor Adherence Of Adolescents

Paper ID 5229

Mouna Vratha: An Effective Traditional Method Of Self- Regulation

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Abstract:

Silence is the language of self - sri ramana maharshi self- regulated methods tend to enhance one's subjective wellbeing (mccullough et al., 2000). During ancient times multiple approaches were followed in india towards self- regulated behaviour which enhances an individual's spiritual wellbeing (bormann, j. E. Et al., 2005). All spiritual based approaches use various different methods for the common goal of attaining self- regulation which paves way into the realm of liberation. Self here implies body and mind, through proper regulation an individual learn to utilize it properly then transcending its limitations and enter into spiritual realm of peace and harmony. Ancient method's basic underlying principle about life's ultimate purpose is to attain moksha (liberation) and life's happiness should be attained in a dharmic way (righteous). For that, they followed a systematic way of life which includes various rituals and penance. These regulations acted as guidance towards regulating an individual's pleasure seeking behaviour. One such practice is 'mouna vrata' or 'vows of silence'. It is an immense method of self- regulation, which allows spiritual growth through introspection (palmer, 2000; whyte, 1994). Well- being is more related to having less small talk and more substantive conversations (mehl, vazire, holleran & clark, 2010). The present study offers a comprehensive review on 'mouna vrata' as an effective traditional method in developing self- regulation and an effective technique to be used in counselling and psychotherapy to attain remedial and developmental goals of counselling.

Keywords : Mouna Vratha, Silence, Self- Regulation, Traditional Practice

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Paper ID 5258

Living Memorials And Generational Mourning- Alternative Routes To Healing In The Context Of Disappearances

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Abstract:

The paper visits the concept of mourning in psychoanalysis with special reference to traumatic loss such as the one experienced in enforced disappearances in kashmir. The paper discusses the psychological complexity of loss in the lives of survivors of the disappeared, the travails of perennial mourning and possibilities of psychic restoration. The paper offers reflection on how private loss may find containment in relational context of mourners as living memorials to the ones missing, participation in collective mourning rituals and cultural routes to healing, thereby transforming the impossible mourning into profound relationship with the absent. Through the use of case illustrations, the paper situates the unique location of psychoanalysis in formulating the liminal voices from the

margins and the work of remembering the unrecognized ruptures in the self and the community.

Paper ID 5259

Mediating Role Of Motivation Between Basic Psychological Needs Satisfaction And Academic Performance.

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Abstract:

The self determination theory (ryan & deci, 2000) states that an individual has innate psychological needs and are always driven to grow and develop. These needs foster the development of self motivation which finally affects the quality of performance in any given activity. Academics as an activity requires sustained amount of motivation over a period of time and impacts our lives greatly. Students who have passed the i.C.S.E in 2015 will be selected for the research. The focus will be to understand the type of motivation which best mediates the relationship between basic psychological needs satisfaction and academic performance. The months preceding as well as during the i.C.S.E are stressful for the students and any help to ease that burden, either by cultivating a certain type of motivation or increasing the satisfaction of basic psychological needs will be of great use to them. Two questionnaires will be administered to understand the basic psychological needs satisfaction and academic motivation of the participants. The academic performance will be checked by taking the acquired marks on the i.C.S.E by the participant. The data collected will be analysed using the regression analysis and the mediation analysis techniques. Assessing the relationship between basic needs satisfaction and academic performance, motivation and academic performance, and basic needs satisfaction and motivation will be beneficial for the students' academic performance, as a significant change in either of these variables can cause to create a change in the other.

Paper ID 5275

Pruning Pain Towards Creativity

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Abstract:

The present conceptual paper explores the concepts of emotional pain (also known as

psychological pain refers to an enduring and unpleasant feeling of a non-physical origin which results from a negative appraisal of inadequacy or deficiency of the self), creativity (phenomenon whereby something new such as an idea, a musical composition, literary work, a painting, etc. Is created or formed) and neuroplasticity (refers to brain's ability to reorganize or change and form new neural pathways and synaptic connections throughout life in response to changes in environment). Research has linked mental pain to creativity suggesting that the creative centers of the brain are activated and aroused during psychological pain. Negative coping mechanism of such mental pain has deleterious implications on the brain including impaired brain plasticity. Through the review of several literatures, this paper attempts to explore the biological basis of emotional pain and creativity and how creativity could be tapped into to develop healthier coping mechanisms to deal with emotional pain.

Keywords : Emotional Pain, Creativity, Neuroplasticity

Paper ID 5276

The Intersection Of Culture/religion And Counselling For Punjabi Sikhs In Canada: Developing Greater Counsellor Competence

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Abstract:

The mental health and counselling needs of sikh canadians is not being adequately addressed with approaches based purely on western counselling theories. Rather than seeing religion and counselling as oppositional healing practices, another option is to see them as complementary. An essential component of cultural competence in working with sikh canadians is an awareness of the religion and the typical value orientations of punjabi sikhs. Through this appreciation for religion and culture, counsellors may be better equipped to respond empathically, respectfully, and in therapeutically beneficial ways. To neglect traditional healing resources that emerge out of punjabi and sikh thought is to overlook important healing resources. This presentation will briefly give examples of punjabi sikh cultural norms, ideas from the guru granth sahib (sikh holy scriptures book), and religious and culturally sanctioned interventions that can be incorporated within the western indigenous healing practice of counselling. It is hoped that the information provided will promote understanding among mental health professionals of the ways in which sikh canadians' religious/cultural heritage shape their understanding of and approach to healing, which could ultimately translate into more effective mental health interventions with canadian punjabi sikhs.

Keywords : Punjabi, Sikh, Multicultural, Canada, Culture, Religion

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Paper ID 5277

Counselling And Psychotherapy As A Western Indigenous Healing Practice: Applying The Contextual Model Of Healing

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Abstract:

The contextual model of healing (wampold, 2001) is a superordinate meta-model of healing that envisions counselling and psychotherapy as north american/western european healing practices; akin to indigenous healing practices in other countries. It proposes that indigenous healing practices across countries are more similar than different and have much in common including: (a) a culturally sanctioned healing setting; (b) a coherent, culturally appropriate, shared rationale that provides an explanation for the individual's presenting complaint and a method for resolution (that is mutually acceptable/believable to both individuals); (c) a trusting, confiding, emotionally-connected relationship with a helping person, and (d) a ritual or culturally sanctioned procedures that requires involvement of both the healer and client to bring about the resolution, and that flow logically from the rationale and explanations. This presentation will analyze the practices of counselling and psychotherapy from this perspective and give concrete examples of how counselling and psychotherapy is very similar to indigenous healing practices from various parts of the world.

Keywords : Contextual Model, Indigenous Healing, Cross-cultural

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Paper ID 5278

Relationship Between Spirituality And Parenting Styles.

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Abstract:

Nurturing what the nature has given is the role of every parent. Parenting is an important aspect that every parent has to be careful about. Unhealthy parenting style can tamper the healthy growth of the personality of the child. The child can grow up to be a hitler or a saint; or somewhere in between that scale depending on the parenting style the parent adopted. This study tries to find out if spirituality plays an important role in determining the parenting styles. For this purpose 100 parents were asked to completed questionnaires that would access the spirituality and the parenting styles they adopted. Parenting style questionnaire based on robinson, c., mandleco, b., olsen, s. F., & hart, c. H. (1995) and spiritual assessment inventory by todd w. Hall and keith j. Edwards. Then a correlation will be done. If correlation is found then a multiple linear regression will be done to find out if spirituality influences the parenting style the parent adopts.

Keywords : Spirituality, Parenting Style

Paper ID 5280

Positive Adaptive Changes Following Cancer (symposium On Psycho-oncology)

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Abstract:

The experience of cancer can be broadly understood in four phases namely, discovery of cancer (initial diagnosis), treatment, remission and / or recurrence. The impact of cancer on individuals is discussed in terms of factors such as – an existential threat of the disease, psycho social consequences, consequences of disease process (fatigue, pain, disfigurement etc), treatment and its effects.Recovery is seen in individuals who experience major threats to life, but some may report positive experiences that go beyond recovery.Positive outcomes in the form of benefit finding and appreciation for life has been reported in survivors of different types of cancer. Calhoun and tedeschi(2004)suggest that post traumatic growth in cancer is most evident as positive adaptive changes seen in individuals who have struggled with highly challenging events – 'seismic events'. This growth can be described in five major domains: seeing new possibilities, changed relationships (improved), being stronger despite feeling vulnerable, greater appreciation for life, changes in spiritual and existential domains.Managing patient needs is important in promoting adaptive psychosocial coping and appropriate health behaviors to minimize maladaptive behavior and harness resilience observed in benefit finding and positive growth. One of the assumptions on which peer counseling and self help groups in chronic illnesses work, is that contact with other peers who have undergone similar experiences and coped with their situation can act as a model for others to learn adaptive ways. This presentation aims to discuss and generate ideas on how to enhance positive coping among survivors.

Keywords : Cancer, Post Traumatic Growth, Coping, Positive Adaptation

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Paper ID 5281

Post Traumatic Growth In Women With Breast Cancer

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Abstract:

Abstract: breast cancer is one of the most common types of cancer in india and the world over. With advances in treatment and early detection, there are a growing number of women who survive breast cancer for many years after treatments like mastectomy and chemotherapy/radiation. A cancer diagnosis is termed as traumatic as it can be life threatening, and therefore involves a reorganization of life's assumptions and goals. Many women report positive changes following their experience of breast cancer. Post traumatic growth (ptg) is a concept in positive psychology which entails personal growth from the experience of any trauma. It is most evident as positive adaptive changes seen in individuals who have struggled with highly challenging events – 'seismic events'. This growth can be described in five major domains: seeing new possibilities, changed relationships (improved), being stronger despite feeling vulnerable, greater appreciation for life, changes in spiritual and existential domains (calhoun & tedeschi, 2004). This paper is uses the phenomenological paradigm and aims to understand ptg by analyzing themes from few interviews with women (selected using convenience sampling) who have survived breast

cancer. Understanding ptg will help in planning interventions to enhance positive adaptation among survivors.

Paper ID 5290

Personal Experiences Of Victims Of School Bullying: An Exploratory Study

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Abstract:

The aim of the study was to explore the personal experiences of the victims of school bullying. Six victims were selected using purposive sampling from two schools in kerala. The sample belonged to the age group 13-16 years. The study was carried out in two phases. In the first phase the eight class teachers were given an orientation about bullying and victimization and a questionnaire that was developed by the researcher was administered so as to identify the victims. In the second phase individual interviews were conducted on the victims using a semi-structured interview schedule which was developed by the researcher. Interview for each individual consisted of 3-4 sessions for 45 minutes each. The data from the interviews were analyzed using qualitative methods of content analysis and interpretative phenomenological analysis (ipa). The themes and sub-themes are discussed under the following headings: antecedents, consequences, maintaining factors, reinforcers, value systems, social aspects, sociological aspects, social relationships and family environment. The study would help future researchers to build an intervention program.

Paper ID 5292

Personal Fable Among Indian Adolescents: A Conceptualization

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Abstract:

Adolescence is an age during which many of the adolescents feel that they are riding on the clouds and have the capacity to conquer the world. This feeling fills them with confidence and they feel as if there is nobody like them. There is a belief in them, that they are special and unique in some way, it is this belief which is known as personal fable that makes them feel that they are the centre of attention. Therefore, this tendency of personal fable acts as the corollary to the imaginary audience, they think that they are so unique that others are fascinated by them. It is found during the formal operational stage in piagetian theory.

Belief in the personal fable is a developmentally normal cognitive limitation, as with imaginary audience, feelings of invulnerability are also common. As the adolescents think that they are so unique and special that they must be invulnerable. This belief, make them to engage in risk taking behaviors. Hence, understanding this construct becomes essentially important. In the indian scenario, the culture is collectivistic, therefore, it is expected that more of the people are there at home to look after the child, hence, it is expected that this kind of nurturing acts as a very strong factor that can alter the thinking of the adolescents. Therefore, the objective of this paper was to understand personal fable construct in indian scenario, as the society is collectivistic but heading towards individualistic tendencies.

Keywords : Personal Fable

Paper ID 5293

An Emperical Study On The Perception Differential Between Employers And Undergraduate Psychology Students On Empoyability Skills

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Abstract:

S per the views of yorke, m. And knight, p , employability is taken as a set of achievements – skills, understandings and personal attributes – that make graduates more likely to gain employment and be successful in their chosen occupations, which benefits themselves, the workforce, the community and the economy (yorke, 2006, p. 8). Psychology as an undergraduate subject has diverse concepts and focuses on the understanding of human behaviour. Hence, it is believed that students with a psychology degree have a much broader range of skills than the graduates from other streams. The field of psychology has grown over the years though it is yet to be explored to its full potential in india. Differential perception is the degree to which employment requirements are perceived by the employers to analyse the effectiveness of personal qualities. Employability skills are influenced by the subjective knowledge and potential of the psychology students and their experience or perspective on the employability skills.The objective of the study is to use questionnaire surveys and mean score comparison to capture the perception differential between 10 employers and 50 undergraduates from wcc,chennai and identify the skills possessed by the undergraduates and the level of mismatch with the employer expectations. Hence, this study will also examine the department of psychology, wcc, chennai, students' perceptions on the importance of employability skill development while studying and suggest methods to correspond with reference to the employers' expectation on the employability skills.

Keywords : Employability Skills , Perecption Differential , Level Of Mismatch.

Paper ID 5297

Use Of Spiritual Wellness Theory To Conceptualize Alcohol Abuse For An International College Student Client In Usa

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Abstract:

Among the myriad of challenges faced by university administrators, it has been reported that college students between the ages of 18 and 24 drink more than any other age group, including their non-college peers (national institute of alcohol abuse and alcoholism [niaaa], 2011). Factors that influence substance abuse among college students include: (a) gender (lewis & clemens, 2008), (b) student-athlete status (doumas, turrisi, coll, & haralson, 2007) and (c) sleeping patterns (landry & digdon, 2011; kenney, paves, grimaldi, & labrie, 2014). Several evidence-based interventions have been identified, such as web-based personalized, normative feedback (doumas, workman, navarro, & smith, 2011) and electronic check ups (doumas & anderson, 2009). However, other scholars have suggested that attention to spiritual wellness is important for growth and maintaining positive change (chandler, holden & kolander, 1992). Included in this presentation is a case illustration to highlight the problems and possible solutions when working with international students with alcohol abuse issues. Additionally, recommendations for practitioners and researchers are included. #1) participants will increase their awareness of how eurocentric notions of spirituality can serve as a barrier to accurate conceptualization of international college students with alcohol use problems. #2) participants will enhance their knowledge of how spirituality can serve as a mediator for alcohol use among international college students.

Keywords : International Students, Multicuturalism, Alcohol Use, Spirituality

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Paper ID 5298

The Need For Intervention And Resiliency In Children Whose Either Parents Are Treated For Schizophrenia.

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Abstract:

Schizophrenia is a debilitating mental illness not only for the individual but also for the family, especially the children. There is a definitive likelihood of the vulnerability being transmitted to the child, there may also be disruptions in the family dynamics and home environment as a result of the parent's illness. Due to which behavioural or neuro-cognitive issues may arise. Developmental lags are likely in the areas of social competence, academic performance and personal growth. There is also the possibility that the child may model the ill-parent's behaviour; or may completely cut-off from the parent.Routine assessments need to be conducted so as to evaluate whether the child's development is as per the normative standard. Parents need to be psycho-educated about the possible issues that may arise and what the course of action should be. However, many children have been found to show resiliency. A strong support system and early intervention may contribute to helping the children cope with the stressors. The aim of this study was to explore the need for intervention as also resiliency in children whose parents were being treated for schizophrenia. Different stakeholders were interviewed- psychologists, psychiatrists, psychiatric social workers and the well-parents. Thematic analysis was used to analyse the data and significant themes found indicated that early intervention and resiliency were crucial for the wellbeing of the child.

Paper ID 5299

Well-being: A Critical Analysis

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Abstract:

Though the concept of well-being is increasingly being used by researchers and psychologists in various fields of education, mental health, corporate sectors and development of people, there are several underlying issues that have not been addressed critically. The present conceptual paper, based on a survey of literatures, seeks to explore and analyse issues underlying the concept of well-being. Meaningful and accurate application of the concept of well-being in various fields requires an understanding of assumptions, philosophical orientations, perspectives and methodologies underlying the concept. The paper analyses issues related to the definition and nature of well-being, structure of affect, construct of happiness, evaluative process in wellbeing, dynamics and reliability of well-being, stable or transient nature of well-being, cultural relativism of well-being, and finally the possibility of arriving at a universal concept of wellbeing. There are many interpretations on each of the above issues depending on the methodologies, models, and philosophical and psychological orientations. The analysis will carry the author"s own critique. It is proposed that no one interpretation on the above issues holds total validity. In the conclusion analytical evaluation on each of the above aspects of well-being will be put forth with recommendations for further research. The paper will point out the need for integration of different perspectives on the concept of well-being so that a common understanding of well-being could be arrived at.

Paper ID 5306

What's Your Story? The Possibilities Of The Eucharistic Narrative For Making Life Meaningful In A Cosmopolitan Context

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Abstract:

The paper attempts to explore the importance of narratives in faith formation and its role in giving meaning to life. Stephen crites (1971) suggested that the formal quality of experience

through time is inherently narrative. According to crites, we all live and relate to one another and make sense of the world in narrative form. He divides narratives broadly into sacred story (those which orient life and its meaning) and mundane story (everyday narratives that consitute life, also shaped by the overarching sacred story). Various narratives influence human life and shape their individual and communitarian selves also carry a discourse which is conveyed explicitly or implicitly and play a role in peoples' meaning-making, and in choosing values. This becomes a struggle in cosmopolitan cities which are places where production and circulation of culture is increasingly accepted as global, which originate and produce a number of narratives. Such cities are multicultural and frenetic with encounters and confrontation of cultures. These developments have arisen out of cultural pluralization arising from migration, ethnic multiculturalism, cultural diversity of all kinds and the growing demands for the recognition of different life choices (delanty, 2006). In this context how can the narrative of the eucharist be a sacred story which informs the mundane stories of our lives thus help in meaning making. It will be an analytical and reflective paper employing discourse analysis.

Keywords : Religion, Spirituality, Counselling

Paper ID 5307

Regimen Adherence In Relationship With Diabetes Related Distress, Quality Of Life And Emotional Distress Among Type 1 Diabetics

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Abstract:

The study examined if regimen adherence had a relationship with health related quality of life, diabetes related distress and emotional distress in a purposive sample of 56 adolescents (age range, 12 to 18), who are diagnosed with type 1 diabetes. Regimen adherence of the participants is assessed using self care inventory-r (sci-r) developed by la greca (2001). Diabetes related distress is assessed using problem areas in diabetes developed by novo nordisk (2006). Health related quality of life is assessed by kidscreen-27 (european commission, 2004). Emotional distress among the participants is measured using hospital anxiety and depression scale developed by zigmond, 1983. Results indicated that regimen adherence had a significant inverse correlation with diabetes related distress. Regression analysis showed that diabetes related distress was an inverse significant predictor of regimen adherence. It can be concluded that psychological service focusing on the issues in diabetes related distress can be addressed during psychoeducation. Psychoeducation sessions shall be speculated to be capable in strengthening the adolescent's management and acceptance of their demanding health condition.

Keywords : Type 1 Diabetes, Adolescents , Adherence, Quality Of Life, Diabetes Related Distress, Emotional Distress

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Paper ID 5308

Dual Relationship - A Potential Strength Or A Threat

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Abstract:

In the mental health field, a dual relationship is a situation where multiple roles exist between a therapist, or other mental health practitioner, and a client. Research suggests it can be unhealthy and sometimes even illegal.This paper would look into how it affects therapy and how to take certain precautions in unavoidable circumstances ex small city, religious background, norms of society etc. There are individual differences as to wearing two caps in counselling and otherwise, this paper would look into how it may work for some and what predominantly makes the dual relationship work. Understanding dual relationship and respecting boundaries will be focused on. Sometimes counselling is not a choice you are a friend, mentor and guide and are asked to counsel, how are counselling skills practiced at that point is the main question, and what can we be aware, informed about and be effective counselors.

Keywords : Dual Relationship, Boundaries, Counselling, Individual Differences

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Paper ID 5309

Symposium On Psycho-oncology

Dr. Anuradha Sathiyaseelan[*1]**,Harishankar Moosath**[1]**,Rekha Ahuja**[1]
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Abstract:

Paper ID 5311

'home Based' Or 'direct' De-addiction Treatment - A New Way Forward Using Integrative And Eclectic Practices.

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Abstract:

Requested mode of session: conversation. Abstract: the proposed presentation/conversation is going to talk about - edas (elite de-addiction services) which is a unique global service provider; taking evidence based bespoke addiction treatment to a clients home, or location of their choosing; any where in the world. I propose to explore it's advantages and disadvantages re treatment. 5 points will be presented and discussed - 1. Advantages of home based treatment v/s conventional and fragmented treatment methods. 2. Individualised and private service provision. 3. Applicable to different cultures and

environments. 4. Creating cohesive treatment methodologies for addiction/dependency and any co-occuring medical, psychiatric and social problems. 5. Real time on the spot 24/7 comprehensive assessment, treatment and support. Edas recognises that some clients do not wish to enter a residential addiction treatment facility or access local out-patient services for various reasons including family and/or work commitments, confidentiality, privacy, disability, travel etc. Edas has developed a personal client centered service; that provides undivided focus on one client at a time. Treatment includes assessment of all the clients needs; which enables immediate changes to be implemented with on-hand professional support, thus ensuring a quicker and more permanent recovery. Comprehensive services tailored to the clients needs; from identification of current presenting issues to relapse prevention and full after care services, giving a unique continuum of care. Collaborative treatment for all addictions/dependencies; delivered by world class international de-addiction specialists and providing excellent value for money with improved outcomes.

Keywords : Home Based Addiction Treatment.

Paper ID 5313

Tatva : An Experiential Psychotherapy And Mental Health Awareness Practice

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Abstract:

The presentation is to introduce tatva; which is a new organisation promoting and celebrating conscious self exploration, emotional vulnerability and authenticity. It also mixes therapy with travelling experiences. Tatva is client centred, collaborative and inclusive; it's born out of the need for a myriad of spaces where therapeutic work can take place in a professional, supportive and safe environment. Tatva's aim is to cultivate a sense of curiosity about our selves and our lives, in the age of distractions and quick fixes. The therapeutic work at tatva contemplates questions like: how do we bring a sense of immensity, vastness and calm in our lives? How do we create meaning and purpose? How can we be more present and engaged in our relationships? The relationships built between therapists and clients is central to our work. Building on the ideology of nature and art therapies, we create individually and group tailored programs for us and our clients to enter into natural spaces: wherein we work together to explore what matters to our clients and process their emotional experiences. With the additional and catalytic element of psychotherapy we offer in one to one and group settings; there is an increased opportunity for dialogue, process, understanding and discussions about how our clients relate to themselves, others and the world. Our framework is designed to make emotional wellness and self development available and far reaching. Tatva works with the whole spectrum of mental health.

Keywords : Psychotherapy, Creative Arts, Travel, Emotional Wellness,mental Health Awareness

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Paper ID 5315

From Womb To Tomb A Traditional Healing Approach

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Abstract:

Science has made tremendous strides in understanding the physical and emotional of mankind. However, this scientific exploration of the observable pieces of human existence life has not benefited in a holistic manner (wilber, 2014). The innumerous mental wounds of persons - hatred, grief, sadness, trauma, addictions and other mental issues- (palmera, 2007) reveal that traditional practices in the counseling and psychology need to be realigned and enhanced- with an emphasis on spiritual traditions of the century. Scholars have suggested that attention to spiritual wellness is important for growth and maintaining a positive change (chandler, holden & kolander, 1992). Counselors are urged to assess and treat clients within the spiritual realm (dobmeier & reiner, 2012). In order to address the needs of those with wounded mind, incorporation of traditional practices are recommended (lyon, 2011). The healing program titles 'healing: womb to tomb' helps the survivors' internal sense of shame, and injustice; restoration of the relational and creative capacities of the self; and bringing to life the emergent qualities of the soul that can lead the survivor to numinous, transcendent and transformative spiritual experience (emily, 2013). Included in the workshop is a traditional healing approach that had been practiced among christians that helped individuals to experience joy, forgiveness, healing of wounds, enhancing the interconnectedness, the freedom from trauma and increasing the feeling of self-worth. Additional recommendations for traditional healers, practitioners and researchers are included.

Keywords : Traditional Healing, Counseling, Trauma, Shame

Paper ID 5316

Influence Of Spirituality On Personality

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Abstract:

In this era of violence when justice and peace has gone for a toss, one thing that can possibily give calmth to the boiling blood of the disturbed mind is spirituality. Disturbed mind can be caused due to various factors such as stress, daily routine, disatisfaction with work or personal life and so on. This study tries to find out how spirituality influence the personality of the person. There are studies that have looked into the same, but the difference is in the tools used. For personlity the tool that would be used will be sixteen personality factor questionnaire by raymond b. Cattell. This measures the 16 different factors and can be used to understand what all factors of the personality can be influenced by spirituality. For spirituality, spirituality assessment inventory is used. The questionnaires will be given to 140 people. And if there is a correlation, then multiple liniear regression will be done.

Keywords : Spirituality, 16 Personality Factors.

Paper ID 5317

Sexuality In Diversity

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Abstract:

The very nature of sexuality is diversity. However different groups based on gender, religion, class, caste, sexual orientation, special needs children often experience sexuality with guilt, shame, dissatisfaction or discomfort. This can lead to dis -ease, mental or even physical illness and misconduct. Through our discussions on disempowering beliefs regarding sexuality, gender, power, body image, discrimination, agency and responsibility we aim to elicit from the participants empowering beliefs that can contribute to one's health, healing and spiritual well- being such as: 1.Our bodies are crafted by nature, we respect every part of our body. 2.Shame and guilt come from one's deliberate, conscious actions. Shame is not intrinsic to any part of the body. 3.The person doing the action is responsible for it 4.Sense of accomplishment, feeling good about oneself comes from our behaviour, and not because we happen to have a certain type of body; 5.We can express our sexuality in a responsible manner that does no harm to self or others. 6.Gender sensitivity and equality comes when we realize that we are all equally human. the methodology will involve answering thought provoking questions, visual cues and worksheets.

Keywords : Sexuality, Gender, Diversity, Shame, Healing, Well-being

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Paper ID 5319

Counselling: Developing Resilience Or Dependency In Today's World

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Abstract:

Counselling: developing resilience and dependency in today's world abstract: resilience is an individual's ability to properly adapt to stress and adversity; it is not something that is rare among people rather is virtually developed by everyone. Dependence is a state of relying on or being controlled by someone or something else; it is something that is developed by people over time. This research proposes is to identify whether counselling in various areas today is increasing the resilience or dependency of people in our society. Resilience and dependence scale has been used to identify the resilience and dependence levels in individuals before and after the counselling sessions. This research will help counsellors in today's dynamic time to module their sessions in order to resilience.

Keywords : Resilience, Dependence, Counselling

Paper ID 5323

Mental Health Of Students Witnessing Violence: Understanding The Protective And Risk Factors

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Abstract:

Children are often exposed to family violence and environmental stressors including disturbing family environments, witnessing adults including parents and family members indulge in violence and abusive behaviours. Children who witness violence can suffer severe emotional and developmental difficulties similar to those of children who are direct victims of abuse. The present article highlights the findings related to witnessing violence from the study carried out northern kerala understand the prevalence and nature of child abuse and neglect. Semi-structured interview schedules were used to understand and asses the prevalence and nature of violence witnessed. Depression & anxiety youth scale (days), resilience scale and loneliness scale were used to assess the mental health of students. The results show that nearly half (43.6%) of the children had witnessed adults known (father, mother or any relative) or unknown to them behave in a way that frightened or upset them. Some of the most common experiences of witnessing violence are "shout and yell at each other", "use alcohol or drugs" and "beat, kick or hurt each other physically". Children from rural areas, poor socio-economic status, studying in government schools and with poor parental educational status were found to be more vulnerable to witness violence. Witnessing violence was also linked to anxiety and depression. The paper identifies the protective and risk factors to witnessing violence. The findings of the study would help understanding specific challenges and also in developing need based counselling models for individual and community-based intervention for addressing the mental health needs of children.

Keywords : Mental Health, Violence, Adolescents, Abuse

Paper ID 5324

Role Of Hope And Optimism In Belief In Good Luck

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Abstract:

Beliefs in superstition and luck are traditionally considered to be factors affecting individual behavior and performance. Luck in general is viewed either as random uncontrollable factor or as an irrational belief which is personal and stable (darke and freedman 1977). Belief in good luck is one of the areas which received nominal attention by researchers. The present study is a part of ongoing work and tries to examine the relationship between hope, optimism and ones beliefs in luck among indian young adults. 200 undergraduate social science students served as participants of the study. Each participant completed the trait

hope scale (snyder et al., 1991), revised life orientation test (scheier, carver, & bridges, 1994) and belief in good luck scale (darke & freedman, 1997). This study views belief in good luck as explained by drake and freedman as irrational but stable. Results of the study will be discussed and it will be interesting to analyze the influence of hope and optimism on ones belief in good luck.

Keywords : Belief In Luck, Hope, Optimism, Agency, Pathways, Superstition

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Paper ID 5326

Psychological Comorbidity Present In Men With Erectile Dysfunction And Premature Ejaculation: A Study Of Anxiety And Depression

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Abstract:

Sexual dysfunction in india,is shrouded in silence by lack of knowledge, pre conceived notions and culture. Erectile dysfunction and premature ejaculation have the potential to cause psychological problems such as clinical depression and anxiety. In this study, the author aims to examine the relationship between psychological comorbidities like anxiety and depression among men diagnosed with these sexual dysfunctions. Presently, mental disorders associated with these conditions have not been delved into much, and research has been primarily focused towards organic causes. Compared to where it stood 60 years ago, computerised testing is being increasingly used by mental health professionals, however it is more or less still in its infancy in india, especially in relation to fields such as infertility and sexual counselling. This study uses the global mental health assessment tool-primary care version (gmhat-pc) software designed to identify and assess mental health problems in different health care settings. It seeks to rate and understand symptoms and the provide an overall perspective and analysis of a patient's mental health problems including aspects like anxiety and depression. A thorough literature review has revealed an association between conditions like depression and anxiety with erectile dysfunction and premature ejaculation. Subsequently, this study aims to provide an early diagnosis and management of anxiety and depression in sexual dysfunction patients using psychotherapeutic techniques. Blending computer generated testing like gmhat-pc and regular mental health services will accelerate the process of treatment and allow holistic recovery and create better-rounded individuals.

Keywords : Erectile Dysfunction, Premature Ejaculation, Depression, Anxiety

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Paper ID 5327

Resilience Among Hiv-affected Children: An Intervention Based On Art Therapy.

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Abstract:

Hiv affected children and adolescents are more vulnerable for negative outcomes because many of them lack of support from parents and family members and institutionalized. According to developmental perspective, risk and negative outcome are expected normal outcomes. On the contrary to that, a very few researches reported evidences of resilience or positive outcome despite of adversities among hiv-affected children even in the face of multiple risk factors (rotheram-borus, weiss, alber, & lester, 2005; murphy & marelich, 2008; pivnick & villeagas,2000; li et al., 2015). In the light of these evidences present study checks whether art therapy can enhance resiliency among hiv affected children in the form of reduced depression and anxiety and improved self-concept? In a two group pre-test and post-test research design where 59 hiv-affected children (age 8-13 years) participated, art therapy intervention was given to the experimental group for time period of six weeks. The analysis showed significant level of decrease in the anxiety and depression of among experimental group hiv-affected compared to control group. But, no significant improvement reported in their level of self-concept.

Keywords : Hiv-affected Children, Art Therapy, Resilience

Paper ID 5328

Relevance Of Transpersonal Psychology In Present Day India

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Abstract:

The interactive session will provide a brief overview of the historical underpinnings of transpersonal psychology, while also discussing the relevance, availability, and effectiveness of the school. Modern day indian societies sit on the brink of traditional and modern outlooks and the evaluation will attempt to review the utility of transpersonal ideology and techniques in a psychotherapeutic context.

Keywords : Transpersonal Psychology, Comparitive Study, Modern Day India

Paper ID 5329

Cross Cultural Psychotherapy Narratives; Perspectives From Supervision

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Abstract:

The workshop will attempt to discuss various commonalities and distinctions in psychotherapy based on supervisory experiences in india and the us. The narratives will aid

to discuss cross-cultural differences in training requirements, techniques, and elaborate on the role of supervision.

Keywords : Cross Cultural Psychotherapy, Narratives, Supervision

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Paper ID 5331

Role Of Alexithymia In Cognitive Behaviour Therapy For Depression

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Abstract:

Alexithymia refers to a cognitive-affective style that results in specific disturbances in the expression and processing of emotions.The greek for "lack of words for emotions" was initially characterized in psychosomatic patients (nemiah & sifneos,1970) but its prevalence is estimated at 14-19% in general adult population and 30-40% among psychiatric out-patients (todarello, taylor, parker, & fanelli, 1995). In a review of 1507 empirical articles it was reported as unfavorable characteristic for disease control and health promotion (kojima,2012). Empirical literature states that while providing therapeutic interventions for various disorders, specific inputs need to focus on the alexithymic characteristics of the clients. The present study was planned to examine the role of alexithymia in cbt for depression. The rationale of a cognitive behaviour therapy package developed to incorporate the alexithymia dynamics in cbt will be brought forth, and its efficacy tested on patients suffering from depression will be discussed.The cognitive behavior therapy for depression incorporated an additional four stage input for management of alexithymia in a sample of ten diagnosed cases of depression(five each of males and females), while a control of five depressed patients were provided cbt without inputs for alexithymia. Pre-post assessment design using beck depression inventory, cognitive distortion scale and toronto alexithymia scale were used to monitor the progress made. The cases, the rationale for therapy, the usefulness of cbt with alexithymia component will be discussed in the presentation.

Keywords : Alexithymia, Cbt, Depression

Paper ID 5332

Integrating Traditional Spiritual Healing In Cyber Counseling Consultations

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Abstract:

The value of spirituality in healing is a time-honored concept. There has been a recent surge in interest in the eastern philosophies for mental health care. For instance, successful

amalgamation of zen's principles with cognitive behavioral therapy (cbt) in the form of dialectical behavioral therapy (dbt), as well as the psychotherapeutic application of mindfulness is on the rise. In most cultures for centuries, different formats of directive or non-directive talk therapies for treatment of mental-health problems have been utilized. It cannot be denied that in the present technology era of online boom permeating into almost all aspects of our daily life, but every coin has two sides and the positive side of this is that this dependence has paved way for the relevance of research on cyber psychology. There are so many issues which affect us in daily life which need resolution and needs immediate attention. Owing to this increasing competiveness in the present day world, there is not enough time for people to be able to interact with their near and dear ones. In such a scenario, where is the time for them to spend on visiting a counselor? Money is not the constraint but money cannot buy happiness. And before they realize it, its too late and their interpersonal relations have been brought to a point of no return. Its not surprising that recent developments in the area of counseling and psychotherapy also take on a new form of cyber counseling consultations with an interesting intermix of traditional healing approach along with the modern one. The present paper will dwell upon one such case study in which a client's life with history of depression, low self esteem and gender rejection from parents also gets enmeshed into an unhappy marital life although it was a love match minus the parent's blessings. She had lost all hope and was bordering on suicidal ideations. How traditional spiritual psychotherapy was successfully used in conjunct with cyber consultations is the context of this paper.

Keywords : Cbt, Dbt, Cyber Consultations, Technology, Counseling, Psychotherapy

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Trauma-informed Counseling With Immigrant And Refugee Families

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Abstract:

While trauma has grown immensely in representation within research and clinical practice, histories of trauma that are chronic within families are latent constructs that are not generally addressed. Introducing the dimension of developmental trauma that is associated with witnessing and experiencing community-level and family-level violence, and its interplay with other acculturative stressors present among immigrants and refugees, further complicates these constructs. Ptsd diagnosis is considered too narrowly defined to capture the extent of the developmental impact of complex traumatic exposure and as such the framework of utilizing the domains of impairment associated with complex trauma, is considered to possess higher clinical utility (cook et al., 2003). Chronic levels of exposure to traumatic events occurs especially in communities victimized by continuous trends of violence and oppression. Children also face severe risks in exposure to their parents' ptsd symptoms, which can affect the variability of coping strategies. while immigrants and refugees experience violence in their countries of origin along with acculturative stress, current research conducted on this construct is more often associated with combat veterans. Utilizing current research and practices on trauma within a systems approach, the presenter will collaboratively engage the audience in this topic through a facilitated discussion of the complexities of developmental trauma, especially as it manifests within special people groups, such as refugees and immigrants.

Keywords : Immigrant, Refugees, Complex Trauma, Developmental Trauma

Paper ID 5341

Effect Of Emotional Experiences On Intrinsic Motivation Among College Students

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Abstract:

Intrinsic motivation refers to behaviour that is driven by internal rewards. Emotions play an organizing role in an individual's experience of reality, sense of self and orientation toward others. Emotions and emotional style are the building blocks of a person's unique, relatively stable, and consistent pattern of personality, which dispose him or her to think, feel and behave in a particular way. The broad objective of the study was to understand the effect of emotional experiences on the level of intrinsic motivation among college students. The positive and negative experiences along with its contribution to develop intrinsic motivation will be studied. A sample of 150 college students (75 boys and 75 girls) was selected through purposive sampling technique. The samples were equally distributed among , gender, . Emotional experiences were measured by using scale of positive and negative experience (spane).To measure the level of intrinsic motivation, a tool named intrinsic motivation inventory (imi) was used. The data obtained were analyzed. Results indicated that negative emotions also contribute to the optimum level in cultivating intrinsic motivation among college students

Keywords : Emotional Experience, Intrinsic Motivation, Positive And Negative Motivation, Behavior

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Paper ID 5342

Vocabulary Of Dyslexic Children

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Abstract:

Development of vocabulary in dyslexic children mrs.Dr.Khan zeenat m, assistant prof. Mce aurangabad (i acknowledge the ugc for funding this major research project) abstract-dyslexia is a neurological disorder which affects the reading and writing ability of children. The study was undertaken to find out the word power of the children who are having ld (learning disability) problem. Samples of 72 dyslexic children of class v from english medium schools were selected of age group 10-12 years through purposive sampling technique. A vocabulary test was administered to these 72 dyslexic children. The findings showed that the vocabulary power of these children is very low as compare to normal children. key words: dyslexic children, vocabulary.

Keywords : Vocabulary, Dyslexic Children

Paper ID 5343

Possible Role Of Biofeedback Therapy To Manage Academic Stress : A Review

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Abstract:

Biofeedback is a self-regulation technique through which individuals learn to control their involuntary body processes. It is done with the help of specialized equipment which convert physiological signals into meaningful visual and auditory cues. The goal of biofeedback is to reduce the sympathetic arousal by controlling heart rate, respiration rate, skin surface temperature, skin conductance and heart rate variability. A thorough literature search has shown that academic stress has led students to exhibit various physiological problems leading to poor performance. Thus the objective of the present study is to identify the possible effectiveness of biofeedback technique as a therapy for students with high academic stress. This present paper encompasses the previous literature conducted till date on efficacy of biofeedback and understanding whether it could be used to manage academic stress. These articles were collected mainly from online databases ebsco and proquest. The critical issues for future research have been identified and discussed based on the shortcomings from previous literature.

Keywords : Biofeedback, Neuro Feedback, Eeg Feedback And Academic Stress

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Paper ID 5344

Humiliation In Classrooms: Implications And Interventions For Counselors

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Abstract:

Although emotional abuse of students in classroom interactions has been extensively studied and discussed in the existing literature, there is little attention towards the experience of specific emotions that entail emotional abuse. This paper focuses on humiliation as an important emotion experienced by victims of abuse in the classroom. The growing body of research on humiliation has underscored its negative consequences for well-being and academic performance of students. On the basis of experimental data obtained from dalits (ex-untouchables) in india as well as from university students in united kingdom, it is shown that humiliation results from degrading student's valued personal and social identity in classroom context. The degradation of social identity was found to have more serious consequences than degradation of personal identity since humiliation can be felt vicariously when one's social identity is degraded. This means a student can feel humiliated simply by witnessing humiliation of another student in the classroom. In this sense, humiliation is a collective emotion experienced in the classrooms. The paper finally discusses the importance of social identity as a psychological construct that help make sense of experience of humiliation and make suggestions for counselors about identification of

humiliation in classrooms and possible interventions that can empower students, improve teacher-student relationship and make classroom a decent space.

Paper ID 5345

Biofeedback Based Mindfulness

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Abstract:

Biofeedback is a technique in which people are trained to improve their health by learning to control certain internal bodily biological processes. Psychotherapists use biofeedback to help tense and anxious clients learn to relax. Various clinical studies in the past have shown usefulness of eeg biofeedback in the alleviation of anxiety and stress symptoms. Much like physical therapy, biofeedback training requires active participation on the part of patients and often regular practice between training sessions. Clinical biofeedback may be used to manage disease symptoms as well as to improve overall health and wellness through stress management and relaxation training. The effect of stress and anxiety management can be tested with biofeedback signals. Studies have shown that biofeedback therapy is effective in treating a variety of medical conditions including adhd and epilepsy. There is a growing interest in biofeedback as evidence based treatment for other many physical and mental conditions. this 90 minutes symposium will focus in the application of biofeedback-based mindfulness training to manage stress and anxiety. Participants can learn the basic tenets of biofeedback and mindfulness and application to retrain brain. There will be a short mindfulness practice along with a demonstration of biofeedback based mindfulness technique.

Paper ID 5347

Sleep Quality And Cognitive Functions In Urban Adolescents

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Abstract:

Adequate sleep is essential for an individual's mental health and development. Sleep disturbances and low quality of sleep are very common in modern society due to many environmental and social conditions. The present study examined if sleep quality is

associated with cognitive performance in adolescents. The sample consisted of 100 adolescents. Sleep quality was measured using pittsburgh sleep quality questionnaire. The cognitive performance was evaluated in the domains of attention and working memory using weschsler memory scale and attention network test. The study tested the hypothesis that adolescents with poor sleep quality will score low on measures of attention and working memory compared to adolescents with high sleep quality. The relationship of sleep quality and cognitive measures will be discussed and the importance of these measures to evaluate the intervention programmes will also be discussed.

Keywords : Sleep Quality, Attention, Working Memory, Adolescents

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Paper ID 5348

"god's Line" Versus "doctor's Line": Coexistence Of Structural, Institutional, And Cognitive Pluralism In Mental Illness Context

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Abstract:

The present paper discusses the existence of pluralistic health related beliefs in west bengal, india based on findings obtained from a mini-ethnographic study. Semi structured and in depth interviews were conducted with family members of person suffering from mental illness, few folk healers, psychiatric professionals (psychiatrists, clinical psychologists, nurses, and attendants), administrative staff members at a psychiatric clinic located in kolkata, west bengal. Social constructivism informs the theoretical background of the study and the constant comparative method was used for analysing narratives. The findings suggest presence of structural, institutional, and cognitive pluralism in the research context. The structural pluralism is the incongruity and conflicts among the clients and therapists regarding conceptualization and theorising mental illness. Institutional pluralism refers to the different existing healing systems. The cognitive pluralism deals with the existing theories and conceptualisation of mental illness, its aetiology, and treatment within client population. The insights gained from this study could be used in the development of culture-centric and holistic programme for the family members to help them to deal with the crisis related to mental health at home.

Keywords : Pluralistic Health Related Beliefs,mini-ethnographic Study, Pluralism, Mental Illness, Folk Healers

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Paper ID 5350

Integrating Online Consultation In Traditional Healing In Grief Counselling: A Case Study At Health E Minds

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Abstract:

Online consultations are the innovative trends in counseling today which are making their presence felt in many ways and changing the lives of many satisfied clients. When everything in the present day world is going online, availability of online consultations are filling the needs of those clients who are too busy for availing face to face interactions due to paucity of time especially people from corporate sector who reach home quite late in the night or in the early hours of the morning. Such people really do not have the time or the energy to move out yet again for the traditional pattern of face to face counseling consultations despite numerous dilemmas and conflicts affecting their psychological well being. It is to address the needs of such clients that online counseling consultations have emerged as the alternative patterns of availing counseling / psychotherapy. Many cases of anxiety, panic attacks, suicidal ideation, depression, relationships, dealing with substance abuse, counseling therapy, grief therapy , adolescent issues, parenting concerns are successful dealt with , utilizing online consultations. In the present paper, a case study is presented using grief therapy and psychotherapy with her grief related issues and anger management which were severely affecting her psycho social state of well being and was having adverse effects on the quality of her marital life. How online consultations helped her successfully come out of her problems is what has been discussed in detail in the present paper.

Keywords : Psychotherapy, Grief Counseling, Online Consultation, Stress, Anxiety

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Paper ID 5351

Relationship Between The Level Of Impact Of Cancer, Thought Pattern And Well-being Among Individuals With Cancer

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Abstract:

Relationship between the level of impact of cancer, thought pattern and well-being among individuals with cancer department of psychology, christ university, bangalore- 560 029 1kirusika priyadarsini d and 2kishor adhikari abstract cancer is known as malignancy and it is an abnormal cell growth. The increase in the survival of cancer patients has created interest in psychological well-being and the various factors affecting it. Issues related to the impact of cancer, the thought pattern and well-being among the cancer patients is not well understood. The impact of cancer is difficult to predict on an individual and it is different based on type of cancer, the treatment procedures and their support systems. Also every individual's thought patterns elicit their emotions automatically, which in turn constitute their belief factor both positive and negative. Few individuals face the changes in their physical and mental health with confidence but others find it difficult to cope up which might affect their psychological well-being. This study analyzed the relationship between the impact of cancer, thought pattern and well-being among individuals with cancer. The findings of the study will rebound in benefiting the psycho oncology society. key factors: cancer, level of impact of cancer, thought pattern, well-being, relationship.

Keywords : Cancer, Level Of Impact Of Cancer, Thought Pattern, Well-being, Relationship

Paper ID 5353

Foreseeing A Need For Targeted Counselling Practices For Mortuary Workers In India

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Abstract:

The subculture of mortuary workers spend much of their working hours with the dead, and this relationship is often perceived as 'unclean' and hence ignored. This stigma implies that society fails to acknowledge much of the psychological distress they experience, such as depression, use of maladaptive coping mechanisms, substance use etc. few studies have investigated mortuary workers, especially in developing nations. The aim of this study is to gather and consider the perspectives of mortuary workers regarding their stresses of working with death. A narrative analysis of interviews with three mortuary workers working in the city of bengaluru will be done. It is expected that the unique nature of their job suggests a need for targeted counselling practices, designed to alleviate their stress.

Keywords : Mortuary Workers, Counselling, Depression, India

Paper ID 5354

Towards A Psycho-spiritual Therapy: Underpinning Theories, Methods And Expected Outcome

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Abstract:

Most traditional societies do not make a separation between the psychological dimensions and spiritual dimensions of a person. In this worldview, psychological wellbeing cannot be ensured without the corresponding spiritual wellbeing. This integrative approach is increasingly recognised within contemporary psychotherapy. The proposed workshop showcases a particular approach in psychospiritual therapy. It is based on some contemporary theoretical underpinnings such as the understanding of spirituality based on intrinsic religiosity of allport, the whole-person model of personality according to mcadams, character strengths of positive psychology (peterson & seligman), and the concept of mindsight according to siegel. Furthermore, it employs techniques from cbt, narrative therapy, intensive journal, and ignatian model of spiritual accompaniment. In more concrete terms, the clients are given worksheets to work with, and then they are invited to talk about their worksheets in one-on-one sessions that explore the cognitive, affective and behavioural dimensions of the person. These sessions aim at processing individual's family origins, life narratives, the now of their life, purpose, and a range of character strengths as per the need of the client such as forgiveness and gratitude. The proposed presentation will include a few case-presentations involving the use of these techniques and their outcome among some

african clients.

Paper ID 5355

Efficacy Of Cyber Counselling Consultations: Involving Parents And Empowering Teachers

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Abstract:

Indubitably, school counselors play an important role in facilitating the optimum development of children in terms of emotional, social, physical and personal – social in many way for the overall well being of the children. The american school counseling association (asca) in 2012 has acknowledged that school counselors work on promoting systemic change in children's lives through collaborating with and involving parents, teachers, community members and students in the development of comprehensive school counseling programs that promote children's growth and development. It is therefore imperative that interaction, coordination, and collaboration between school counselors and the teachers be continued involving parents too for the "sake of the children. With the world going online and having things becoming accessible globally just at the click of a mouse, cyber consultations involving parents and empowering teachers become a challenging task to be accomplished in keeping pace with the 21st century technology. And school counselors should take up this task of coordinating between parents and teachers very seriously and sincerely. It is also a fact that in this fast pace world of today, it is not always possible for all stakeholders to assemble in one platform at the same time, but making technological – cyber consultations and coordination available to all is a challenge which counselors have to take on unflinchingly. In the present paper, a case study is presented which underline the efficacy of cyber counseling consultations – the need of the hour.

Paper ID 5356

Brain Plasticity And Cognitive Rehabilitation Therapy

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Abstract:

Cognitive rehabilitation therapy has undergone a considerable developments in the area of cognitive neuropsychology as a specialized field of research and clinical application in its

own right. Modulation of synaptic transmission, synaptic structure and synaptogenesis, the staple mechanism of neuroplasticity in development, maturation, memory and learning, is also assumed by most to underlie functional recovery in the damaged central nervous system especially in the brain. Cognitive rehabilitation therapy (offered by a trained therapist) is a subset of cognitive rehabilitation (community-based rehabilitation, often in traumatic brain injury; provided by rehabilitation professionals) and has been shown to be effective. this symposium focuses on the issues and challenges relevant to brain plasticity and cognitive rehabilitation in various neuropsychiatric conditions. The initial part of presentation on the neurobiological mechanism of brain plasticity with reference to rehabilitation. The second part of presentation covers various theoretical approaches, models and clinical application of cognitive remediation.

Keywords : Brain Plasticity, Neuropsychology, Rehabilitation And Cognitive Remediation

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Paper ID 5359

Self-hypnotic Therapy As A Tool To Boost Emotional Intelligence – An Empirical Study

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Abstract:

The contemporary theories on counseling and psychotherapy have been trying to bring out various interventions to the treat the mental disorders like anxiety disorders, mood swings, bipolar disorders, depression and so on. Indeed, the psychotherapists and the counselors in bringing drastic changes in the mental health of their clients. Considering the effectiveness of the interventions on the lines of psychotherapy, the researcher felt the need to enhance the emotional intelligence level through self-hypnotic therapy. Moreover, emotional intelligence has been an indispensable faculty for a working professional to deal with the daily episodes of human interaction whether in workplace or personal space. The researcher has been contemplative on the validity and the efficacy of the self-hypnotic therapy in re-engineering the thought process in human mind.In this regard, the researcher randomly selected and the variables like age group and education have been considered during the selection. The group was fifteen in number and they belonged various geographical locations of india. In terms of administering the self-hypnotic therapy, the following factors were considered: the mental state of the sampling, congenial physical ambiance, the quality of neuro-linguistic instructions, and the background music to stimulate the alpha and the beta brain waves. The sampling sat through 25 sessions of self-hypnotic therapy facilitated by the researcher and each session was scheduled for 40 minutes. The

Keywords : Self-hypnosis, Emotional Intelligence, Psychotherapy, Neuro-linguitic Instructions, Brain Waves

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Paper ID 5360

Knowledge And Perception Of Counselling Services Among High-school Teachers In A Private School.

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Abstract:

For counselling to flourish as a profession and be practiced meaningfully in india, it is not only important to see how students or parents perceive these services, but at the same time it is very essential to know how teachers or school staff, in general perceive it. The current study was conducted to explore the knowledge and perception of counselling services among high-school teachers in a private school, as the area of school counselling in india is just emerging and so is not much researched (kodad & kazi, 2014). The objectives of the study were to explore high-school teachers' knowledge about the purpose of counselling services and to understand how they perceive their roles in the counselling process. In-depth interviews using a semi- structured interview schedule was used to collect data from 9 teachers working with students of 9th and 10th grades (high school) in a private school. The obtained qualitative data was interpreted by using content analysis. The results are discussed in the paper. The findings may further be used to impart teacher-oriented psycho-education and develop counselling awareness training programmes in the school.

Keywords : School Counselling, High-school Teachers And Counselling, Counselling Awareness.

Paper ID 5361

Professional Quality Of Life And Burnout Among Frontline Mental Healthcare Providers

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Abstract:

The current study aims to understand the relationship between compassion satisfaction, compassion fatigue and burnout among mental health care providers. The professional quality of life scale-5 and the maslach burnout inventory were completed by a sample of psychologists, psychiatrists and psychiatric social workers (n=60) from various institutions across india. Obtained results indicate a significant relationship between burnout and compassion satisfaction. Implications of the study are discussed.

Keywords : Compassion Satisfaction, Compassion Fatigue, Burnout, Professional Quality Of Life

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Paper ID 5362

Working With A Borderline Client: Assimilative Practice That Accepts Alternative Cultural Beliefs Of Indian Clients – A Case Study

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Abstract:

The intention of this paper is to share the intriguing effect of cultural beliefs on the personality of a borderline client (parvati) and how this complicates the challenges faced by client and therapist within the indian cultural context. Significantly, i also discuss the advantages of accepting the distinctive cultural beliefs of the clients and her faith in alternative practices. This can be facilitative to the frequently arduous, often rewarding journey of the client 'from misery to common unhappiness'. I have used an assimilative integration approach using humanistic principles to establish a therapeutic alliance and psychodynamic theory to understand personality structure and psychological change. Assimilative integration is a psychotherapy integration approach, using a single theoretical frame which incorporates techniques from other schools of therapy, to help individuals impaired in personal and social functioning. Recent literature providing a rationale for this approach is highlighted. I have also drawn principles from culture sensitive practice which helped to accommodate the client's unique cultural beliefs about 'karma' 'past life' and 'energy release'. Parvati seemed to have borderline traits and had been diagnosed with clinical depression. Assimilative work using psychodynamic principles that incorporate parvati's paradigm beliefs are presented through a case example. Parvati is a 30 year old female from south india, brahmin community. Around 400 sessions have been completed with parvati.

Keywords : Culture Sensitive Practice, Assimilative Integration, Karma, Past Life, Energy Release.

Paper ID 5363

Self- Disclosure, Counter-transference And Supervision- An Interactive Workshop

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Abstract:

The intention of this workshop is to augment the understanding of practitioners about self-disclosure and counter transference; its deliberate use and unconscious misuse. Furthermore, this workshop intends to emphasise the importance of supervision that provides our supervisees with a caring, respectful and safe space to explore self disclosure, counter transference and its implications. As an individual, therapist, trainer and supervisor, my personal and professional self has been shaped by humanistic and psychodynamic paradigms. The humanistic tradition encourages self disclosure as a significant component of therapeutic intervention. The psychodynamic tradition advocates minimal disclosure. This school supports therapeutic process engagement in analysing the therapist need for self disclosure and understanding counter transference to facilitate the client dynamics. Immaterial of the theoretical orientation, both trainee counsellors and seasoned practitioners may feel tentative about disclosure as it can be intrusive to client's space, bordering on boundary violation. The intention of this interactive session is to dwell on these concepts, discuss how supervision can play a crucial role in accepting counter transference and facilitating appropriate self disclosure. Both trainees as well as seasoned counsellors need to engage in self introspection and consultation to ensure ethical practice.

Supervision, seeking feedback and allowing our practice to be governed by self and other evaluation will ensure that we become more adept at handling counter transference and iterating self-disclosure. The interconnectedness of self disclosure, counter transference and supervision is presented because of its ethical and practice implication.

Keywords : Self Disclosure, Counter Transference, Supervision, Self Awareness.

Paper ID 5370

Relationship Between Mindfulness And Personality Trait Domains

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Abstract:

Over the decade the construct of mindfulness and personality have gathered interest in the field of clinical psychology. But the main question remains whether in actuality there exists a negative and significant relationship between facets of mindfulness and maladaptive personality trait domains and to what degree. The present study examines the relationship between mindfulness and personality trait domains of personality inventory of dsm –v, in a sample of college students above the age of 18 years. The sample comprised of 200 adult college students (78 males and 122 females). Facets of mindfulness (non -react , observe , act aware , describe , non –judge) were measured with the five facet mindfulness questionnaire short form (sf) and maladaptive personality trait domains (negative affect, detachment, antagonism, disinhibition, psychoticism) were measured using personality inventory of dsm-v (pid-bf).The implications of the study have also been discussed.

Keywords : Mindfulness; Maladaptive Personality Trait Domains; Students

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Paper ID 5371

Use Of Animal Assisted Therapy For Children With Autism In India

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Abstract:

Interacting with animals can enhance psychosocial well-being (haire, 2010). Many pet owners have realized the therapeutic effect of nurturing their pets. The documented benefits of interaction with animals include reduced stress, lowered heart rate and blood pressure, reduced loneliness, increased social interaction and socio-emotional functioning (friedmann & son 2009). Using animals in therapeutic activities is known as animal-assisted intervention (aai), which consists of animal-assisted activities (aaa) and animal-assisted therapies (aat). autism spectrum disorders (asd) are a complex group of neurodevelopmental disorders characterized by impairments in communication skills, social

skills, and repetitive behavior. The epidemiological studies conducted worldwide have indicated that at least 1 child in 150 newborns is born with an asd. This makes autism the third most widespread developmental disorder. The majority of children with autism in india have not received a diagnosis or any intervention. The lack of early diagnosis for children with autistic disorders can condemn them to a life of difficulty in adjustment due to neglect of their special needs (barua & daley, 2008). while many studies have shown that socially withdrawn children are attracted to animals and that interaction with animals leads to reduction of social deficits (fung, 2015), limited research exists about the use of aai for treatment of asd in the indian context. the objective of our study is to explore the current scenario of aat offered to autistic children in india by interviewing practitioners working in organizations, which provide these services. The findings of our study will be presented through a poster.

Keywords : Animal Assisted Therapy, Autism

Paper ID 5372

Psychotherapy For Character Strength Development

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Abstract:

Keywords : Character Strength Development, Strength Development Sessions

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Paper ID 5373

Integration Of Complementary And Alternative Therapies In Counselling Practice

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Abstract:

Since time immemorial, complementary and alternative therapies have had subscribers and provided results. Today, there is a surge in the number of people subscribing to these therapies. Their effectiveness in healthcare has been seen, but their efficacy in counselling has not been much explored. The line of inquiry of the present study was to explore the counsellors' experience of the usage of complementary and alternative therapiesin counselling practice. It aims to explore the counsellors' motivation to take up integration practice, the process of integration of different complementary and alternative therapies, the perceived benefits of integration as perceived by the counsellors, and the role of the health related beliefs of the client. Eight counsellors who integrate complementary and alternative therapies in their counselling practice from bengaluru were interviewed using semi structured interview guide. The responses were transcribed and analysed with

thematic analysis. The findings and implications were discussed in the light of recent literature in the field.

Paper ID 5374

Essential Competencies For Counseling Practice In India

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Abstract:

Mental health needs in india are growing at a rapid pace. Counselors have a huge role to play in meeting this need. However, as the country lacks a regulatory body for counseling competence and practice we have seen an increase of unqualified practitioners. Even those who are qualified are seen as having undergone courses that are western in its orientation and approach. This study aims to identify the competencies that mental health practitioners in india feel are important for effective service delivery to clients. Seventy five practicing counselors in india were asked to rate a competency set that included seventy two counselor competencies on a 5 point likert scale. The most important competencies were identified as those relating to ethical practice, personal and professional development and cultural sensitivity. Other competencies relating to their functional role included counseling competencies, supervision competencies and competencies required for the promotion of counseling in india. The implication of these findings in the context of counselor training and practice in india has been discussed.

Keywords : Counselor Competencies, Counseling

Paper ID 5375

Alexithymia In Those With Breast Cancer Undergoing Adjuvant Psychological Therapy

[1]
[1]

Abstract:

The concept of alexithymia consists of 1). Difficulties in identifying and describing emotions, 2) difficulties in distinguishing between emotions and physical sensations of emotional arousal 3) reduced imaginative processes, lack of fantasy and 4) externally oriented cognitive style (de vries, forni, voellinger & stiefel, 2012). aim: the purpose in the present study is to examine the effects of adjuvant psychological therapy on alexithymia in breast cancer patients. methodology: the sample consisted of 20 breast cancer patients, age ranging from 25 to 62 years. They were referred by oncologists after a diagnosis of breast cancer was made. Alexithymia was assessed using a self report 20 item, toronto alexithymia scale (tas-20) which is comprised of 20 items rated on a 5 point likert scale. Tas-20 yields scores for three scales: difficulty identifying feelings (dif), difficulty describing feelings (ddf) and externally oriented thinking (eot). following this patients were subjected to adjuvant psychological therapy which is a, cognitive behavioral therapy for individual patients lasting

for six sessions, one hour each. results: a total of 70% were found to be alexithymic. On the subscales it was found that in all the three domains- difficulty identifying feelings, difficulty describing feelings and externally oriented thinking there was a significant difference between the pre and post test scores. conclusion: hence it can be concluded that those who are alexithymic can benefit from psychological therapy. This study has implications towards the need to adopt a biopsyhosocial approach in the management of oncology patients.

Paper ID 5376

Alexithymia In Those With Breast Cancer Undergoing Adjuvant Psychological Therapy

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Abstract:

The concept of alexithymia consists of 1). Difficulties in identifying and describing emotions, 2) difficulties in distinguishing between emotions and physical sensations of emotional arousal 3) reduced imaginative processes, lack of fantasy and 4) externally oriented cognitive style (de vries, forni, voellinger & stiefel, 2012). aim: the purpose in the present study is to examine the effects of adjuvant psychological therapy on alexithymia in breast cancer patients. methodology: the sample consisted of 20 breast cancer patients, age ranging from 25 to 62 years. They were referred by oncologists after a diagnosis of breast cancer was made. Alexithymia was assessed using a self report 20 item, toronto alexithymia scale (tas-20) which is comprised of 20 items rated on a 5 point likert scale. Tas-20 yields scores for three scales: difficulty identifying feelings (dif), difficulty describing feelings (ddf) and externally oriented thinking (eot). following this patients were subjected to adjuvant psychological therapy which is a, cognitive behavioral therapy for individual patients lasting for six sessions, one hour each. results: a total of 70% were found to be alexithymic. On the subscales it was found that in all the three domains- difficulty identifying feelings, difficulty describing feelings and externally oriented thinking there was a significant difference between the pre and post test scores. conclusion: hence it can be concluded that those who are alexithymic can benefit from psychological therapy. This study has implications towards the need to adopt a biopsyhosocial approach in the management of oncology patients.

Paper ID 5377

Impact Of Forgiveness And Gratitude On Emotional Wellbeing And Health

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Abstract:

This research examined forgiveness, gratitude, and well-being in the context of gender and age. The sample consisted of 120 subjects from two different age groups (young adults and the elderly), with an equal number of males and females. Forgiveness and gratitude were measured using the transgression-related interpersonal motivations inventory & the gratitude questionnaire -six-item form, respectively. A semi-structured qualitative questionnaire/interview was also used to explore the process of forgiveness. Satisfaction with life scale, positive affect negative affect scale, & cohen-hoberman inventory of physical symptoms were used to measure the three aspects of well-being, namely cognitive, emotional, and physical respectively. Results were analyzed using analysis of variance and pearson r. Women had a greater tendency to experience gratitude and life satisfaction as compared to men. The elderly reported more illnesses than the young adults. Forgiveness and gratitude were positively related with emotional well-being and physical health, while gratitude was also related to life satisfaction(with correlations between 0.15-0.49). The thematic analysis revealed that the young adults reported a wider variety of reasons for forgiving, coping strategies and post-transgression life changes. Overall, forgiveness and gratitude were seen to have had a beneficial effect on well-being.

Keywords : Forgiveness,gratitude,wellbeing, Health

Paper ID 5378

Sexual Health Of Adolescents With Cognitive Disabilities: Challenges Faced By Special Educators

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Abstract:

There is an added vulnerability of sexual abuse among the population with special needs. Even when legally reported for sexual abuse, the evidentiary values of their testamentary are not taken seriously either by the police or by the judicial system because of their lack of communication.Special educators not only play a key role in providing health care and teaching life skills but also in identification and reporting of abuse. The objective of the present study is to explore the issues and challenges faced by special educators while dealing with sexual health among adolescents with cognitive disabilities. The participants of the study were 35 special educatorsworking with adolescents with cognitive disabilities. The method used to collect information was semi-structured questionnaire. The current study tries to explore the underlying factors that hinder the smooth transfer of knowledge. The findings highlight that there is gap between knowledge and practice. Special educators were found to have less training and support in the area of sexual and reproductive health. Moreover the issue was rarely addressed as need within this population. The findings highlight the need for training and intervention from professionals. The study can be a base to develop training program for the special educators. Policies can be developed in training special educators can be developed based on the need area that will be studied in the study. keywords: abuse, adolescents with cognitive disabilities, sexual and reproductive health, special educators

Keywords : Keywords: Abuse, Adolescents With Cognitive Disabilities, Sexual And Reproductive Health, Special Educators

Paper ID 5379

Sexual Pleasure: A Study On The Perspective Of Indian Sex Workers

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Abstract:

Sex work, in india, developed as an organized institution by 300 ce with the establishment of the devadasi system, as referenced by the vedas. This study attempts to explore sexual pleasure as perceived by sex workers across genders in their sexual self-explorations, personal relationships and commercial relationships and seeks to determine if a variation exists amongst the three. a commercial relationship is described as an exchange of sex or sexual practices for money or other commodities. A personal relationship is defined as an intimate relationship that involves physical intimacy or emotional intimacy or both and one where there is romantic inclination and passionate attachment. Sexual self-exploration is the satiation of sexual urges or emotional needs or both through masturbation. the sexual pleasure of sex workers is often observed from a commercial perspective and their sexual satisfaction in personal relationships is over looked. A qualitative research methodology has been employed to gain a deeper understanding of the concept of sexual pleasure as experienced by sex workers. A semi-structured interview was administered on three research participants to understand their perceptions of sexual pleasure.

Keywords : Sex Workers, Sexual Pleasure, Across Genders, Commercial Sex, Personal Relationships Sexual, Self Exploration

Paper ID 5380

The Relationship Between Dispositional Mindfulness, Marital Adjustment And Psychological Well Being Among Military Wives

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Abstract:

Military families are faced with stressors that are unique in nature and very different from those that are faced by civilian couples, such as extended separation, trauma witnessed during deployment, reintegration into the family after separation, changing roles, frequent transfers, role transitions and the need to adapt to all these changes. This may impact the marital adjustment and well-being of military wives on whom the burden of taking care of everything falls in the absence of their husbands. Mindfulness can help the military wives become aware of the environmental demands, be mindful in their communications with their spouse and help tackle the various issues that come in conjunction with being a part of this lifestyle. the main aim of the present study is to understand the relationship between dispositional mindfulness, marital adjustment and psychological well-being with regard to military wives. 50 military wives, residing in delhi, chandigarh and hyderabad, whose husbands are currently posted in field areas were studied. The five facet mindfulness

questionnaire by baer et al. (2006), the psychological well being scale by bhogley and prakash (1995) and the marital adjustment inventory by dr. Harmohan singh (1972) were administered. The data was analyzed using correlation and regression analysis. The results help elucidate the relationship between mindfulness, marital adjustment and the overall psychological well-being.

Paper ID 5385

Redefining Spirituality As Survival And Transcendental Drive

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Abstract:

Spirituality is a sense of connection with something bigger than us. Conceptualization of spirituality in psychology is more trans-personal in nature, as an urge of individuals to transcend themselves to higher levels of consciousness. The conceptualization of spirituality only as a search of the meaning of personal existence or to place the self in a broader ontological context is incomplete as the majority of the people believe or pray to god or any other higher forces is not to get self realization but to get a strong feeling of security to overcome their day to day problems, fear of the unknown, death and helplessness. The present paper is an attempt to review the concept of spirituality in this context and propose a dichotomous model of spirituality of which one is related to survival needs and other with trans-personal growth needs of an individual. Understanding of spirituality in this way helps us to develop more effective spirituality oriented interventions.

Paper ID 5386

The Association Between Romantic Interpersonal Attraction And Choice Among Couples In Arranged Marriages

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Abstract:

Abstract the purpose of the study is to examine romantic interpersonal attraction in two groups of couples who are in arranged marriages. The couples in the two groups differ in terms of the type of choice employed during the selection of the partner, i.E., individual and social choice. According to helen fisher's theory, romantic interpersonal attraction has a biological basis where in certain types of people are drawn towards each other. The existence of this phenomenon in couples in arranged marriages is to be examined among

the two groups selected. The study hypothesizes that there is a significant difference in romantic interpersonal attraction among the two groups. It also hypothesizes that there is a positive relationship between romantic interpersonal relationship and individual choice and that there is a no significant relationship between romantic interpersonal attraction and social choice. Implications of this study lie in the field of couples therapy. In the indian context, romantic interpersonal attraction among couples in arranged marriages has not been explored. This study can contribute towards extending the universality of fisher's theory. 60 couples in arranged marriages will be selected based on a screening form to further classify them into the two groups based on individual and social choice. The participants must have had minimal interaction before marriage. The participants of both the groups will be administered the questionnaire to determine their type. Chi square test of independence will be conducted to determine the relationship between the variables.

Paper ID 5387

Experiences Of Adolescents Who Have Been Sexually Abused

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Abstract:

Children are considered to be like clay- you can mold them the way you want. Even the slightest of provocation or distress can have an impact so everlasting, that it can end up shaping formidable aspects of their personality and understanding of interpersonal relationships. One such source of extreme distress in a child, or in any individual's life for that matter, is the experience of sexual abuse. Sexual abuse can be defined as being forced into an activity involving sexual content and includes acts of penetration that may be vaginal or anal in nature. non-penetrative or non-contact activities include verbal sexual assault, fondling with the genitals for the purpose of masturbation, forceful exposure to pornographic material (viewing and / or production of), watching sexual activities or encouraging them to behave in sexually inappropriate ways, etc. No matter what is the nature of the sexual act, its consequences are adverse for every individual and may manifest itself in various forms, depending on the nature, intensity and frequency of the abuse. In this study, 8 adolescent females, between the age range of 14-18 years are interviewed pertaining to the following dimensions : narrative account of the incident and associated emotions; the impact of the abuse on the victim-physical, psychological and socio-occupational; the psychological and physical growth and well-being of the individual, including their resilience and coping mechanisms; the role of primarycaregivers and the nature of support system provided by them; the social life of the individual, viz. A viz. Interpersonal relationships and interactions with primary caregivers, siblings and other family members, peers and significant others; the nature of spirituality of the individual; and suggestions for potential victims of sexual abuse. Thematic analysis of the data will be done and the implications of the study will be discussed in terms of the aforementioned dimensions.

Paper ID 5390

Exploration Of Problems Faced By Ex-servicemen Of The Indian Armed Forces In Adjusting To Civilian Life Post-retirement

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Abstract:

Life in the indian army does not promise you a bed of roses, nor does it assure you of materialistic luxuries, yet the life it offers is unmatched. The style of living in the indian army is very different from the civilian style of living. Every year thousands of officers retire and experience major re-settlement issues. The aim of this study is to explore the challenges faced by ex-servicemen when they shift back to the civilian lifestyle. Data was collected from ten samples consisting of both commissioned and non-commissioned officers who are based in bangalore, using a semi-structured interview schedule. Thematic analysis was used to analyse the data. The challenges experienced in the areas of professional, social and personal domains are discussed in detail.

Keywords : Ex-service Men, Coping, Post-retirement

Paper ID 5391

Therapeutic Elements In Playback Theatre: Expounding On The Actor-teller Interaction

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Abstract:

Theatre is a medium which has often been used for multiple purposes. One such purpose is that of therapeutic gain. Theatre lays claim to many personal processes of the psyche such as expression of self and emotional insight, two processes of cardinal importance in terms of mental health. A number of therapeutic processes include aspects of theatre to engage individuals and transport them to the road to recovery. Playback theatre, although not a therapy in itself, has shown much promise in achieving a number of therapeutic goals. These therapeutic elements manifest themselves in the interaction of the actor as well as the teller. Emotional insight, conflict resolution and self-awareness attained by the teller as well as the audience are elements that this study seeks to explore in detail. The paper aims to provide mental health professionals with a detailed understanding of an engaging tool that is playback theatre which can prove to be an asset to the psychological healing process for certain issues in the arena of mental health.

Keywords : Playback Theatre, Therapy

Paper ID 5392

To Explore The Role Of Therapeutic Photography As A Tool Of Enhancing Learning And Growth Among Different Populations

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Abstract:

Therapeutic photography defines the art of using any form of camera to express creativity, emotions and feelings that one experiences to gain insight and catharsis or a form of emotional relief. The portrayal of colours and symmetry has more depth than the surface meaning of composing a picture. The art of capturing pictures has always induced positive feelings as it involves paying attention to the composition of photograph and the use of available skill sets but importantly how one feels, sees, thinks and feels is often portrayed in the picture. This research aims to explore the use of photography as a therapeutic tool in different populations. The potential benefits of this therapy lies in improving and enhancing perception, memory, self-expression, socializing with new people, personal support, learning new skills with the help of therapeutic photography. Besides the general population, certain children or young adults having moderate to severe learning difficulties and brain injured adults may have trouble doing basic tasks like reading & writing but may be able to express themselves and their emotions better through the use of photography. With the facilitation of a therapist, it can help steer the individual in a new light to shape his identity transformation and being attuned to his emotions and feelings in a better way. It can also be used in group therapy setup, the participants are free to share their photographs and feelings, how the photograph was created and why they were driven towards composing the picture they clicked. An in-depth case study method is employed to understand the experiences with photography and emotions in terms of self-expression and catharsis. The individual will participate in a directed activity and then subsequently interviewed. The narrative account of the assigned task, the feelings induced from their experience is documented. This will be analysed using thematic analysis and the emerging themes will be discussed.

Keywords : Therapeutic Photography, Self-expression, Creative Artists, Catharsis, Self-Therapeutic Tool, Photographers

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Paper ID 5393

Self Expression: Experiences Of Creative Artists

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Abstract:

As human beings one of the most important ways to communicate is by expressing oneself. Creative or expressive arts are one of the most effective ways of self expression especially for those who are well versed with the same. In a day, where individuals are engrossed in work and a number of responsibilities they take up, there is no importance given to what one feels in terms of their emotions and experiences. This is where self expression becomes an important tool that helps an individual to maintain his/her emotional balance in order to be aware of what they feel and how to deal with it. It is not necessary to create something concrete but the mere thought of expressing one's own emotion helps an individual to

articulate what they feel and deal with it in a more effective manner. Therefore, self expression is the expression of one's own feelings, thoughts, ideas, and perceptions through any form or medium like writing, art, music, dance and the like. This study attempts to understand how self expression among creative artists - writers and artists, helps them to experience catharsis and maintain emotional stability. The research also looks into constrains faced by these individuals while expressing themselves with respect to the indian perspective. this research aims at understanding self expression as a self therapeutic tool. Therefore, the works of art created by them is a part of who they are as it captures their emotions, and thoughts. In this study, 8 creative artists who are writers or artists with 5 to 7 years of experience are interviewed on various dimensions like; narrative account of the artists experience while performing/creating art, the effect of expression through art on the mood of the artist, the role of self expression on emotional distress faced by the artist (individual), the patterns of portrayal of the interpretation of the experiences and emotions experienced by the artists, the various reasons for indulging in art, emotional experience after self expression. thematic analysis of the data will be done and the emerging themes and implications of the study will be discussed in terms of the aforementioned dimensions.

Keywords : Self Expression, Creative Artists, Catharsis, Self Therapeutic Tool, Writers, Artists.

Paper ID 5394

Counselling Adult Survivors Of Child Sexual Abuse: A Systematic Review

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Abstract:

The present paper is a systematic review of the literature on counselling adult survivors of child sexual abuse and attempts to explore the various dynamics such as range of treatment approaches, treatment modalities, risk assessment, etc. Sanderson (2008) defines child sexual abuse (csa), as involvement of dependent children and adolescents in sexual activities with any person with a difference in power, size or age, where the person objectifies the child for their sexual needs or desires, without their informed consent. The adult survivors of csa go through a lot of distress, physical as well as psychological turmoil and are found to have long term neurological, cognitive, emotional and behavioral implications. All these complexities can hamper an individual's day to day socio-cultural and psychological well-being and can create a lot of discomfort within the psyche of the person without their awareness of it. Thus, the counselling interventions are needed to help them accept themsel

Keywords : Sexual Abuse, Adult Survivors, Counselling

Paper ID 5395

Emotional Intelligence, Social Support And Resilience In Adolescents Who Have Lost A Parent.

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Abstract:

The significant task of adolescent is partition and individuation from parents, a parent's passing makes the detachment complete, last, irreversible or final and oftentimes sudden and unanticipated. This forced separation is thrusted upon them in type of loss of parent then the response to it can prompt role confusion. Along these lines, it is critical to comprehend what makes one individual stronger than others. In order to do so, it is vital to investigate variables that could be inculcated in the child to make them flexible in the light of any negative life event and helping them to overcome the grief. The study aims to determine the connection between emotional intelligence and social support on the prediction of resilience in adolescents who have lost a parent. It explores the aforementioned facets in 30 students who belong to the age range of 14-20 and has lost a parent in the age range of 13-20. Emotional intelligence was assessed using trait emotional questionnaire-short form (teique-sf), followed by bharathiar university resilience scale (burs) to assess the resilience, perceived social support was assessed using multidimensional scale of perceived social support. Parental bond is also premeditated using parental bonding instrument. A mixed sampling technique is employed where the use of both purposive and snowball sampling is used. The hypotheses for the study suggest a significant correlation between all the four above mentioned factors followed by a mediation and moderation analysis. The analysis would be done on the effect of emotional intelligence on psychological resilience moderated by the kind of bonding the adolescent had with the parents and mediated by perceived social support. A correlation research design is suggest followed by correlation analysis to find out the relationship between the three said variables. In order to pursue mediation and moderation analysis, a linear regression analysis would be carried out followed by path analysis. The results, discussion and conclusion would be discussed at the end of the paper.

Keywords : Adolescent, Grief, Emotional Intelligence, Psychological Resilience, Perceived Social Support And Parental Bond.

Paper ID 5396

Role Of Perceived Social Support And Self - Efficacy In Adolescent's Lifestyle

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Abstract:

Adolescents form two-thirds of our population. The lifestyle patterns established during early years have an important implication on health and well being. Hence adolescent's life style patterns are crucial to understand and study. The objective of the present research article is to understand the association of lifestyle pattern to perceived social support and self efficacy among adolescents. The sample for the study included 170 adolescent boys and girls from the age group of 16-19 comprising of rural and urban population collected using purposive sampling method. Personal lifestyle questionnaire, the multidimensional perceived social support scale (mpss) and the general self- efficacy scale (gse) were used as research tools. The results of the study helps to understand the life style patterns among adolescents and also the difference in life style patterns across gender and place of living.

Also there is relationship between social support and self-efficacy with life style pattern. The study highlights the influence of social and psychological factors in development of lifestyle patterns. The findings also imply that strengthening of healthy life style patterns is possible by effective intervention in psycho-social domain, also health compromising behaviours and life style patterns can also be worked upon in similar ways.

Keywords : Adolescents, Life Style, Self-efficacy, Perceived Social Support, Health

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Paper ID 5397

Eclectic Approaches To Manage Occupational Stress- Combining Meditation And Gestalt Group Therapy.

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Abstract:

Occupational stress has become an and overwhelming concern today with any ailment detected among employees sharing on of the prime causes being "stress at work". In a survey conducted by national opinion research centre between the period of 1989-2002 40 % of respondents reported their work as "often" or "frequently" stressful. Another study by north-western life revealed that 40 % of workers covered by their research reported their jobs as "very stressful"(bond, galinsky and sandberg, 1998). this paper is an attempt to highlight the importance of eclecticism in therapy provided for occupational stress. The research evidences of two approaches- meditation and gestalt group therapy is reviewed by the authors.

Keywords : Occupational Stress, Meditation, Gestalt Group Therapy

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Paper ID 5398

Psychoanalysis Goes To Mass: Transformational Positions In The Eucharist And Their Application To Psychoanalysis

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Abstract:

We perceive ritual as transformative, especially when it gestates within a wound. Psychoanalysis also aims at human transformation, particularly for a wounded human being. If so, might both rituals and psychoanalysis have similar structures and dynamics which facilitate human transformation? I explore this question in the context of a two-millennium old catholic sacramental ritual of the eucharist through depth phenomenological analysis applying the heuristic lens of the object relational psychoanalytic theory of the organizing templates of human experience and transformation. The analysis confirms the presence of

the organizing templates of autistic-contiguous (ogden), paranoid-schizoid (klein), depressive (klein), and transcendent positions (grotstein/bion) within the phenomenology of the eucharist. However, the analysis also discovers the inadequacy of the above templates to account for the entire spectrum of eucharistic experience, and calls for positing of yet another position beyond the transcendent. In phenomenological fidelity to the data, i propose a fifth template—kenotic-agapeic position—to capture the final segment of the possibilities and actualities of human experience and transformation. I conclude the paper with a discussion on the application of the findings to psychoanalysis and psychotherapy.

Keywords : Ritual, Eucharist, Depth Phenomenology, Kenotic-agapeic Position, Paranoid-schizoid

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Paper ID 5399

Peer Mentoring Program For Adolescents

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Abstract:

Adolescence is aperiod of development involving stress as development takes place faster, making an adolescent feel anxious. During this period they are often not supported or guided by their parents or teachers.Substance abuse and puberty are seen as 'taboo' topics. Peer pressure adds to their anxiety. Therefore, there is a dire need of peers who can share their own experience to smoothen the journey of those younger than them. this theoretical paper focuses on educating adolescents about puberty and substance abuse. Adolescents are more open to peer mentoring, as there is no judgement attached. A two way identification process takes place in which the mentor and the child identify with each other. this presentation includes the different kinds of substances and their effects on the process of puberty, the external and internal changes which take place and the manner in which to deal with them.This helps them to understand their own body. this paper is about the personal experience gained by visiting different schools and conducting workshops to educate adolescents from ages 13- 18 years to help them adapt. It also includes the response received from this peer mentoring workshop.

Keywords : Adolescents, Substance Abuse, Puberty

Paper ID 5400

Religion And Spirituality: The Changing Perceptions In 2015

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Abstract:

Numerous research studies have acknowledge the positive contribution of religion and spirituality in mental health. However, exploiting the name of religion to rationalize various violent and terrorist activities is increasingly witnessed throughout the world. This has led to major changes in the perception of religion and the meaning of spirituality. The changing world-wide scenarios demand an exploration into the well-established evidences regarding the positive perception of religion and spirituality. The present paper aims to explore the changes in beliefs regarding religion among the indian youth. For this purpose, qualitative and qualitative data is gathered and he results are discussed in light with the previous studies.

Keywords : Religion, Spirituality, Violence, Terrorism

Paper ID 5401

Changing Trends In The Ways To Attain Mental Wellness: Role Of An Android Application In Meditation

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Abstract:

Previous research has well-documented the ill-effects of using mobile phones. However, this has not led to any decrease in the use of mobile technology. The past few years have rather witnessed the highest dependence over mobile phones. Admitting this fact, many software developers have designed various applications that promote mental relaxation and helps in reducing anxiety. The current generation finds it more convenient to download an application rather than physically attending any relaxation classes. This provides remarkable signs towards an era of mental wellness being practiced through the medium of technology. The present paper aims to explore the differences between the positive effects of physical meditation classes and virtual classes delivered by an android application on relaxation and well-being. For this purpose, 20 college students within the age range of 18-23 years were selected. Out of 20, 10 students went through physical meditation classes and the remaining 10 meditated using an android application for a period of seven days. The results will be discussed in light with the previous studies.

Keywords : Meditation, Mobile Phone

Paper ID 5402

Personality Traits Of Adolescents And Employment Of Mothers

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Abstract:

Traditionally, child rearing was the primary function of the women where the mothers' role was that of a nurturer and caregiver for the infant. It has always been believed that the mother has a major impact on a child's development and personality from the early years. But with emerging times, women are entering the workspace, which in turn affects their relationship with the child. This study aims to find the effect of maternal employment on the personality traits of adolescents. A quantitative research design was used and the big five traits, namely openness, conscientiousness, extraversion, agreeableness and neuroticism of adolescents were examined based on the working history of the mother.120 adolescents were sampled, 60 with mothers who have been working for 10 years or more and 60 with non-employed mothers. The big five inventory developed by oliver p. John and v. Benet-martinez in 1998 was used to collect the data and t-test was used to find the difference in the personality traits of adolescents with working mothers and non-working mothers. The results of this study will be discussed during the presentation.

Paper ID 5404

Impact Of Psychological Interventions Among Juvenile Deliquents:

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Abstract:

Impact of psychological interventions among juvenile deliquents: a critical review aswathi prasad*,lins mary samuel**,ain mary v.J*** abstract this is a conceptual paper that focuses on the impact of psychological interventions in juvenile deliquents. The current study is carried out through the content analysis of associated literature which is relevant according to the context. The main purpose of the study is to analyze the role of psychological intervention in channelizing the potentials of juveniles delinquents in a constructive manner. Studies reveal that psychological interventions like counseling, play therapy, behavioral modification techniques have a great impact on juveniles rather than punishments. Various factors outlined in this regard are being analyzed using the theoretical frameworks of the psycho-social model which is capable for the proper understanding of the role of psychological interventions associated with juvenile behavior. The main sources of data collection were articles, standardized journals, and books. A prospective conclusion from the review of these literature shows that person oriented approach has a critical role in determining and alleviating deviant domains of an individual's behavior along with other factors. However, the societal pressure and social anticipation results in ostracizing of these young minds from the main stream social order. This marginalization could eventually lead to the destruction of human resource potentials outsourced from the youth. The paper also seeks further implications by suggesting a more psycho-social approach towards individuals having deviant behaviour in order to bring positive changes in their lives as well as to the society.

Keywords : Juvenile Delinquency, Deviant Behaviour, Psycho-social Approach,

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Paper ID 5405

Beliefs Attitudes And Perceptions Of Schizophrenia Among South Asian Population: A Review Of Evidence

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Abstract:

Schizophrenia represents a major psychological health concern which can have a detrimental impact on sufferers and their families. With more than 20 million people experiencing schizophrenia world-wide, it is thought to affect approximately 1% of the population at some point throughout their lives. Whilst there has been considerable research examining the beliefs, attitudes and perceptions of schizophrenia among western nations, these areas have received considerably less attention among the south asian population. South asian countries have very high numbers of people diagnosed with schizophrenia, but there is a dearth of research examining the perceptions and views of individuals from these countries. Therefore, this structured scoping review was aimed to assess the current state of literature surrounding the perceptions, attitudes and beliefs of schizophrenia among individuals from south asian origins and to produce a scientific summary of relevant evidence surrounding these areas. This systematic scoping review examined 31 papers surrounding the perceptions, attitudes and beliefs of schizophrenia among individuals from south asian origins and generated a scientific summary of relevant evidence. Broadly speaking, the papers covered four key areas with a certain degree of overlap. These were stigma, cultural perceptions of mental illness, religious and spiritual beliefs, and experiences. Tackling stigma in developing countries can affect the way in which individuals seek help and have implications on the development of a national policy in countries with limited health sector resources. This paper will discuss the key evidence generated and its implications for therapeutic practice and service delivery.

Keywords : South Asians, Perceptions, Schizophrenia, Therapeutic Implications

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Paper ID 5406

Mindfulness Based Intervention For Refractory Cases Of Obsessive Compulsive Disorder.

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Abstract:

Mindfulness based intervention for refractory cases of obsessive compulsive disorder. obsessive compulsive disorder (ocd) is one of the most emotionally painful and disabling mental illness with lifetime prevalence of 1-3%. It is the fourth common of the mental disorders with limited management techniques. Exposure response prevention (erp) is considered to be the most effective psychotherapeutic treatment for ocd. However, 40-60% of the patients show some degree of non response towards it. Management of treatment refractory patients is a real challenge most practitioners encounter. The current study presents mindfulness based intervention technique, specific to ocd (refractory patients). Mindfulness has established it's credence as a treatment approach for various disorders. The aim of the present study is to use the approach in reducing the severity of symptoms among ocd patients. A sample of 30 individuals suffering from ocd was selected using purposive sampling based on the study criteria. A pretest posttest measure was used to analyze the effectiveness of intervention. The yale-brown obsessive compulsive scale was

administered to measure change in severity of symptoms. Results indicate statistically significant decrease in the overall severity of symptoms among patients who received intervention. Implications in the field of psychotherapy are discussed.

Paper ID 5408

Eploring Biases, Stereotypes And Interactions Between Parents And School Counsellors

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Abstract:

The role of the school counsellor consists of varied functions, which include interactions with the students, the parents, teachers and administrative staff. The objectives of the study were to understand the biases and stereotypes that parents have about school counsellors and to understand how the parent- counsellor interaction influences their perceptions about school counsellors. 8 parents of children aged 12 to 18 years of age, were interviewed using a semi-structured interview schedule. The data was analysed using content analysis. Minimal interaction between parents and school counsellors was indicative of increased biased perceptions. The significant biases that emerged from the data were lack of understanding of the kind of issues that are dealt with and the stigma associated with counselling. The implications of the study are that biases and stereotypes of parents need to be addressed through psycho-education and training if counselling needs to be effective in school setting. In addition the study highlights the need for increased parent teacher contact, to decrease misperceptions about counselling. Another important aspect that may need to be addressed is the collaborative working of parents as well as school counsellors for the welfare of the child.

Paper ID 5409

Attitude Towards Professional Psychological Help Seeking Among Ug Students

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Abstract:

In a society as complex and diverse as india, there exists a plethora of healing practices and help seeking services. It is in this confluence of the east meets west, the paper attempts to study the attitudes of undergraduate students of colleges (potentially 200 participants) in

the metropolitan city of bangalore towards professional psychological help seeking, also covering aspects like gender difference, differences in terms of religion and difference in terms of living in a family setup versus living in an independent context. The study is using attitudes towards psychological help seeking developed by fischer and turner (1970) to gauge the attitudes of these emerging adults currently enrolled in undergraduate programmes. This study will not only delve into the valence of attitudes these students hold but further try and explore whom these emerging adults will choose for seeking help in case of 'personal and emotional problems'. Another facet of this research seeks to unravel what are the qualities these students look out for in a professional who provides psychological help. This paper will endeavour to answer and understand the conceptions of the students about professional psychological help, thereby helping us understand where it is as professionals we can bridge the gap between misconception and reality. (data is being analysed as a part of the pg dissertation project, a revised abstract will be submitted along with the analysis before december 20th.)

Paper ID 5410

Chottanikara Healing Tradition : A Psychological Perspective

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Abstract:

Chottanikara temple, located in the heart of cochin has become the synonym for temple healing practice over the years of the prosperity of its rich tradition and cultural rooting. The increase in the number of devotees to the temple from different parts of the world echoes the role of belief system in healing mental health conditions, to which the temple claim to heal. There is a dearth of a psychological perspective in explaining the traditions. Henceforth, the aim of the study becomes the exploration of the same. The methodology used for the study was phenomenological enquiry that narrated the experience of healing tradition from the theoretical lens of psychoanalysis and humanist approaches respectively. Results indicated the presence of underlying psychological explanations to this indigenous healing approach and the study concluded the role of cultural variables in diagnosis and management of psychiatric conditions in the light of an integrative approach respectively.

Keywords : Chottanikara Healing Tradition, Psychological Perspective

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Paper ID 5411

Religious Fundamentalism, Right Wing Authoritarianism And Homophobia Among Hindus

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Abstract:

The present study aims to empirically explore the effect of religious fundamentalism and right wing authoritarianism on homophobic behavior among hindus. It is an attempt to understand the association between religious beliefs, adherence to authority figures and attitudes towards homosexuals in india. Since, homosexuality is illegal in india and intolerance towards homosexual is on the rise, it seems imperative to study the underpinnings of homophobia in india (dna, 2013). For the purpose of the study a sample of 90 people (belonging to hindu religion) between the ages of 18-30 years were taken. The obtained data shall be analyzed using multiple regression to test the hypothesis. The result will be discussed from social identity perspective.

Keywords : Homophobia, Fundamentalism, Authoritarianism

The Relationship Between Perceived Ethnic Discrimination And Acculturative Stress In African International Students, And Subsequ

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Abstract:

The population of international students has received much attention with regard to research on coping strategies, acculturation, and respective personalities of the individuals. International education is a major phenomenon that has taken wind, not just in the west, but also in india. Many students travel to india for collegiate education and there lies a dearth of research with regard to the students india holds. In light of numerous incidents of prejudice and discrimination across india which seem to revolve around the african community, this present study utilized three assessment tools to study the perceived ethnic discrimination of african international students in the indian context, the acculturative stress of the same students as well as the coping mechanisms employed. The acculturative stress scale for international students (sandhu and asrabadi, 1994); the brief perceived ethnic discrimination questionnaire (brondolo et al., 2005) and the brief cope (carver, 1997) were completed by a sample of african international students (n=100) from various institutions in bangalore. The obtained data shall be analyzed to see the mediating effect of perceived ethnic discrimination on the relationship between acculturative stress and coping behavior among african students.

Keywords : African International Students, Perceived Ethnic Discrimination, Acculturative Stress, Coping

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Impact Of Dissociation On Risk Taking And Perception Of Risk, And Intention To Exit Among Sex Workers

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Abstract:

According to unaids country reports of the year 2010, india has over 1.26 million women involved in sex trade and these numbers are growing by the year. Sex work often has a severe and varied psychological impact that has consequences that are rarely explored especially in india. This paper attempted to analyse the role of level of dissociation and its impact on intention to exit among sex workers. It also explored the risk perception and occupational risks of sex workers and the influence of dissociation. This study applied the dissociative experiences scale ii to measure level of dissociation, domain specific risk raking scale to measure risk perception and occupational risk scale to measure occupational risk and exposure to violence, a self-rating scale has been defined to check intention to exit. Legally sex workers have a right to rehabilitation and many counsellors and rehabilitation workers are engaged in helping them, the results of this study can help in keeping in mind the psychological impact of sex work and barriers that it might put on exit behaviour.

Keywords : Sex Work, Sex Trade, Dissociation, Risk Perception, Occupational Risk

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Paper ID 5414

The Influence Of Parenting Styles On Academic Procrastination Of Undergraduate Students

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Abstract:

Procrastination is defined as purposeful voluntary delay in the beginning or finishing the task until the last minute or after the predetermined deadline, or indefinitely that would have been ideally completed in the present time. Academic procrastination is characterized by a wish to evade an undertaking, an assurance to get back to the task shortly, use of justifications for the postponement, and escaping of responsibility in the academic setting. Procrastinators force themselves constantly and such a behavior is usually found in families that are excessively demanding and where the child is made to doubt his/her abilities. The parents in the family use various kinds of parenting styles in the process of upbringing of the children. The three types of parenting styles are, permissive parenting style, authoritarian parenting style and authoritative parenting style. The aims of the present study were to understand the prevalence of academic procrastination among under-graduate students and examine the relationship between different parenting styles of mother and father and academic procrastination among under-graduate students. The study used parental authority questionnaire (paq) by buri and procrastination assessment scale for students (pass) by solomon and rothblum. Convenience sampling method was used to collect data from 140 students pursuing under-graduation from the streams arts, commerce and science. Co-relation analysis and regression analysis will be done and the results will be discussed later.

Keywords : Academic Procrastination, Parenting Styles

Paper ID 5415

The Efficacy Of Twin Heart Meditation On Perceived Stress And Quality Of Life Among Adolescents

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Abstract:

Twin heart meditation (thm) technique is a powerful form of meditation that not only enhances one's spiritual well-being, but also enhances one's physical and psychological wellbeing. Thm, which was developed by master choa kok sui, has been proven to be effective in benefiting adults with psychological issues. However, the effect of this meditation on adolescents is yet to be studied intensively. The present study aims to understand the efficacy of thm on two major factors: perceived stress and quality of life (qol) among adolescents. The sample includes 163 adolescents between the age range of 15 and 19 years, with a mean age of 15.91, of which 79 were in the experimental group, and 84 were included in the control group. Questionnaires were used to assess their perceived stress (cohen's perceived stress scale) and qol (kindl-r) before and after meditation practice for a period of one month. In addition, an open ended questionnaire was also administered to explore their experience during and after the meditation. Descriptive statistics and inferential statistics (repeated measure anova) were employed and results revealed that there was a significant decrease in the perceived stress levels in the experimental group compared to the control group. A significant increase was also seen in the overall qol after the meditation practice. Further, changes were seen in the various domains of qol after meditation practice. Implications of the study were delineated.

Keywords : Twin Heart Meditation, Perceived Stress, Quality Of Life

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Paper ID 5421

Assessment Of Spirituality In Families For Family Based Interventions

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Abstract:

The main purpose of the current study is to develop and standardize a tool for family spiritual assessment. Exploratory factor analysis revealed a 26-item, 5-factor solution with good internal consistency in this research. The findings suggest that religious factor, spiritual factor, mental health factor i (positive emotions), mental health factor ii (forgiveness) and mental health factor iii (negative emotions) are the five important factors of family spiritual assessment scale. The results provide a good foundation for the future research on spirituality. Family spiritual assessment scale, being the first in india, can be very beneficial to mental health professionals and practitioners in india.

Keywords : Assesment, Spirituality, Family Therapy

Paper ID 5422

Promoting Wellness: A Model For Helpers

Angela Coker[*1],**Meaghan Lakes**[1]
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Abstract:

Compassion fatigue is a western term often used to describe physical and/or mental burnout experienced by individuals who work in various helping professions. as counselors and mental health workers, it is important to strive for psychological balance and emotional wellness in our lives. In this interactive presentation, participants will be able to (1) define what wellness means within the context of being a helper, (2) identify characteristics of compassion fatigue, and (3) identify coping strategies and action plans that promoting personal and community wellness.

Keywords : Compassion Fatigue, Psychological Balance, Emotional Wellness

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Paper ID 5423

Understanding Counseling Skills And Supervision: Some Considerations For Cultural Competence In Global Settings

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Abstract:

What is the purpose of understanding therapeutic skills and supervision in counseling settings? In what ways can supervision enhance our effectiveness as mental health professionals working in a diverse world? The purpose of this presentation is to disseminate information regarding the importance of supervision as an essential element of client care and professional growth in counseling.

Keywords : Therapeutic Skills, Supervision

Paper ID 5424

Equine Assisted Psychotherapy And Post-traumatic Stress Disorder: New Modality To Help Treat Female Survivors Of Sexual Violence

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Abstract:

With high rate of sexual violence that is committed today there still is not a powerfully effective treatment to aid sexual violence survivors in recovery. Equine assisted psychotherapy is an emerging modality that has supportive research for treating symptoms that are similar to post-traumatic stress disorder (ptsd), which many survivors of sexual violence suffer from. The presenter will introduce the modality of eap and how it can be an effective modality for the treatment of ptsd for sexual violence survivors and how it can be combined with traditional in-office counseling or stand alone.

Keywords : Sexual Violence, Equine Assisted Psychotherapy

Paper ID 5425

Inter-generational Trauma In Indigenous Communities

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Abstract:

The passing of post-traumatic stress from one generation to the next in both families and communities is an issue that is plaguing today's global population. Intergenerational trauma is the idea that exposure to significant highly stressful events (ex. Genocide, rape as a weapon of war, civil conflict, etc.) and adverse childhood experiences can be directly and indirectly transferred from one generation to the next. For many indigenous families and communities around the world, these highly stressful and traumatic events have been happening for many generations due to acts of colonialism, destruction of language and culture, stolen native lands, the spread of foreign illnesses, genocide, and lack of basic rights and needs. Is there a place for mental health professionals to address historical and systemic wrongs that have caused traumas that have shaped entire communities physiologically, socially, and mentally? The combination of both indigenous traditional healing methods and particular modern counseling techniques can lead to a collaborative of transformational learning that heals and changes the outlook of our global community.

Keywords : Inter-generational Trauma, Indigenous Communities

Paper ID 5426

Experiences Of Identity Formation And Integration Among Adult Male Homosexuals: The "coming Out" Experience

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Abstract:

Researchers in recent years have identified a growing need to infuse the experiences and issues of homosexuals into research and training of students and educators, for the primary reason of promoting gay psychology as a viable area of scientific interest (matthews, 2005). The present study was carried out to explore and understand the experiences of homosexual gays in their "coming out of the closet", and the processes by which they formed and integrated their sexual identity into their concept of self. The study identified two individuals who reported having come out as gay to at least one significant person in their life, and were engaged in in-depth interviews. Interpretive phenomenological analysis was used for a case by case analysis. The findings are discussed in the paper, and these may find its implications in the designing of effective interventions, counselling, psychotherapy and other supportive services for gays residing in india, and enrich counsellor education and help therapists and clinicians to work with gay clients effectively.

Keywords : Counselling, Experiences Of Male Homosexuals, Gay Psychology, Sexual Orientation, Sexual Identity

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Paper ID 5427

Career Decision Making Difficulties Among Tibetan Young Adults

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Abstract:

Abstract: innumerable number of research has been conducted in relation to career (gati, amir, & landman, 2010) among various populations but researches on career among tibetans are rarely conducted. The study thus aimed to explore the career decision making difficulties that tibetan young adults face due to various factors both internal and external. Eight tibetan young adult were interviewed using semi- structured interview in relation to career decision making difficulties. The responses were thematically analyzed to provide a different perspective to the aspect of the career decision making difficulties from the participants' perspective as tibetans. Analysis support that individual experiences does provide a different perspective for the career practitioner. The findings may imply the importance of career counselling and possible alternatives of developing effective career modules and programs for tibetan young adults are discussed.

Keywords : Career, Decision Making, Tibetan, Young Adult

Paper ID 5428

Ethics In Counseling: Application In Practice, Supervision & Research

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Abstract:

Previous research shows that the length of time after attaining one's professional degree to be inversely related to the mental health practitioner's willingness to take the most ethically preferred course of action (haas et al., 1988). Based on research by haas et al. (1988) the presentation proposes to conduct ethics workshop. The format will be discussing several different ethical dilemmas using clips from popular hollywood movies; after a brief overview of aca code of ethics & ethical decision making model. Participants will apply steps from ethical decision making model in small groups for each ethical dilemma.

Keywords : Ethics, Counseling, Research

Paper ID 5429

Superheroes And Its Influences On Adolescents

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Abstract:

Superheroes have a lasting effect on the viewers mind, their perception of themselves, the world and the things around them. Superheroes can have different effects on the viewers or the readers mind. They highly influence children, adolescents and even adults in various ways. Every child dreams about being a superhero or to have characteristics like that of a superhero and their powers or even for that matter imitate their superhero behaviour as a result of them being the children's role models. Looking at the widespread effect of superheroes among people, very little is known about the psychological effects it has on the behaviour of adolescents. This area is of importance because over the last decade, there has been a drastic change in portrayal of superheroes and their powers. The superheroes do not only seem to be helping the society but also are put across as being more aggressive and violent. Which can either positively or negatively affect the mindset of adolescents as either being more altruistic, or to inculcate aggressive or violent behaviour in order to help the society that in turn could be harmful. There are also subtle factors such as the looks of a superhero that is shown to have an effect on the way adolescents perceive themselves. research also shows superheroes could also prove to be therapeutic in certain ways enabling the viewer or the follower to cope with situations and life events, further to which a new approach towards therapy has been established, that is superhero therapy, which proves to be beneficial for the general population, but more focused upon children. Therefore, this paper mainly tries to review and understand the influences of superheroes among adolescents and its therapeutic implications.

Paper ID 5431

The Two Sides Of The Lens: Exploring The Selfie Phenomenon And Its Implications Among Adolescents

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Abstract:

'selfie' is an emerging form of photography that involves a form of self-portraiture that highlights the face, its features and often the activity or background. Selfies today have defined a modern trend of expression and a visual genre, most popular among adolescents and adults. With an obsession centered around the self, this mode of expression has changed social interactions, public behaviour, body language and self-awareness on a personal level and also presents a staged virtual presence online. The term 'selfie' is now synonymous to the adolescents and is popular among all age groups and takes into account one's expressions, presentation and wish to share with the world. Whilst there are many opinions and perspectives about the use and effects of this behaviour, selfies have become an integral part of the life of the millennial generation (gen y) in the 21st century. Previous research indicates the millennial generation to be more selfish and self-absorbed than the previous generations because of the expectations set by the society and other important factors. It is indicated that there is an evident psychopathology associated with the behaviour of taking selfies and other researches also indicate a new form of identity transformation and establishment in society on the same broad spectrum. This research aims to explore the selfie phenomenon and its implications for the adolescent population in the societal and individual context and how the selfie is used to gain external affirmation and is an essential mode of communication. In this research, a qualitative research design is employed to understand the experiences of adolescents with selfies and emotions in terms of self-expression and social perception. Eight individuals are selected using a self-constructed screening tool and an in-depth interview is conducted using a semi-structured interview schedule. The data is analysed using thematic analysis and the emerging themes will be discussed. The potential benefits of this research lies in devising appropriate understanding of the phenomenon as a precursor to probable psychopathology and to develop further counselling techniques to deal with the same.

Keywords : Selfies, Adolescents And Selfies, Self-expression, Millennial Generation, Psychopathology And Selfies

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Paper ID 5433

Intersection Of Culture And Boundaries In Psychotherapy And Counseling

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Abstract:

As a practicing psychotherapist and supervisor, i am often intrigued with the challenges that emerge in the maintenance of "boundaries" in the practice of psychotherapy and counseling in our culture. It is well known that therapeutic boundaries play a very important role in effective psychotherapy, counseling and supervision. Yet, boundary violations happen all the time and sometimes, in ways, that leave many practitioners feeling confused about what are good boundaries after all and why they are needed. I also find that due to the dearth of

mental health professionals in our country, multiple role conflicts are rampant, often compromising the safety of several therapist-client and supervisor-supervisee relationships. I would like to propose a conversation session to facilitate a meaningful discussion on (1) what it means to have "good boundaries" in the practice of psychotherapy and counseling, (2) how our cultural norms and practices intersect with therapeutic boundaries and (3) how we can think through the inevitable conflicts around maintaining boundaries.

Paper ID 5434

Mindfulness And Compassion-based Training For Counselors: Implications For Developing Multicultural Competence

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Abstract:

Mindfulness and compassion-based contemplative practices have received a great deal of attention in recent literature due to findings in the fields of neuroscience and psychology. Researchers are also beginning to establish the relevancy of these practices in the training of mental health clinicians where they are found to create greater therapeutic presence, self-awareness, empathy, and compassion in the therapist regardless of their theoretical orientation. This training may be especially significant for counselors preparing to work with clients who are from differing social and economic groups where factors such as counselor bias, prejudice, and compassion fatigue may negatively impact the counseling relationship. This paper will explore the use of a mindfulness and compassion-based training program for therapists, highlighting the personal experiences of the author, the potential implications for the training of counselors working cross-culturally, and the promotion of social justice.

Paper ID 5437

Gender Differences In Tendency To Gossip And Perceived Stress

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Abstract:

Gossip is not just a trivial conversation that occurs in a smaller group but is a process which helps a person vocalize his or her opinion which affects their psychological status and stress levels. Gossip is considered as women's business, but the current research explores the impact gossip creates not just in women but also in men. The topic for gossiping and their stress levels differs in both genders. Thus, gossip can either help reduce the current state of stress or it can act as the reason for an individual's increased state of stress. Emerging adulthood is, within the age 18-25 years, where the individual is neither fully dependent nor independent, at least in developing countries like india. At this state, the individuals find it hard to deal with conflicting priorities, instabilities and stress. The study is aimed at understanding the differences in gossiping behaviours between male and female who are in their emerging adulthood. The study used quantitative research paradigm. Tendency to gossip questionnaire and perceived stress scale were the two tools used. The tendency to gossip on the physical appearance and achievement domain were noted to be significantly correlated with the perceived stress of male and female emerging adults. But the tendency to gossip and perceived stress was significantly correlating with only the female emerging. On the multiple regression, it was seen that only the tendency to gossip on the achievement domain was noted to be predicting the perceived stress.

Keywords : Gossip, Stress Levels, Emerging Adulthood

Paper ID 5438

Arts Interventions For Survivors Of Child Sexual Abuse: 'speaking The Unspeakable' And The Importance Of Safety As A 'vector Ca

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Abstract:

Dr meekums will present findings from more than twenty years of research concerning the recovery process following child sexual abuse. The original research concerned an arts therapies intervention for women within an nhs adult mental health service, all of whom had been sexually abused in childhood and suffered a range of mental health symptoms. One of her key findings related to the importance of what she calls the 'vector catalyst' of psychological safety. At the time, very little was known about why some people get better with therapy and others not only fail to improve, but deteriorate. Dr meekums employed a narrative method, identifying key stories concerning recovery including its failures and successes, eventually generating a model which shows recovery as a dynamic, spiralic process. Particular attention was paid to the metaphors used by her research participants, which evocatively describe this process. Her research showed that, when people feel psychologically safe they are able to access arts therapies, whereas non-safety both within the arts therapies and within the mental health system is experienced as the presence of something bad, leading to mental state deterioration. However, when psychological safety is established, she found that arts therapies offered a way to 'speak the unspeakable' and work through important issues. The model has been refined over the past two decades, in conversations with survivors and with practitioners of other modalities. This lecture will describe the research process and key findings illustrated with quotations from participants, and identify ways in which the knowledge generated

Keywords : Arts Interventions, Vector Catalysts, Sexual Abuse

Paper ID 5439

Intersectionality, Group Of Seven Identities & Diversity Matrix In Counselling And Psychotherapy

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Abstract:

This presentation examines the issues that are confronting counseling and psychotherapy at a time when there is a call for the inclusion and intersectionality of the group of seven identities (gender, class, race, sexual orientations, disability, religion, age), and the inclusion of traditional healing practices. It has never been more prevalent in the history of counseling and psychotherapy that clients through their socio-cultural and geo-political histories are positioned 'outside' the masculine cultural metaphors and conventional theoretical epistemologies of eurocentric, masculine and heterosexist psychology. Clients' clinical narratives are not singular and mono-cultural but complex and multiple which must to part of the therapeutic process. In the cyber age, the intersectionality of group of seven identities are playing a key role in the formulation and construction of subjectivity and the (dis)unity of the ego. Through the use of the diversity matrix therapists can address these multiple identities and not marginalizes and disavow significant parts of the self; work empathically and compassionately and address the critical issues, such as social justice, individual and cultural rights, and human rights.

Paper ID 5440

Psychotherapy Of Devotees Of Sri Sathya Sai Baba : A Case For Religious Inclusivity In The Practice Of Psychotherapy

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Abstract:

Some 125 years since its advent psychology still, to a large extent, ghettoizes religion as a belief, in spite of the fact that over 90% of the population of the world recognize the existence of god in their lives. As a devotee of sri sathya sai baba (sai devotee) and a psychotherapist, the author is of the strong opinion that psychotherapists have maintained the existence of god 'out of the sentence' of mainstream counselling and psychotherapy for far too long. Millions of sai devotees have had the unique opportunity of living with and experiencing the grace and miracles of sri sathya sai baba who they have accepted as an incarnation of god. Hence for the sai devotee god is a living reality. This paper seeks to unpack the sai devotee experience of god and its impact on their worldview and coping mechanisms from a social constructionistic perspective. Reference is made to the author's sociodynamic model of therapy. The author will outline from his south african practice experience the challenges of integrating the sai devotee's worldview in psychotherapy with devotee patients. Relevant case studies will be discussed. It is envisaged that this deliberation will speak potently to religious inclusivity in psychotherapy in general.

Paper ID 5441

A Global Perspective On Counseling In Schools: Policy, Research And Practice

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Abstract:

School-based counseling is being increasingly recognized by governments as a potentially powerful tool to improve people's wellbeing and productivity. Economic research suggests that implementing school-based programs that promote students' development of motivation, self-determination, self-regulation, and social skills can be a very cost-effective way to promote economic development. In fact, promoting the development such "soft skills" may be as important or more important than promoting academic learning through improving curriculum and instruction. policy research is needed to guide government investments in school-based counseling. Unfortunately, the field of school counseling policy research is in its infancy. A team of international researchers has just completed an international handbook for policy research on school-based counseling which includes regional evaluations of policy research-knowledge bases and the identification of critically important unanswered policy research questions. This presentation is a summary of the important work of this team. Understanding what we know and what we still need to know in terms of school-based counseling policy research is an essential starting point for policy-makers, policy researchers and policy advocates.

Paper ID 5442

School-based Counseling Is Being Increasingly Recognized By Governments As A Potentially Powerful Tool To Improve People's Wellb

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Abstract:

School counselling is the need of the time and now it became the part of the school education in india. One who is giving wellbeing should feel the same in their life and thus the objective of this research was to explore the factors contributing to the psychological well-being of school counsellors. Towards this end, the researcher adopted the qualitative research method and eight school counsellors participated in this research. Data collected through in-depth interviews was analyzed through thematic analysis within the parameters of interpretative phenomenological approach. The quest to discover the contributing factors to psychological well-being led to the following findings: the quality of life, intra-personal competence, interpersonal competence, social support, emotional stability, satisfaction in life, spirituality and physical health are the factors that contribute to the psychological well-being of school counsellors. All these factors are found to be causative to psychological well-being through the extensive and in-depth research. These findings, the researcher hopes, would be useful for trainers, teachers and counsellors to render awareness classes to parents and mental health professionals.

Paper ID 5443

Integration Of Buddhist Path Of Well Being Into Mindfulness-based Interventions, Counselling And Psychotherapy.

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Abstract:

In recent decades there has been intense interest in integrating mindfulness meditation within counselling and psychotherapy. This has been termed the 3rd wave in clinical psychology, preceded by the 1st wave of behaviorism and 2nd wave of cognitivism. The development of mindfulness-based stress reduction and numerous offshoots (e.G., mindfulness-based cognitive therapy) has led to an explosive growth of empirical research evaluating mindfulness-based interventions. This research has shown promising, but somewhat modest, benefits of mindfulness-based interventions although serious methodological limitations of this burgeoning research literature has prevented a definitive conclusion of their clinical efficacy. A growing recognition is dawning that the full potential of mindfulness may be hampered due to the radical decontextualization that mindfulness has undergone as it has been extracted from its traditional buddhist context and adapted to the clinical context. Specifically, the traditional teachings of mindfulness emerge from the buddhist tradition and within that tradition are a component of a set of practices and attitudes designed to facilitate a profound transformation of the personality. Removed from the traditional context and adapted for application to counselling and psychotherapy as an intervention in its own right may have severely limited the impact of mindfulness-based interventions. This paper will describe the traditional components of the buddhist path of well-being (of which mindfulness-meditation is but one aspect) and demonstrate how they may be integrated within mindfulness-based interventions, counselling and psychotherapy.

Paper ID 5444

Fostering Wisdom In Oneself Through Others

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Abstract:

This presentation will examine how wisdom is understood in different cultures, including indian and canadian culture, through the exemplars people identify as wise; both in their own experience and historically. These wisdom exemplars represent an 'ideal type' of person—someone who is living an exemplary life. However, these ideals change across cultures and across generations. We will look at how different generations of chinese consider the figure of mao, and how mohandas gandhi is considered differently in canada

and india, and by indian immigrants to canada. Our presentation will focus particularly on the the therapeutic implications of idealized self and idealized other, both personally known and historically or culturally constructed.

Paper ID 5445

Brief Time Limited Cognitive Therapy

Jessie Emilion[*1]**,Hilary Brown**[2]
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Abstract:

In this workshop jessie emilion and hilary brown will describe the model of brief time limited cognitive therapy that is used in the national health system to treat a range of mental health issues including personality disorders. After describing burgeoning evidence base and taking participants through the shape of a typical cat intervention the presenters will examine the model of human development and selfhood that underpins the approach.

Paper ID 5446

Using Cat To Explore Inequalities

Jessie Emilion[*1]**,Hilary Brown**[2]
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Abstract:

Hilary brown and jessie emilion will use cat thinking to explore the way that inequalities are taken into a person's sense of themselves creating repeating patterns of exclusion that undermine mental wellbeing and sabotage attempts to break down social barriers

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Paper ID 5447

Languages And Culture In Therapy: Multiple Selves In Dialogue

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Abstract:

Language and words play a crucial role in communicating, understanding and creating new

meanings with our patients. They enable us to create a sense of identity and belonging. Language helps us to understand the internal emotional and mental processes of the patient through the interaction as 'speech and dialogue' in therapy. This process of communication is made more complex when therapy is conducted through an interpreter, be it in the mother tongue or in a second language. De zulueta (1990) in her writing on bilingualism also describes how language is closely linked to the individual's sense of identity and hence linked to cultural values and modes of being. She emphasises the links between language and culture by saying, "metaphorically it could be said that language is to culture what dna is to genetics". The relationship between language, cultural values, beliefs and affect and how these relationships get played out in therapy will be presented. This enactment applies to primary and secondary language. central to culture is the value system. Thinking about the role of culture and its impact on the therapeutic relationship and self from a cognitive analytic perspective will be presented. Culture itself is like shifting sands, forever changing inter-generationally. Understanding the power dynamics and the personal and societal positions within an historical cultural context enables us to address some of the conflicts and stuckness in therapy and training. self, self-development and understanding of self is central to most therapies. In cognitive analytic therapy the 'self' is understood not as a unitary but as a mosaic of multiple selves or a cluster of reciprocal roles, which are created through interpersonal interactions from a very early age. The role of language and culture is central to this development of self. Self is understood and defined in different ways in different languages and cultures. Understanding how roles are internalised in patients and how this affects the interactions in therapy, especially when therapy is provided through an interpreter or in a second language, is a complex process. language acts as a mediator in making sense of our interpersonal interactions within a cultural and societal context. It acts as a communication tool and plays a crucial part in contributing to the process of therapy. Lieman (1997) suggests words used in therapy are inter- subjective mediators and they play a powerful role in facilitating or hindering the therapeutic process. His proposed 'dialogic model of self' offers a deeper understanding of the unspoken words and hidden roles, and offers an insight into the therapeutic process when therapy is conducted in the first or primary language. A key element is:- can this deeper understanding and insight be applied to bilinguals whose primary language often embodies the emotions and cultural values which are central to the existence and sense of self, when therapy is conducted through an interpreter or in the patients secondary language within a different cultural context? so major questions to be addressed are how can we as clinicians and trainers think about culturally appropriate interventions ? How can we also and think about whose appropriateness are we focussing on – is it the clinicians language and culture or the patients? These have to be our professional focus and debate in this fast changing arena.

Paper ID 5448

Psychosocial Interventions For Depression Within A Socio-cultural Context

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Abstract:

Depression is the most common psychiatric disorder reported worldwide with lifetime prevalence estimates of 2 to 15%. Without treatment it is assumed to take a chronic course, contributing to increasing disability and disease burden. A considerable body of research conducted in the united states and other western countries demonstrates that psychosocial treatments for depression are effective in reducing depressive symptoms. A majority of individuals with depression, however, reside in the most populous regions of the world such as asia, africa, and the middle east, and there is a need to develop and evaluate culturally sensitive interventions for depression for these individuals. In the current symposium, we

focus on understanding depression in a socio-cultural context, and review research related to interventions for depression. In particular, paper 1 provides an overview of recent advances in empirically-supported interventions for youth depression in the united states, and discusses benefits and challenges related to portability of such interventions within and across cultures. Paper 2 reviews evidence for cross-cultural similarity as well as differences in symptom presentation for depression, and discusses studies that evaluate the effectiveness of empirically-supported interventions for depression in south asia. Finally, paper 3 describes idioms of distress related to grief across cultures, with a particular focus on rural indonesia, and explores social and cultural processes that are supportive of healing.

Paper ID 5449

Affective Responses To Geons And Its Association With Depression, Anxiety And Stress

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Abstract:

Most of existing literature points towards the role of personal, social, work, and the environmental stressors. However, characteristics like shape of the stimulus itself can be innately stressing for individuals even if it may appear non-threatening. this study, aims to investigate the potential of geons to evoke affective responses trying to address the gap within the literature. Additionally, the intensity/extensity of nature of affective responses were tested with clinical variables for any correlations. sixty college-going students with age ranging from 20-24 years of age (m = 22 years) participated. Data collection utilized geon card deck, hexaco personality inventory-revised and dass. Data analysis by point-biserial correlations followed by t-tests revealed significant correlations between stress and anxiety with intensity of affective response. Additionally significant relation was found between anxiety and extensity of responses in accordance with what was hypothesized. Future clinical and research implications of the results have been argued.

Keywords : Stimulus-feature, Geons, Affect, Anxiety, Stress

Paper ID 5450

Universal Interventions For Mental Health : Some Indian Experiences.

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Abstract:

We have a long way to go before we can successfully get mental health to follow a public health model in india. A lot of factors are on our side, such as the bonds in indian family, community and other relationships. But there are a lot of hurdles as well. Some of these are discussed, such as, there being too many people to serve, too few professionals who serve,

the presence of superstition and blind faith, illiteracy, poverty and lack of access to help. There is also a general lack of will and low know how to seek help, and also of course the huge stigma associated with mental illness. the talk outlines some of the pieces of work put together primarily to attempt universal, targeted and indicated interventions. All three kinds of interventions are defined. universal interventions, for example, address the entire population with messages and programs aimed at preventing or delaying problem behaviors. One does not need to pick and choose target audiences for these; they can be delivered to large social groups. Details of work done with unplugged india is shared. targeted interventions select subsets of the total population that are assessed as at risk for problem behaviors by virtue of their membership to a particular population segment. High risk groups are already known to us. Experiments such as dwij which help us attract people who can be helped with this program are described. indicated interventions help identify individuals who are exhibiting early signs of problem behavior(s) and target them with special programs to prevent further onset of difficulties. Another small experiment in progress, prakashdoot, is shared. finally, two international collaborations, projects in the pipeline that target stigma reduction are briefly discussed.

Paper ID 5451

Cognitive Strategies In Interventions

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Abstract:

Rehabilitation is usually looked at through one or another lens. We either work with populations as a neuropsychologist, focusing on neurocognition, and designing tasks and exercises with a view to improving neurocognitive performance. or else, the focus is on vocational rehabilitation: reinstating basic vocational skills in an affected individual so that they become self reliant again. finally, a third angle is the psychotherapeutic angle, the chief focus of this conference, helping a person to return to his or her own personhood. sustained remission has become a realistic goal for patients with schizophrenia and other disorders on that spectrum. Functional recovery without relapse allows the patient to work, sustain interpersonal relationships and lead more productive lives. there are a number of bases to decide whether a person has "recovered" or is on the path to recovery. Symptom remission was traditionally considered the marker. However, today, we also look at appropriate role functioning, the person's ability to perform day to day living tasks, and of course, their engagement in social interaction. the short and perhaps interactive presentation tries to combine all three points of view, coming to the conclusion that personological rehabilitation is really at the core, the rest are perhaps mere mechanics of limping towards health and well being. strategies based on all three domains, neurocognitive, vocational and personological, are shared with the group, also inviting inputs from them based on their own experiments. the session shares experiences in the journey of action research and community based interventions, sharing what works and what, sometimes, does not. The session also shows that strategies need to be devised along the way as we work together towards wellness.

Paper ID 5452

The Task Of Mourning Women, Misogyny, And Post-colonial Hate In The Space Of Psychotherapy

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Abstract:

The year 2012, was a watershed year in indians' self-regard vis a vis the country's history of misogyny with a country-wide uproar, stirring the beginnings of a wider acknowledgement of india's state of misogyny. How do psychologists bear institutionalized misogyny, that is invisibility and the narrative of absence of young girls and women outside of the circumscribed relational roles of mother, daughter and wife? Using clinical case material, existing and new research, this paper will examine the culturally coded anger and hate relating to misogyny that emerges in the psychotherapy space; discuss possibilities for mourning that involve therapist and patient; and examine the relationship between the cultural experiences of colonialism and misogyny as it plays out in the gender dynamics of men and women.

Paper ID 5453

Culture, Power And Identity In The Clinical Encounter

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Abstract:

Countries grappling with mass immigration are increasingly concerned with the "cultural competence" (i e attitudes and practices that work "across cultures") of institutional systems such as mental health services. Mental health professionals go through various forms of training to encounter this issue. This presentation will briefly orient the audience to the different ways that "culture" and therefore "cultural competence" are understood and taught in these programs. The focus of our discussion, however, will be a factor sometimes overshadowed in teaching: how to deal with dynamics related to power (including inequity) in the therapeutic encounter. These are core elements of social and cultural experience – in any densely diverse society, and certainly in immigrant-heavy western countries – and yet as clinicians we are ill-equipped to engage with them. the presenter will discuss a possible approach to dealing with culture, power and identity in clinical work and in supervision. Themes and skills mostly derive from the mentalization-based literature on psychotherapy, adapted using other theories from cultural psychiatry. Case examples will be given which relate to her teaching context in toronto. Further discussion, including applicability to the local setting, can be facilitated in later breakout sessions.

Paper ID 5469

Promoting Wellness Through Mindfulness Among Adolescents

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Abstract:

The improved mental health literacy has resulted in a paradigm shift from curative to preventive and promotive programs as far as addressing mental health issues are concerned. The mental health promotive program that is widely conducted today, for different population, speaks of the momentum it has gained. Among the various age groups, adolescents form the popular recipient group of mental health programmes, considering the phase related risk factors and stress. Life skill education, motivation enhancement, prevention of risk behaviours, sex education and sexual abuse resistance programmes are commonly delivered to this group. These would equip the adolescents with skills required for day to day healthy living. However if a complete awareness, understanding and acceptance of one's experiences is facilitated it could enrich one's mental health and living. This may not be met through mere skill enhancement programmes. 'mindfulness', a traditional practice converted into a more structured form of therapy fulfils the aforementioned process. mindfulness refers to "simply being aware of what is going on, as it is arising, attending deeply and directly with it and relating to it with acceptance: a powerful act of participatory observation" (crane, 2008). It involves being aware moment-to-moment, of one's subjective conscious experience from a first-person perspective (zinn, 1994). The term is derived from the pali term sati which was an element of buddhist practice. Based on this, it is believed that the origin of the practice has been in the eastern world and was popularised in the west by zinn who founded mindfulness based stress reduction in 1979. the different forms of mindfulness are used with all age groups of clinical population, with adolescents being no exception. The benefits of mindfulness for adolescents with various mental health conditions have been very well established. It is found to reduce aggressiveness in adolescents with conduct disorder (singh, lancioni, joy, winton, sabaawi, wahler and singh; 2007); to bring down depression, anxiety and somatic distress and increase self esteem and sleep quality in those suffering from varied psychiatric conditions (gina, brown, shauna and christine; 2009). Likewise for those adolescents with internalizing and externalizing problems, the same is found to have reduced through mindfulness along with reduction in attention problems and increase in happiness and personal goals (bogels, hoogsstad, dun, schuter and restifo, 2008). Enhanced academic performance, social skills and decreased state and trait anxiety was found in adolescents with learning disability (beauchemin, hutchins, patterson; 2008). thus, undoubtedly mindfulness is therapeutic. When adolescents with psychiatric conditions can be treated with mindfulness, it can be used to promote the mental health status of healthy ones and thus reduce the incidence rates of psychiatric disorders among adolescents. This workshop intends in having a detailed discussion on this subject.

Paper ID 5470

A Conceptual Paper On The Application Of Cognitive Behavioral Therapy In The Treatment Of Schizophrenia

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Abstract:

Research has shown that, delusions are developed due to negative schemas, as stressors are experienced in the course of one's life. These delusions further develop into negative and positive symptoms, causing full blown schizophrenia. According to the vulnerability stress model of schizophrenia, vulnerabilities (psychological, biological and social vulnerabilities) and stressors can cause the delusions. The one behavior that sustains the psychotic symptoms in schizophrenia is the safety behaviors and at the core of these safety behaviors are negative schemas, employed by the person as a coping strategy. Research has shown

that cognitive behavioral therapy has a significant positive impact on negative as well as positive symptoms experienced in schizophrenia. Cognitive behavioral therapy has thus proven to help ameliorate psychotic symptoms in schizophrenia in conjunction with the standard treatment. This paper therefore attempts to explore the nature of negative schemas, its maintenance and how cognitive behavioral therapy can be employed to extinguish or weaken these negative schemas, thereby helping in the treatment of schizophrenic patients.

Keywords : Cognitive Behavioral Therapy, Schizophrenia, Delusions

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Paper ID 5471

Sleep Deprivation And Pain Sensitivity

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Abstract:

The present conceptual paper explores the concepts of sleep deprivation or sleep loss and pain sensitivity. People spend nearly one thirds of their lives asleep. Research has suggested that it is during sleep that the brain performs several functions such as making decisions, creating and consolidating memories, making creative connections, clearing out toxins, learning and remembering how to perform physical tasks and so on. It is not just our brain that gets affected due to loss of this vital basic need of life. Research has linked heightened pain sensitization in sleep deprived individuals. Sleep deprivation disrupts our immune system functioning which further causes dysregulation of essential immune proteins that promote sleep. It has been found that these two concepts; sleep loss and pain perception; are a part of a vicious cycle that leads to a lot of distress and deteriorates conditions such as arthritis, fibromyalgia, and so on among patients. The paper further attempts to explore the relationship between the body's biological clock and its impact on pain perception. Each individual has a different biological clock and it has been hypothesized that disruption of this clock can alter pain perception, centrally and peripherally. Through the review of recent exciting literature, an attempt has been made to look into the therapeutic aspects of providing therapy and treatment as per individuals' biological clocks to relieve and improve their pain conditions.

Keywords : Sleep Deprivation, Pain Perception, Pain Sensitivity, Biological Clock

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Paper ID 5473

Purpose Of Life And Well Being Among Frequent Travelers

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Abstract:

Not all those who wander are lost." — j.R.R. Tolkien. existential psychology holds that the ability to find meaning and sense in our everyday lives and our overall existence is basic to health and well-being. Most of the travellers around the world recognize travel as a medium to uncover the deeper aspects of their own self, which give them more purpose and over all well being. The current study aims to measure the purpose in life and well being of frequent travellers. The paper gives details of a cross sectional study conducted on 100 travellers (both genders) to examine the purpose in life (based on frankl's concept) and well being. Self report measures, purpose in life (pil) and psychological well-being scales (pwb) were administered and the data obtained were analysed using qualitative and quantitative statistical methods. Results will be presented in the paper. When we are travelling, there is a unique chance of being removed from routine of daily busy-ness; and in that silence we may begin to listen to what is really important. We can hear more clearly what our heart is yearning for.

Keywords : Travel, Purpose In Life, Well Being, Positive Psychology

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Paper ID 5488

Efficacy Of Mindfulness-based Rational Emotive Behavioural Counselling In Enhancing Adolescent Social Competence And Leadership

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Abstract:

Adolescence is the most dynamic and vibrant phase in the life span of an individual with maximum amount of physical, psychological and behavioural changes taking place. However, crossing this stage systematically and steadily amidst the competitive nature of the contemporary world seems to ring around the intra and inter personal skills and competencies an individual acquires (gardner, 1999; goleman, 1996). Further, viewing positively and adopting to training and experiences, adolescents can develop and grow. Healthy development is best promoted by creating opportunities to develop a set of core assets, such as, competence, confidence, connection, character and caring (mcneely & blanchard, 2009). This paper to assess the effectiveness of mindfulness-based rational emotive behavioural counselling (mbrebc) in enhancing the adolescent social competence and leadership skills the adolescent students between the age of 16 to 18 were drawn from an a college in bangalore city for the intervention and one group pre-test, post-test and follow-up quasi or simple experimental design was used to find the efficacy of mbrebc intervention. The instruments used in the study were adolescent social competence scale (devassy & raj, 2012) and leadership skill inventory (karnes & chauvin, 2000a). The mbrebc intervention designed and validated by devassy and raj (2014a) was used in the present research. The intervention consisted of 13 group counselling sessions of 90 minutes each which integrated the principles and techniques of mindfulness and rational emotive behavioural counselling (rebc). Repeated measures of anova and friedman's two-way anova for related samples were used to find the efficacy of

Keywords : Mindfulness-based Rational Emotive Behavioural Counselling, Social Competence, Leadership Skills

Paper ID 5500

Evidence, Efficacy, And Sufficiency - Modern Clinical Practice In A Highly Regulated London Nhs Primary Care Setting.

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Abstract:

Piloted in london (newham) and doncaster in 2006, the improving access to psychological therapies (iapt) programme was rolled out across the uk beginning in 2009. It now provides a range of evidence-based 'talking therapies' approved by the national institute for health and care excellence (nice) including cognitive behavioural therapy (cbt), inter- personal therapy (ipt), dynamic interpersonal therapy (dit), couple therapy for depression and counselling for depression (cfd). Starting in 2003, working as a clinician and manager of a gp based brief therapy service in newham, and, for the last ten years supervising a team in an iapt service in lewisham, south london, i have now been supervising the work of primary care counsellors and psy- chotherapists for over twelve years. Usually based in gp (general practitioner - family doc- tor) surgeries, clinicians see patients for short term contracts of between six and eight ses- sions, with some scope for extending contracts up to sixteen sessions. The demographic in lewisham is predominantly white british with a significant afro-caribbean and black afric- an population. Government statistics identify lewisham as the 31st most deprived local au- thority area in england (imd 2010). Given that the work is difficult in its own terms, clinicians are often having to manage a complex set of challenges to their own sense of competence and potency. Finding a bal- ance between their own expectations, the explicit (and implicit) expectations of clients, and the not inconsiderable expectations of the service, supervision becomes a busy space, not just for clinical

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Paper ID 5501

The Clan Culture Of Hijras: An Exploration Into The Gender Identity Status Of Hijras Inside And Outside And Gharanas

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Abstract:

According to the targeted intervention hiv prevention program (2013) initiated by sangama, bangalore approximately 1200 transgender are identified in the city. Hijras are transgender who are born biologically male or intersexed but identify themselves as women. The word hijra is derived from the urdu word hich-gah which is meant something without a proper place or journey. Hijras gathered and attached closely around their cultural group known as gharanas means houses. The present study deals with the issues a hijra faces in search for identity (gender) within and outside gharanas as an individual in society. The study adopted a qualitative exploratory research design and employed in-depth interview of thirteen hijras and four experts for data collection. The data is analysed with the help of thematic analysis network which explored the childhood and adolescence experiences, their serious lack of opportunities in expressing themselves in their biological family and their initial encounters

with other transgender, are critical incidents in promoting adolescent hijras" self-acceptance. Gharanas are identified as a self-contained community with an organised structure, well-delineated roles, unique social norms and cultural practises wherein the guru-chela relationship has an authoritative and abusive style which monitors interpersonal relationship and friendships among hijras and „others". A blend of hindu-muslim cultural identity is one of its kinds in gharanas and castration is considered as a gateway to womanhood. The political structure in gharanas indicates the presence of regulatory procedures to ensure the continuity of gharanas as a community and reaching out to society for acceptance and jamat

Keywords : Transgender, Identity, Status, Hijra, Gharanas, Guru-chela, Clan Culture

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Paper ID 5502

Effectiveness Of Psycho-nutritional Intervention: Case Narratives On Lifestyle Health Disorders

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Abstract:

Food has an immense effect on an individual's mind and body which leads to biochemical, neurological and psychological changes. The field of naturopathy in india deals with treating/curing acute and chronic bodily illnesses as well as improving one's immunity. Nutrition is considered to be an essential factor which is largely neglected by psychology and medical sciences. The present study is intended to understand the efficacy of psycho-nutritional intervention in curing metabolic problems and facilitating weight gain and weight loss. Three female participants of 20-22 years of age have been identified and taken informed consent to participate in the intervention study. Bmi is checked and detailed case history about their eating habits, life style, and medical/family history has been taken. They have initially been given education on fundamentals of holistic nutrition. Customized personal diet chart is planned in consultation with the participants to suit their requirements and the place of stay. The participants followed raw food based nutrition for 15 days consistently and were monitored to check the difficulties (if any) and/ or challenges faced in the process. The participants reported their experiences on a daily format in a journal. They reported happiness, calmness and commitment in following the diet given and even reported impact of the diet on their overall well-being. The present research has implications largely in terms of incorporating nutrition as a fundamental element in modifying individual's behavior.

Keywords : Psycho-nutrition, Naturoapthy

Paper ID 5503

Psychotherapy In "shame Culture" : From A Dramatic Point Of View

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Abstract:

Persona is a latin word that signifies the mask that an actor puts on in a classic drama. To consider the problem of personality, one can take into account the mask-like elements on the "theatrical stage"—or, in other words, discusses life's problems from a dramatic, or theatrical, point of view. This may be indeed a classic and universal way of thinking. In the first half of this presentation, i will introduce the dramatic point of view of psychoanalysis, and discuss its significance in japan. I then will present psychotherapeutic theory and practice in a culture in which people may feel a deep sense of shame or guilt for having "hurt" someone significant, such as their parents or a fear of having done so in childhood. These concerns remain deep-seated in their inner world, and they hide the shameful "true self" beneath the surface, while wearing a mask and playing a "respectable" role in public, as if acting on-stage. In the latter half, i will present examples of story analysis and clinical analysis as seen from the dramatic point of view, while referring to my study on "the prohibition of don't look." to summarize the points that are being discussed in psychoanalysis, using dramatic metaphors, the following may be said: human beings tend to repeat their "psychological script" which derives from the past, while playing opposite different. When this "script" is also brought into therapy, then therapy becomes increasingly dramatized. While participating in a "drama," an analytical therapist will read the

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Paper ID 5504

The Dichotomous Concept Of Transience

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Abstract:

I would like to show ukiyo-e, or pictures of the floating world and some japanese paintings. most of the pictures i will show you here are usually called "bijin-ga," or pictures of beautiful women, but you also find children accompanied by women. in a typical ukiyo-e print portraying a mother and child, they are playing together with a toy windmill. what i noticed was that these pictures repeatedly appear with the mother and the child viewing the same object. thus, i came to have an interest in this posture as it conveys an emotionally significant relationship, and i named the figure of more than two persons viewing the same object as "viewing together." above all, i would like to discuss an emotional characteristic of the object which the mother and the child view together. in these paintings, objects are often depicted which could be described by expressions such as "floating away" and "transient." specific examples include images such as a hazy moon, a swaying fish, cherry blossoms, faces reflected on the water, and fireflies lighting and dimming. these objects are likely to appear quickly and fade away soon. they are not only fort/da but also da/fort, and their state of going on and off, appearing and disappearing, conveys a sense of transience. the snow rabbit is sure to melt and disappear as time goes by. the artist precisely seized the moment when the object is about to disappear. the important point is that the soap bubble is blurred and we can see the empty space after the fragile bubble disappears.

Paper ID 5505

Effectiveness Of Mindfulness Therapy On Depression And Anxiety

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Abstract:

Mindfulness has been described as a practice of learning to focus attention on moment-by moment experience with an attitude of curiosity, openness, and acceptance. Mindfulness practices have become increasingly popular as complementary therapeutic strategies for a variety of medical and psychiatric conditions. Although mindfulness-based therapy has become a popular treatment, little is known about its efficacy. The present study examined the effectiveness of mindfulness therapy on depression and aggression based on the existing literature available and research studies published in peer reviewed journals. The obtained literature studies will be organized and poster presentation will be made concerning the effectiveness of the mindfulness therapy on depression and aggression

Keywords : Mindfulness, Effectiveness, Aggression, Depression

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Paper ID 5506

Diversity Issues On Juvenile Delinquency In Terms Of Social Status And Gender Difference In Adolescents Using Play Therapy

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Abstract:

Juvenile delinquency in the past decade has been building up vigorously in india. Statistics indicates prevalence of overall crime rate has been increased from 26.47 lakh in 2013 to 28.51 lakh in 2014. It is suspected to be increased in the upcoming years. The proposed system in this paper is based on the diversity issues such as socio-economic status, parenting style, individual and gender difference. This paper completely analyses the past statistics of juvenile delinquency which is discussed throughout the paper along with the concept of play therapy to prevent it. the factors outlined in the paper are analysed through the behavioural perspective which proposes learning and behaviour are explained in terms of stimulus-response relationships. It is embezzled for this inquiry because it allows the reader to understand how adolescent perceptions are influenced. Behavioural parent training is premised on the idea that antisocial behaviour is learned and supported by reinforcement that children receive from their parents and changing patterns of parental behaviour are also aimed using play therapy concept. The approach can also include additional elements such as communication skills, problem solving skills, speaking respectfully, assertive discipline and more. Play therapy is generally engaged with children to avoid or resolve psychosocial challenges. As children's behaviour and awareness are often communicated through play, it is used as a diagnosis for them to accept themselves and others. this concludes that employing play therapy for children by parents at various stages of growth irrespective of socio-economic status by reducing the juvenile delinquency.

Keywords : Juvenile Delinquency, Adolescents, Behavioural Perspective, Behavioural Parent Training, Play Therapy

Paper ID 5508

Living Intelligence: A Traditional Weltanschauung To Promote Appreciation Of A Meaningful Universe.

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Abstract:

A materialistic and objective view of the world has predominated in science for centuries; and a strict scientific view renders the cosmos as random and personally meaningless. However, traditional medicine views nature and the cosmos as intimately related to our personal experience and growth. While the traditional view has been termed "animistic" and considered primitive by modern science, this paper will propose that the traditional view may be a more useful and productive view of reality. Looking at examples from native american and personal experience, this paper proposes that a traditional perspective helps foster a view of the universe that promotes psychological wellness and better fits emergent science and psychology.

Paper ID 5509

Exploring Frames Of Reference Of Psychotherapy

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Abstract:

Understanding the impact of globalization on self and identity is a crucial task for mental health practitioners. Although globalization broadens the scope of practice and opens new horizons, it has evident shadow sides. Globalism envisions and enforces homogeneity, with little attention to cultural dynamics that occur at a micro level. A deliberate and culturally informed reflection is needed to account for human distress and capacities in diverse settings. As a consequence, psychological interventions have to be a reflexive praxis, paying particular attention to each culture's unique ways of responding and resolving emotional distress and dilemmas, often utilizing traditional resources in the community. The presentation will highlight the importance of this perspective through narratives of lifeworlds on the brink.

Paper ID 5518

The Role Of The Therapist In Helping University Students Who Have Been Sexually Bullied

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Abstract:

There are times when sexual bullying among university students remains undetected, unreported or even romanticised as part of a normal and growing sexualised culture. This creates a climate of fear of exposure with the implication that the person bullied suffers in silence. Such climate may also induce guilt and shame, both compromising the individual's self-esteem and sense of relational belonging to the peer group, perpetuating feelings of being an 'outsider', as well as self-blame. The trauma associated with sexual bullying often remains elusive until the habitual coping mechanisms in the individual break down with negative consequences and an adverse impact on psychological health, compromising the individual's studies. The extreme manifestation of what appears to be benign sexual innuendo among university students but is in fact malign, presents itself in student counselling services, if indeed the person sexually bullied is able to seek help. this paper explores the types of sexual bullying among university students, especially where trust is betrayed and discusses the impact of betrayal on the mental health of the person. A vignette of a sexually bullied individual is used to highlight the lived experience in being sexually bullied and discuss appropriate psychological interventions. The paper concludes with a discussion on how universities could play a part in supporting victims of sexual bullying and implications for student counselling services.

Paper ID 5519

Clinical Supervisors' Handling Of Sexual Attraction In The Work Of Therapists They Supervise.

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Abstract:

The aim of this study was to investigate how clinical supervisors engage with therapists in supervision in the handling of sexual attraction (sa). Qualitative interviews were carried out with 12 volunteer, experienced supervisors in the uk. Transcripts were analysed using constructivist grounded theory (gt). The findings show that uk supervisors refer to specific facilitative conditions for effective supervision of sa. These are: supervisory alliance; containing & supporting; normalising sa; creating a contemplative, open atmosphere; constructively challenging. The core grounded theory category encapsulating these conditions is: encouraging, facilitative and non-judgemental supervision of sa.

Paper ID 5520

Mental Health Services For The Third World; Global Models Or Local Development?

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Abstract:

This presentation will: (a) briefly trace how western psychiatry and psychology arose in the seventeenth and eighteenth centuries giving rise to (western) ideas of what 'mental health' and 'mental illness' mean and, more recently, to dsm-driven bio-medical psychiatry. (b) outline what we know of ways of understanding the human 'psyche' and dealing with problems of living that developed in non-western cultural contexts. (c) refer briefly to the introduction during colonialism of european-style asylums during the colonial period, outlining social and political forces that are now (1980s onwards) spreading bio-medical psychiatry across the global south (third world). And finally indicate how development of mental health services in the third world is best approached.

Paper ID 5521

A Cross-cultural Psychoanalytic Study Of Pathological Narcissism In Japan And The United States

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Abstract:

Narcissism as a concept is difficult to define because it encompasses a broad spectrum of phenomena, from psychic development and clinical diagnosis to cultural and social psychology. While there has been a considerable amount of popular literature written on narcissism as a cultural phenomenon, a number of academic studies on narcissism as a personality trait, and seminal psychoanalytic papers on the etiology, phenomenology, and treatment of narcissistic character pathologies, there has been relatively little written explicitly about the influence of culture on expressions of pathological narcissism. This study examines how psychoanalytic psychotherapists in two different cultures experience expressions of pathological narcissism, using japanese and american cultural paradigms to elucidate the potential influences of cultural identity on this form of character pathology. this lecture will provide a thorough review of the literature on narcissism from a psychoanalytic perspective, as well as present original qualitative research based on interview data with psychoanalysts and psychoanalytic psychotherapists in japan and the united states. Conclusions regarding the influence of culture on expressions of pathological narcissism will be presented. Participants will be able to better understand different types of narcissistic expressions, and how these types may be influenced by cultural factors. Participants will also be exposed to ideas about the treatment of pathological narcissism in different cultural settings, in hopes that the research might have clinical implications.

Paper ID 5522

What Is The Role Of Spirituality In Leadership?

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Abstract:

This presentation wrestles with the following questions: what is the role of spirituality in leadership? How do we ensure that spiritual practices are inclusive and not alienating? Is it possible to share a spirituality that does not contravene the faith beliefs of staff and students? Are there any drawbacks to spiritual leadership? How may those in school leadership evoke their spirituality, if at all, in everyday practice for transformative purposes? How do you evoke your spirituality as a leader for healing relationships in the office; for creating good working environment? Drawing on houston and sokolow (2006) eight principles of spiritual leadership (intention; attention; gifts and talents; gratitude; uniqueness of life lessons; connectedness; openness & trust), i reflect on their impact on individuals in a place of work.

Paper ID 5523

Role Of The Interpreter In Mental Health

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Abstract:

With increasing numbers of people migrating across national borders and within countries, language differences, explanatory health beliefs and idioms of distress will require attention, if psychological and counselling services are to be accessible and meaningful to all members of our community. To try and ensure that equal opportunities are upheld and that certain groups are not denied access to psychological services, every practitioner should be able to work confidently and effectively with interpreters and to consider language and cultural diversity in their practice as a matter of course. This paper will consider the role of the interpreter in a mental health setting and will consider such issues as how language is not a neutral, descriptive medium but has an active role in shaping and constructing how people view and experience the world. The range of meaning-making possibilities that lay or professional language open up is frequently indebted to the cultures of both service user and practioner, and therefore has particular relevance within mental health.

Paper ID 5526

Sheaths Of Trust Supervision Theory: A Theory Based On Principle Of Yoga, Universal Theory

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Abstract:

A model of supervision helps guide a supervisor in facilitating the growth of the counselor-in-training, teaching counseling skills, and evaluating the trainee's professional growth. This study or paper describes an integration of the rennestad and skovholt lifespan models of supervision, with the concept of sheaths of trust. Sheaths of trust, which are based on the principals of yoga philosophy, are created when the counselor-in-training feels safe with the supervisor. The study includes an overview of the integrated model for supervisors to follow,

along with examples that illustrate how these models can be used together to facilitate greater professional growth.

Paper ID 5527

Intercultural Competence In Education, Counselling And Psychotherapy

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Abstract:

The present time of globalisation, interdependence and living in a multicultural society records a period of opportunities and crisis mainly in educational institutions. Especially schools and families seem to be unable to cope with such revolutionary changes. In addition, the crisis concerns all fields involved with social welfare, most of all counselling and psychotherapy. This contribution will analyse the possible answers both in education, but also in counselling and psychotherapy. The basis of the analysis is provided by a literature analysis and a deep empirical research, trough focus group and semi-structured interviews, aimed to develop a theoretical model of intercultural competence, with implications at the practical-operative, methodological and vocational levels.

Paper ID 5528

Humour Styles Adopted And Perceived Group Cohesion Among Journalists In Print Media

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Abstract:

Abstract   In an age where organizations are constantly plagued by issues such as high-stress levels and economic uncertainty which also affects the employees, humour has been receiving greater recognition as an effective tool to increase employee morale and bonding in group members which in turns affects the wellbeing of the employees. Humour is a common element of daily human interaction and thus, it has an impact on the organizations and the work groups. This, in turn, can impact the productivity and wellness of the employees and hence it is important from an organization's as well as employees' perspective to understanding the relationship between the two variables. The current paper tries to understand how perceived group cohesion is impacted by variations across humour styles adopted, years of experience and gender and the reason for diversity if there exists any. A quantitative research method was followed with a cross-sectional design since the sample selected were editorial staff from various new houses from Goa and Bengaluru (N=75). The Humour Style Questionnaire developed by Martin et al. (2003), Group Cohesion Scale-Revised developed by Treadwel, Veeraraghavan, Kellar, and Kumar (1996) and a self-developed personal data sheet were utilized to collect the data from the participants. The researcher utilized One-Way ANOVA to assess the difference in perceived group cohesion scores based on humour styles adopted, Pearson's Correlation Test to identify the relation between number of years of experience in the field and perceived group

cohesion scores and Chi-Square analysis to understand variations in humour style adopted across the years of experience and to understand the variations in humour styles adopted across genders. The researcher found that there existed variations in humour styles adopted across years of experience. Key words: humour styles, perceived group cohesion, cross-sectional design, editorial staff, years of experience, gender

Keywords : Humour Styles, Perceived Group Cohesion, Cross-sectional Design, Years Of Experience

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Paper ID 5530

Stammering A Case Study

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Abstract:

Pradeep (name changed) 20 years old boy came for counselling himself for speech problem. He brought up in rural area in a farmer family and presently studying in urban college. He cannot speak fluently. He is worried about his career, feels sad and lives aloof since last two years. He lost interest in study. His academic performance was also decreased. He feels inferior. He is social and helpful by nature. He is interested debating and social work. But presently he feels anxious and shy. on mental status examination his attention, concentration, perception, thought, mood memory, orientation, intelligence and insight was found to be normal. He is diagnosed as stammering. the client has overcome the speech problem with help of cognitive behaviour therapy namely relaxation (jpmr) and with stammer suppressor.

Keywords : Anxious, Attention, Memory, Perception,