

NATIONAL WORKSHOP
on
PSYCHOLOGICAL INTERVENTIONS FOR DISTRESSED WOMEN
Organized by the Department of Mental Health and Social Psychology
NIMHANS, BANGALORE

The Department of Mental Health and Social Psychology is organizing a one-day National Workshop on 'Psychological Interventions for Distressed Women' on Saturday the 19th of September 2009 at NIMHANS, Bangalore.

About the Workshop: Gender plays an important role in the manifestation of psychological problems, availability of resources to seek help and exposure to unique challenges. Women have been universally marginalized in many sectors and little importance has been given to mental health needs of this population in the Indian context. The workshop aims at addressing this need in order to understand and serve half of humanity better.

Objectives: The workshop intends to help professionals recognize and assess psychological problems of women; understand the impact of sociocultural factors on psychological well-being; identify goals for interventions and learn skills to address the problems of specific populations.

Target Participants: Mental health professionals, social workers, nursing professionals, individuals working with NGOs, lay counselors.

Number of Participants: Number of participants will be limited and registration will be done on a first come first served basis.

Overview of the Workshop: The workshop will cover the following themes:

- Assessment of mental health needs of distressed women
- Interventions for women with relationship problems
- Helping victims of trauma and violence
- Therapy for spouses of alcohol dependents
- Interventions for women living in shelters
- Understanding challenges to treatment

Registration Details: Registration Fee: Rs.1000/-; Last date for registration: 5.09.2009

Venue: Seminar Hall adjacent to Director's Secretariat.

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