

**WORLD CONGRESS OF PSYCHOLOGISTS
WORKSHOP ON BEHAVIOUR THERAPIES**

WCOP President : Prof. B.G. Reddy
WCOP Secretary : Prof. R. Subashini
WCOP Treasurer : Prof. V. Suresh
Chief Guest : Prof. Stephen Oliver, USA

I day : 21-07-2021

Ms. G. Anupama invites the WCOP President, Prof. B.G. Reddy, General Secretary, Treasurer, Core Committee Members & Executive Committee Members and the Participants.

Dr. S. Prasanthi invited and welcomed Prof. B.G. Reddy, President of WCOP to give opening Remarks and Welcome address.

Dr. S. Prasanthi invited and welcomed the Chief Guest Dr. Stephen Oliver introduced him to the Participants by reading out his resume and requests the Chief Guests to speak. Oliver defined stress, causes of stress, symptoms of distress, managing stress, depression, suicide. Explained 7 stress management techniques, importance of stress management. How to manage stress at the workplace. Finally explained what is stress management skills, finally focused on how the personnel in the public administration can develop etc.

Dr. Prasanthi thanked the Chief Guest and Resource Person for giving an elaborate lectures on Burn out in the Work place.

Finally thanked the WCOP President and his team and also thanked the Participants.

II day : 22-07-20221

Topic : Anger Management

Anupama welcomed the WCOP Team President, Secretary, Treasurer, Core Committee members and Executive Committee members and Participants.

Prof. B.G. Reddy, gave welcome address. Dr. S. Prasanthi welcomed Dr. Jayan Namboodini and by introducing him to the audience.

Dr. S. Prasanthi requested the Resource Person to speak Dr. Namboodini spoke on know ourselves, Aggression, Most common factors with examples, Left Brain Emotions and Right Brain Functions, gave some working examples on creativity, gave techniques how to manage Anger etc.

III day : 23-07-2021

Topic : Alcoholic De-addiction

Dr. S. Prasanthi invited Dr. P.T.K. Kutty sir and introduced him through his resume to the participants.

Dr. P.T.K. Kutty spoke on Decision Deficiency Disorder, Hypersensitization Transactional Analysis with behavior therapy works well. Multi Model therapy in management of Alcoholism, Behaviour Therapy & Transactional Analysis. He explains how a person becomes an addict. How to prevent the Trigger taking the alcohol.

IV day : 24-07-2021

Topic : Alcohol De-addiction Management

Mainly concentrated on Techniques, Mass Interaction Model, Mega Interaction Model, Attachment Therapy. Relapse Schedule to treat the Alcoholic Addicted Patient, Medical Field Doctors help is required.

Finally Dr. S. Prasanthi proposed vote of thanks especially thanked the Resource Person Dr. P.T.K. Kutty sir and thanked the WCOP President & his team.