

recovery by retaining realistic optimism for improvement, convey genuine concern, confidence and empathy to the individual with psychiatric illness.

Presenters

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WORKSHOP 2

ISSUES RELATED TO GERONTOLOGY - SOCIAL WORK PERSPECTIVES

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Professor and Head, Department of Social Work, Bharathidasan University, Tiruchirappalli, India.

This workshop will enable Social Work Practitioners to explore attitudes towards ageing and gain further insights into the dimension of gerontology at a personal and professional level. The workshop will provide an opportunity for social work practitioners to discuss work experiences in this field and explore the

challenges of this work. The workshop will be facilitated by Professor Ilango Ponnuswami, who will utilise his academic, research and community work experience to engage workshop participants with this subject matter.

WORKSHOP 3

STRENGTHS BASED PRACTICE IN SOCIAL WORK

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This workshop aims to explore, understand, unpack and discuss the strength based perspectives in social work practice. A review of the literature has suggested that there has been a shift away from the mere focus on deficits to strengths based focus in the delivery of services to clients in the last few decades. The focus on strengths and empowerment has gained considerable prominence over the last couple of decades. Currently, Strengths based practice in social work is an important area of practice, discussion and debate in many countries. At the heart of the strengths-based approach are social justice principles of 'power with', respect and the 'ownership' by the client of their own process of change. The strength perspective is based on the belief that every person, family and community has capabilities that can be drawn on to overcome problems, and that trauma, illness and struggle present opportunities for challenge and growth. It is also based on the principle that in every environment, people, groups and institutions have something to offer. Here, the focus is on the person's strengths, not pathology, symptoms, weaknesses, problems or deficits. Strengths Based

Practices (SBPs) concentrates on the inherent strengths of individuals, families groups and organisations deploying peoples' personal strengths to aid their recovery and empowerment. SBPs are empowering alternatives to traditional methods with individuals, group or organizational work. SBPs refrain from allowing crippling, labeling and stigmatized language. Descriptions and pathology owned by persons groups and organizations that suggest acceptance of their condition as hopeless or helpless to change are constructively challenged through SBPs. Strengths based strategies build and foster hope from within by focusing and working with precedent successes. SBPs strategies facilitate change by assisting to look at / what has worked? What does not work? And what might work presently making it important for facilitators and those desiring change to be integral to this process of change. (BISBP, 2011). Traditionally, social work professionals, especially mental health workers have tended to focus on symptoms, illness and dysfunction. Strengths based practice uses clients' skills and personal strengths as the platform to engage with

them. This workshop will explore the emerging strengths-based perspectives in social work practice with an emphasis on mental health field. It examines how strengths based principles can be applied in specific fields of mental health practice and specially in designing strengths based approach to recovery as each person's journey of recovery is unique. We will also examine how practitioners can enhance client's capacities and instil a sense of hope, and empower the families and carers. Questions to be addressed include: what are some of the tools that social workers can use to assess the skills, competencies, and characteristics of individuals and families? How can

Strength-based practice framework provide social work practitioners a reliable and valid way to engage with individuals and also in supporting them in their individual journey towards recovery? Strengths based practices also challenge us, our professional traditions, our cultural influences, our beliefs and biases. In this workshop, we will explore some of them and together we will discuss about strategies that can be used in our professional practice.

Key words: Strengths based practice, mental health, recovery

WORKSHOP 4 EFFECTIVE TEACHING AND RESEARCH

V N Rao, K S S Rao
City counselling Centre, Bangalore

This workshop will cover on various aspects of teaching and research with a different pedagogy, and hence will be useful to any faculty either a junior as well as senior level. This is one of the several services City Counselling Center (CCC) – Bangalore offer as a part of Professional Services. The objective of the workshop is to give some tips to participants on Art and Science of teaching and research using different pedagogy. The topics to be covered in the workshop are how not to make a presentation, perception and psychological aspects during presentation,

importance of 3V rule in communication, memory management techniques, Do's and Don'ts of presentation and class management techniques, Body language demo presentations, Need for research – Case on Vanilla Ice cream and HM, critical issues of research process, recent trends in qualitative research – Focus Group Discussions, Social Work Research Designs and types of Research – case on lady tea test, Sampling Design – Case on Radio Mirchi, and trick in report writing.

WORKSHOP 5 GAMES, EXERCISES & THEATRE IN SOCIAL WOK EDUCATION

Rajaram Subbian
Director, "ANTARANG", Bangalore

There is considerable growth in social work schools/institutions in India. Significant high numbers of social workers buzz out of these institutions every year. The challenges people face are multifarious and the stress on social workers are manifolds. In order to meet these demands, social work education and learning go beyond class-room didactic lectures and focuses on skill based training. Imparting such social work expertise is very challenging on educator and s/he has to be innovative to blend the learning with variety and fun.

Often, large classrooms and the need for preparation time have a negative impact on educator's willingness to use creativity in teaching. Similar constraints restrict the use of active learning strategies, such as games and simulation that are crucial for enabling

social work professionals to develop competence. Many schools of social work use role-play more and less often the games, exercises and drama. Games, exercises and drama use multiple senses, encourage active learning and generate interaction between learners; it promotes team work, and also provides a free environment that allows for skill enhancement facilitating engagement, individualized learning, curiosity, risk-taking and competitive hunger. Essentially they offer an experiential learning by doing rather than listening to others or reading. They reduce anxiety, provide variety, improve the desire to learn and promote group learning.

This workshop will offer the participants an involved, interesting experience and awareness on the efficacy of games, exercises and drama in social work