



CHRIST
THE FRIENDS

E-Symposium

Opening Up A World of Opportunities through Online Counseling: Essential Skills and Ethics

23 July, 2020
1-4 PM (IST)



Prof. Dr. Brigitte Sindelar
Sigmund Freud University
Vienna, Austria

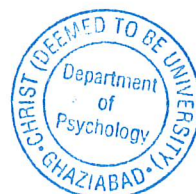


Dr. Sebastian Perumbilly,
Southern Connecticut
State University
United States

Department of Psychology,
School of Humanities and Social Sciences

CHRIST (Deemed to be University) Delhi NCR

Scan to Register


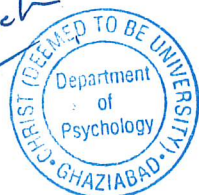


Report on E- Symposium

An electronic symposium was conducted titled, 'Opening up a world of opportunities through online counselling: Essential skill and ethics' on the 23rd of July from 1:00 pm to 4:00pm. It was successfully organized by the department of Psychology, School of Humanities and Social Sciences, CHRIST (Deemed to be University), Delhi NRC and coordinated by Professor Sneha Saha and Dr. Ridhima Shukla. The conference was conducted in two panel sessions with a short break in between. It was organized on the platform of Cisco WebEx Events. The total participants who attended the E- symposium were around four hundred, consisting of the students and faculty including Dr. Elizabeth Thomas from Central Campus, CHRIST (Deemed to be University). The students who attended the e-symposium consisted of all the batches of all classes under the psychology department including Masters of Clinical Psychology, Masters in Counselling as well as Bachelor's of Psychology (Honours) courses.


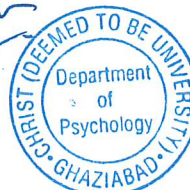
The symposium started off with a welcome note by Professor Sneha Saha which also included a wonderful introduction to the resource persons. Soon after, the campus director, Rev. Dr. Fr. Viju P. Devassy addressed the gathering which was followed by an introduction to the session as well as the session note by Dr. Surekha Chukkali, Head of the Department of Humanities and Social Sciences.

The resource person for the first panel session of the conference was Prof. (Dr.) Brigitte Sindelar who is a clinical psychologist and psychotherapist (Individual Psychology) with a focus on child and adolescent psychotherapy. She is active at the Sigmund Freud Private University as Vice Rector for Research, Head of Institute for Child and Adolescent Psychotherapy, Deputy Head of the Training Unit for Individual Psychology, Member of the Ethics Committee, as well

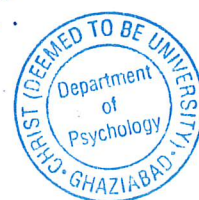
as in academic teaching. She is also the head of “Sindelar Center” a psychotherapeutic and clinical-psychological practice in Vienna. Dr. Sindelar was instrumental in the development of a method for the diagnostic and treatment of perceptual and learning disorders including the development and management of a network of Centers for Treatment of perceptual and learning disorders in Austria, Germany and Slovakia ("Schmunzelclubs"). She is a Holder of the Austrian Cross of Honour for Science and Art. Dr. Sindelar’s panel session was on the topic of Online Counseling and Psychotherapy with children, adolescents and adults.

Dr. Brigitte first introduced the role and preparation of a therapist in the field of online counselling. Which includes competence, that is the right amount of skills, qualifications and experience as well as the need for technical preparations like fast internet connection and appropriate audio and video quality. She then walked us through the various preparatory stages and special features of online counselling. She addressed the importance of computer and online gaming taking over the role of expression and intervention techniques in the area of adolescent psychotherapy including age specific aspects of the client undergoing online counselling. She also addressed the issues and special features of therapeutic online communication which focused a lot on the willingness of the patient to engage in it, the provision of a conducive environment for sessions from home and appropriate ways of maintaining eye contact and other non-verbal cues. She concluded the panel session by reflecting on the flexibility and willingness to modify and adapt the treatment methods according to the current situation and also the importance of changing therapy methods in an ever changing human life and world. Soon after, there was a question answer session moderated by Dr. Surekha Chukkali, where the students had raised insightful questions and they were accurately answered by Dr. Brigitte.


The resource person for the second panel session of the conference was Dr. Sebastian Perumbilly. He is an associate professor in the area of Marriage and Family Therapy (MFT) program. He is also a Clinical Fellow and an Approved Supervisor of the American Association of Marriage and Family Therapy (AAMFT). Dr. Perumbilly's topic for the second panel session was on teletherapy including clinician self care, challenges, ethics, supervision and resources in the western context. He first gave an overview of the sessions which included the teletherapy experiences during COVID 19 from the view of both the psychotherapists as well as the clients in North America. He then walked through the techniques to improve teletherapy services as well as highlighting the importance of self care and coping. He explained the steps that a psychotherapist should ideally go through for conducting teletherapy and how teletherapy has its limits and a therapist must make a proper assessment of who can benefit from its services. Finally, he concluded the session by discussing the impact of COVID-19, focusing on the different reactions that a person can experience during an infectious disease outbreak and how the demand for psychotherapeutic intervention has grown during the pandemic.

The second panel session was also followed by an interactive question- answer session which included responses from both Dr. Sebastian Perumbilly and Dr. Brigitte Sindelar and was moderated by Dr. Surekha Chukkali. The questions were answered in a multicultural perspective by bringing in the viewpoints from North America, Austria and India. Dr. Elizabeth Thomas too poured in her insightful knowledge which helped enrich the whole session. The symposium ended with a beautiful vote of thanks was presented by Dr. Ridhima Shukla of Christ (Deemed to be University), Delhi NCR.



As a whole, the extensive session gave both students as well as professors a better insight into how the online medium of therapeutic intervention can be beneficial and efficiently used in the current and future times. Not only did it highlight the importance of adapting and changing the therapeutic techniques with the changing world, but it also shed light on the importance of balancing between serving others and taking care of one's self in the midst of the pandemic.

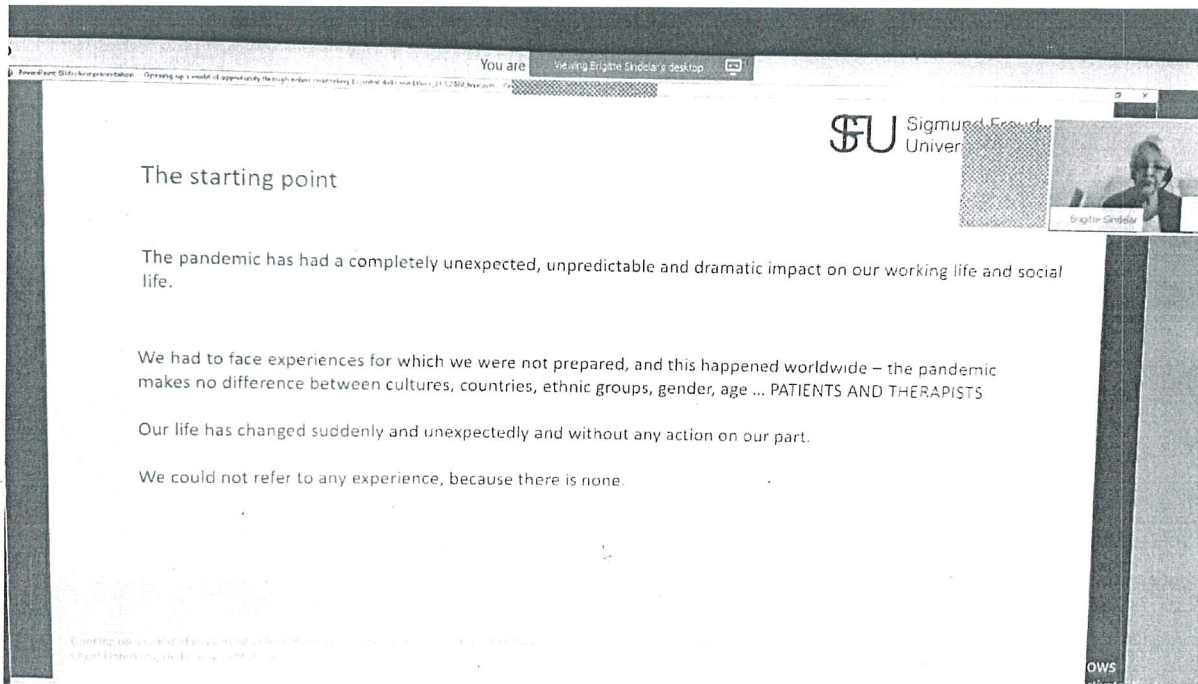
Sumera



CHRIST (DEEMED TO BE UNIVERSITY)
Department
of
Psychology
GHAZIABAD, INDIA

Appendix

Pictures from the E symposium



The screenshot shows a Zoom meeting window. At the top, it says "You are viewing Brigitte Sindler's desktop". The slide content is as follows:

The starting point

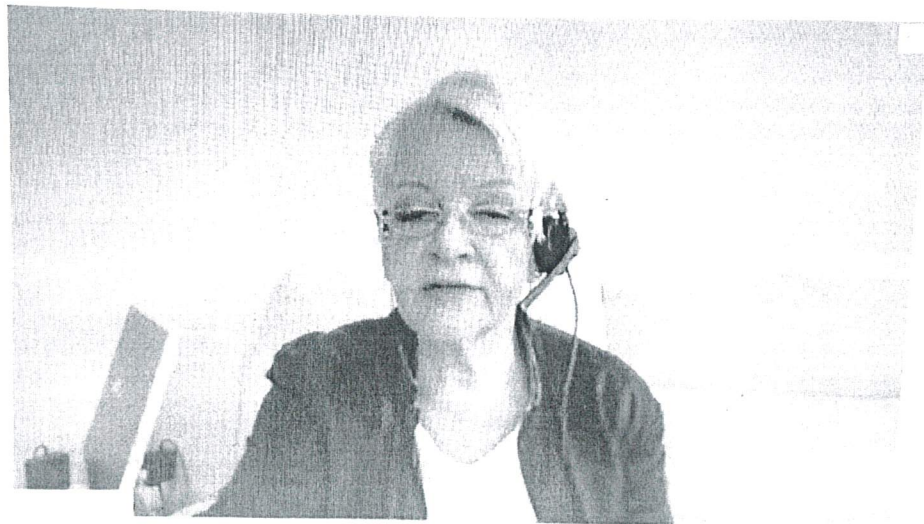
The pandemic has had a completely unexpected, unpredictable and dramatic impact on our working life and social life.

We had to face experiences for which we were not prepared, and this happened worldwide – the pandemic makes no difference between cultures, countries, ethnic groups, gender, age ... PATIENTS AND THERAPISTS

Our life has changed suddenly and unexpectedly and without any action on our part.

We could not refer to any experience, because there is none.

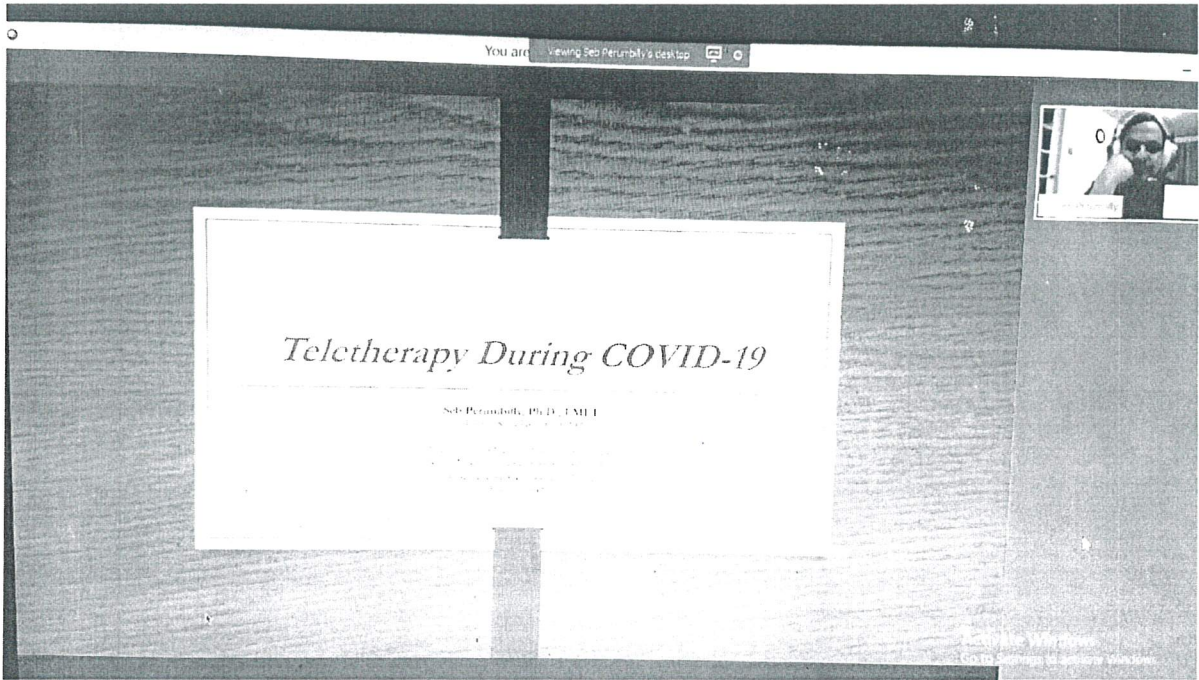
On the right side of the slide, there is a small video thumbnail of a person and the name "Brigitte Sindler". The Sigmund Freud University logo is visible in the top right corner of the slide.



Susan



You are viewing Seb Perumbilly's desktop



Teletherapy During COVID-19

Seb Perumbilly, Ph.D., LMFT



RIDDHIMA SH... (Host)

Seb Perumbilly

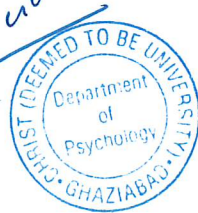
Angelle Sandoz

Elizabeth Thomas

Sarekha Chokka

1 / 80

Sevanti





Seb Perumbilly



Elizabeth Thomas

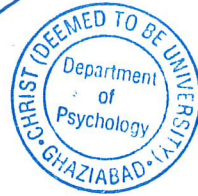


Elizabeth Thomas

Elizabeth Thomas

Elizabeth Thomas

Present



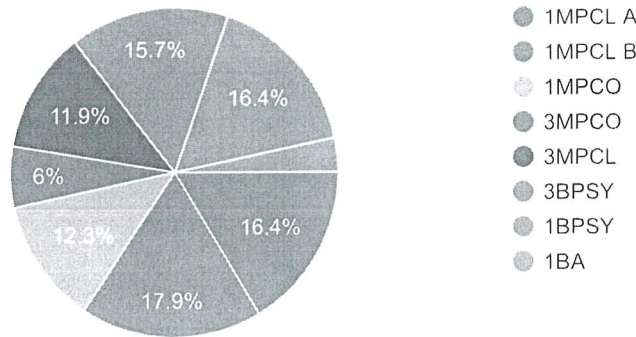
Opening Up a World of Opportunities through Online Counseling: Essential Skills and Ethics July 23, 2020

268 responses

Publish analytics

Class

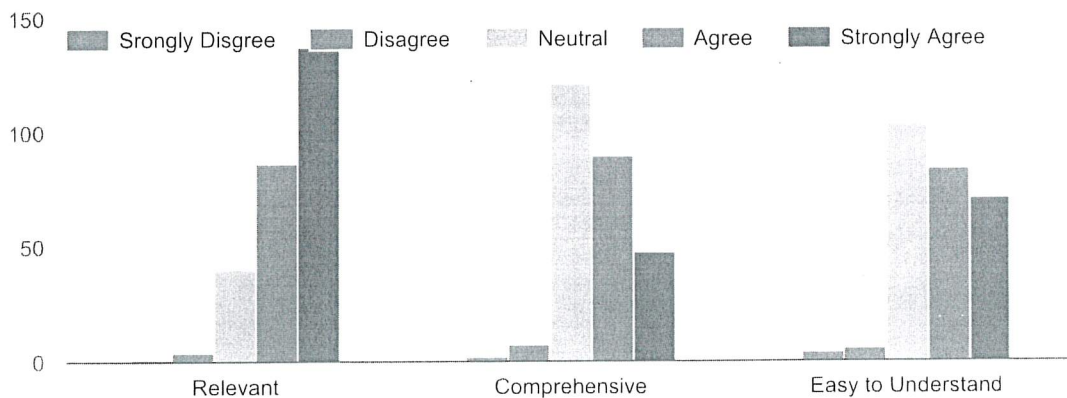
268 responses



Pass Section 14 (10/27/2020)



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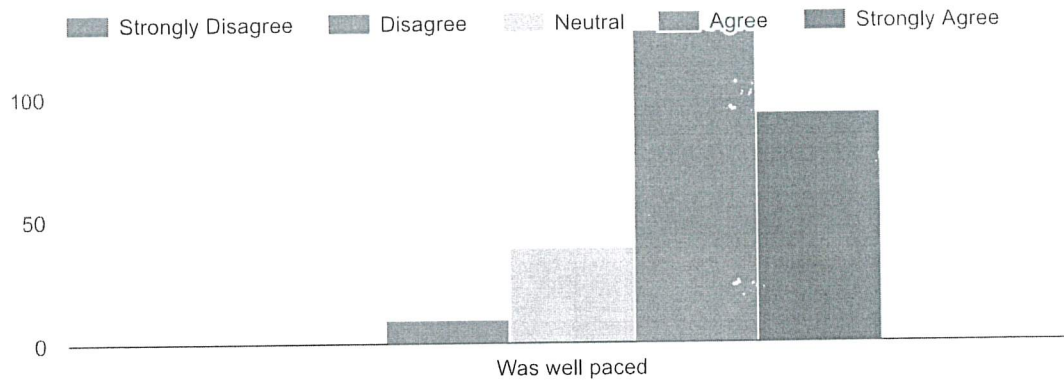




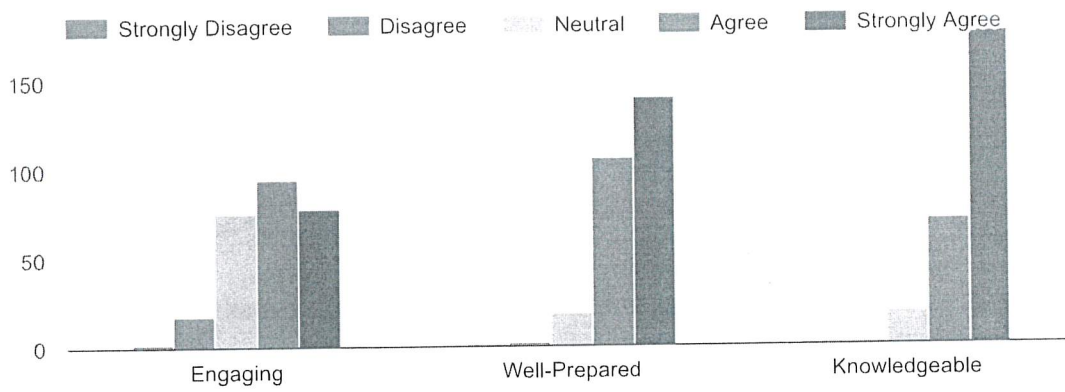
Suresh

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Department of Psychology
GHAZIABAD

The session was



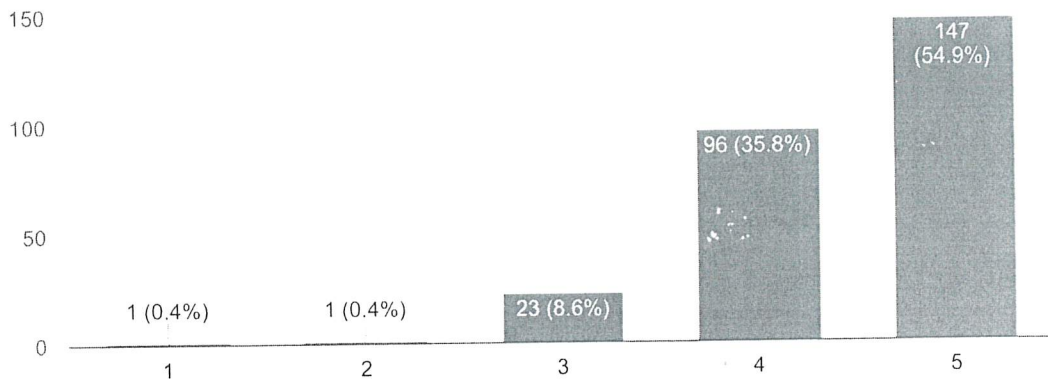
The panelist was



Cherry
Department of Psychology
CHRISTIAN UNIVERSITY
GHAZIABAD

The panelist provided adequate insights into global perspective

268 responses



What did you like best about this session?

268 responses

It was very informative

everything

Easy to understand

Everything

it was informative.

It was brief and covered overall scenario

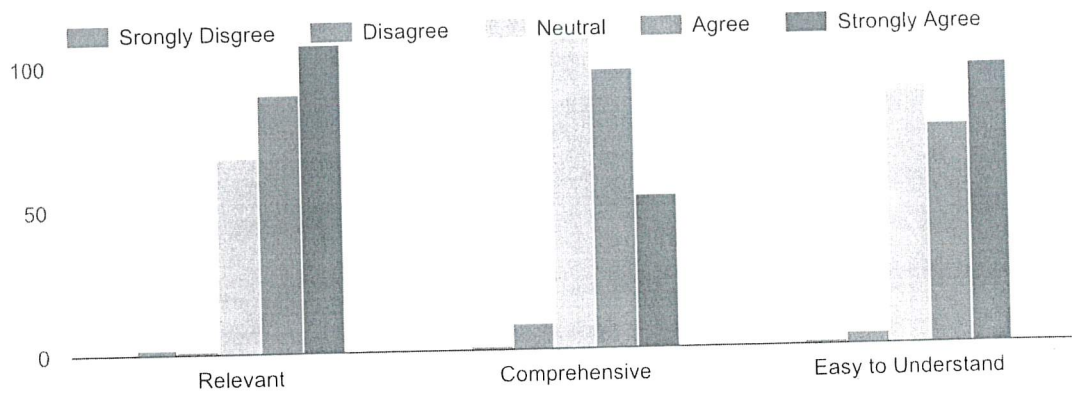
Well paced

Sherwin

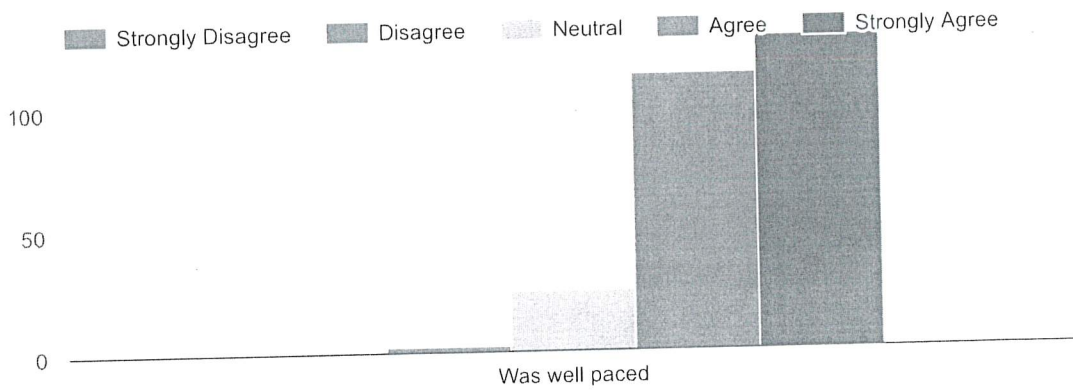
Panel Session II - Dr. Sebastian F. Umbigo



The content was



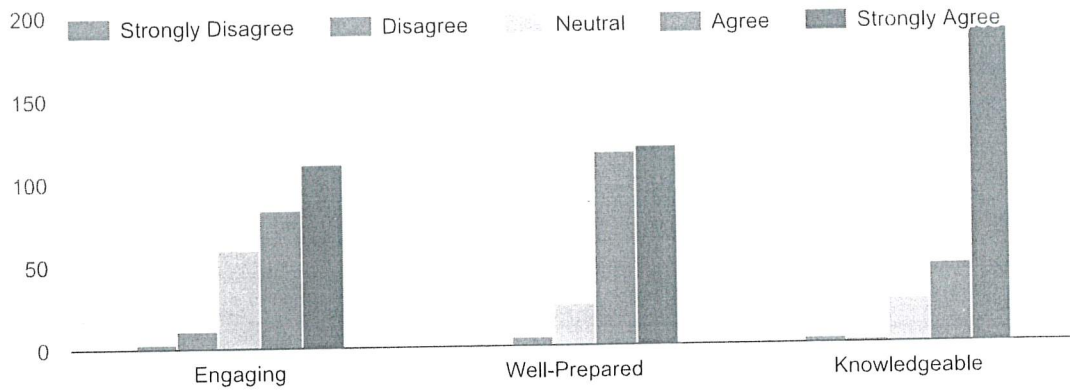
The session was



Surach

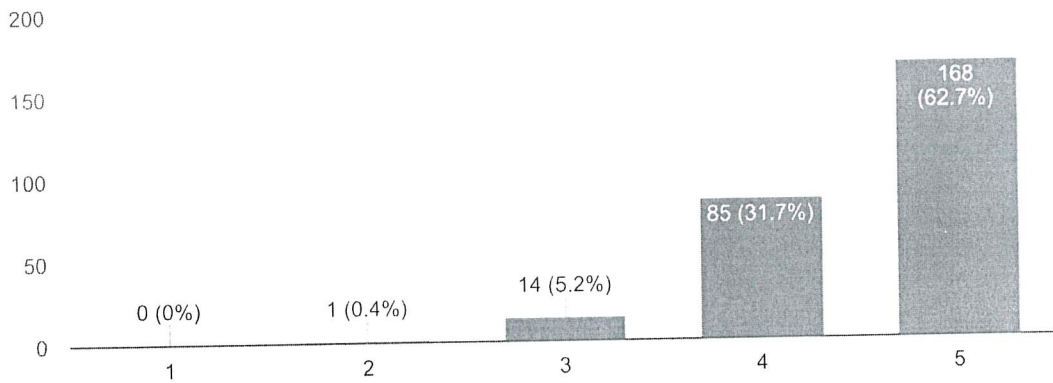


The panelist was



The panelist provided adequate insights into global perspective

268 responses



Surach
Department of Psychology
CHRIST DEEMED TO BE UNIVERSITY
GHAZIABAD



What did you like best about this session?

268 responses

-

everything

Knowledge

Everything

It was very informative


Very informative

Knowledge

.

very informative

Suray



Suggestions for topics which may be scheduled in future

268 responses

None

NA

nothing

Nothing

Practical case sharing or practical skills we actually apply

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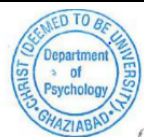
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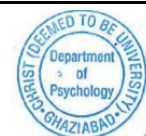
**E- Symposium on Opening up a world of opportunities through online counselling:
Essential skill and ethics
23 July 2021
Participants List**

S. No.	Name of the Participant
1	Aakash Gurbani
2	Aaron Gandrapu
3	Aarti Belani
4	aastha mehra
5	Abdul Bari
6	Abhilasha Dhariwal
7	aditi bansal
8	Aditi Neema
9	Aditi Rastogi
10	Aditi Shankar
11	Aditya Singh
12	Afeefa Rafath
13	Agrima Singh
14	Aishani Rao
15	Aishwarya Cherian
16	Akancha Srivastava
17	Akanksha Anand
18	Akhil Jacob
19	AKSHITA ARORA
20	Amal VJ
21	Amola Bansal
22	Amoolya Anand
23	Amrita Ghosh
24	Amritha Joseph
25	Amy Benjamin
26	Anagha Parameswaran
27	Ananya Agarwal
28	Ananya Dixit
29	Anchita Kumar
30	Andrew Bastian
31	Aneesha Verma
32	Aneile Rose
33	Angela Mathias
34	Anika Tyagi
35	Anise Kullu



Surabhi

36	Anisha Basu
37	Anisha Giny
38	Anisha Sarma
39	Anjali banerjee
40	Anjali Dhama
41	Anjali Mutreja
42	Anjali Sharma
43	Anjana A
44	Anjana Sunil
45	Anjani Sharma
46	Anjuli Negi
47	Ankit Satija
48	Ankita Chakraborty
49	Ann Mary Jacob
50	ann varghese
51	Anna Esther Abraham
52	Anna Maria Joseph
53	Annika Vajpeyi
54	Anoushka Ghosh
55	anshika singh
56	Anshu Makol
57	Anubha Chakraborty
58	Anubhuti Kansal
59	Anukriti Kaushik
60	Anuradha Singal
61	Anushka Mona Mittal
62	Anuska Mitra
63	Anuya Patil
64	Aparajita Ghosh
65	Aparna Singhal
66	Apoorv Aggarwal
67	Aranya Aahna
68	Archana Bhattacharyya
69	Areej Khalid
70	Arpita Varghese
71	Arshita Pathak
72	Arushi Kataria
73	Arzoo Singh
74	Asheve Nair
75	Ashima Sahore
76	Ashly Abraham
77	Aswani Damodaran
78	Athul Raj



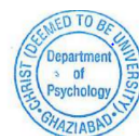
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79	Atulya kharbanda
80	Ayna John
81	Ayub Ahmed
82	Ayush Rana
83	Ayushi Bajaj
84	Ayushi Banerjee
85	ayushi Dagar
86	Ayushi Kashyap
87	Ayushi Singh
88	Ayushi Udawat
89	Babita kaushik
90	Barkat Dhillon
91	Beauty Chaurasiya
92	Betty Varghese
93	Bhakti Asopa
94	Bharathi S
95	Bhavesh Tyagi
96	Bhavika Arora
97	Bhavika Bhambri
98	Bhavya Nimesh
99	bhawna chaudhary
100	Blessy Benny
101	Brigitte Sindelar
102	Carolyn Xavier
103	Chandini Potnuru
104	charu Singh
105	Charvi Sethi
106	Chelsea Dean
107	Cherie Bhatt
108	Chesta Dev
109	CHHAVI SINGH
110	Christena Joyce Jayabalan
111	Christina Sara Deepak
112	Dakshita Pathak
113	Damini Yadav
114	Debjani Chatterjee
115	Debopriya Sen
116	Deeksha Verma
117	Deepanshi Nigam
118	deepika chamoli
119	Devanshi Agrawal
120	DEVASHI GUPTA
121	Devika Bharany



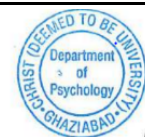
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122	Devika Singh
123	Diksha Singh
124	Disha Arora
125	DIVIJA KANWAL SOIN
126	Divya Ballal
127	Divya Iyengar
128	Divya Panchal
129	Divya Raghav
130	Divya Shaiju
131	Divyani Taluja
132	Diya J Thaj
133	Dona Mathew
134	Dr.Kritika Rastogi
135	Elizabeth Thomas
136	Esther Paul
137	Fairen Freddy
138	Fr Viju P. Devassy
139	Gaanapriya. S
140	Gargi Shukla
141	Garvita Dang
142	Gaurav Wahi
143	GEETHIKA PILLAI
144	Geetika Dhona
145	Gopi krishna
146	Gunjan Aggarwal
147	Hannah Anand
148	Haran R P
149	harguneet kaur
150	Harsha V
151	Harshita Agarwal
152	Harshita Chandrasekaran
153	HARSHITA KHANDUJA
154	Heena Pahuja
155	himanshi joshi
156	Hritrishna Das
157	Ida Varghese
158	Iglat Joseph
159	Ipshita Bishoyi
160	Iram Fatima
161	Ishaani Garg
162	Ishika Arora
163	Ishita Goel
164	Ishita Goyal
165	Jahnvi Murali
166	Jahnobi Roy
167	Jaison David



Surinder

168	Janani Balaji
169	Jashashree Jena
170	Jasprit Kaur
171	Jay Matolia
172	Jayantika Kalani
173	JEWEL ANNA MANOJ
174	Jhilmil Rathore
175	Jincy Mol G
176	Jolene Pereira
177	Jyotsana Kaur
178	Kajal Tyagi
179	kamya sridharan
180	Kangkana Das
181	Karan singh
182	Karen Isaac
183	Ketaki Singh
184	khaasvi m
185	Khushali Kumar
186	khushi agrawal
187	Khushi Jain
188	Khyati Choudhary
189	Kirti Singhal
190	Kumar Kumar
191	Kushneet Sachdev
192	LAKSHMI J B
193	Lalit Dulal
194	Lalrinkima Hnialum
195	M DIVYABHARATHI
196	Madhusudhanan Kannan
197	mahika anand
198	Mahika Pillai
199	Mahima Singh
200	Mahita T R
201	Malavika Parameswaran
202	Malvika Tandon
203	Manasi -
204	Manasi Badekar
205	Manasi Chaturvedi
206	Manasvini Arun
207	Manju 19214030
208	Manmeet Kaur
209	manushi parwani
210	Mareena Wesley
211	Martha Mariya Jose
212	Medha G
213	Meera Rawat
214	Megha D Prasad
215	Megha Oram
216	Mehak Gupta



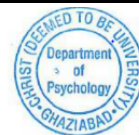
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218	Mehak Pavi
219	MEHAR SEHGAL
220	Mehr Bindra
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223	Mitali Temurnikar
224	Modi Modi
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234	Muskan Tuli
235	Nafisa Sadiq
236	Nair Shravya Sunil
237	Nalini Malaviya
238	Nandini Balachandran
239	Nandita Nair
240	Nayan-Tara Krishnan
241	Neena George
242	Neha Khilwani
243	Neha Nair
244	Neha Nanda
245	Neha Nimbale
246	Neha Pasupuleti
247	Neha R
248	Nidhi Menon
249	Nidhi Verma
250	Nikhitha Balakrishnan
251	Nikita Gaba
252	nikita tiwari
253	Nishita Srivastava
254	Nithya Johnson
255	Nivedita Moorthy
256	Niyam Shyjo
257	Niyati Bagla
258	Nupur Goyal
259	Oeshi Ghosh
260	Oishani Dutta
261	Olivia Sabu 19214037
262	P.Kavya Reddy
263	Padma Rajesh
264	Paidi Pranathi
265	Pakshalika 19214038



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266	Palak Bissa
267	Palak Gupta
268	Palak Misra
269	Pallak MANNAN
270	Pallavi Madan
271	Pallavi Nohani
272	Paridhi Rastogi
273	Parth Gandhi
274	Parul Pushkarna
275	Patni Patni
276	Pinal Sawansukha
277	Poorva Pal 19214040
278	Poorvi Chaudhary
279	Prakshi Rawat
280	PRARTHNA VASAN
281	Pratap Chandru. J
282	Prathana Dhawan
283	Prince Thomas
284	Princy Chacko
285	Pritanshi Jeswani
286	Priti Punwani
287	PRUTHA KOTHARI
288	Punya Bhasin
289	Pushpavani.S Pushpavani.S
290	R Krishnanunni
291	Rachel Dutta
292	Rachna Aravind
293	Radhika rajput
294	raghnya kaul
295	rahul pm
296	Rahul V Krishnan
297	Ramsha Aijaz
298	Rashi Bhatia
299	Rashi Shukla
300	Rashika Gupta
301	Rashmi Ajaykumar Dharamshi
302	Rashmi Suresh
303	Raunak Singh 19214042
304	Rehana Chhaware
305	Rex Reuban
306	Reyan Khan
307	Ria Subroi
308	RICHIE SIKRI
309	Riddhi Shah
310	Ridhi Pugalia
311	RIDHIMA SHUKLA PSYCHOLOGY (NCR)
312	Rishrity Hazarika
313	Ritu Tom
314	Rituparna Nath



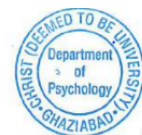
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321	Saadat Izaz
322	saadiquah zarreen
323	saashi chauhan
324	SABU JOHN A PSYCHOLOGY (NCR)
325	Saeesh Deshpande
326	SAHANA DAS
327	SAKHI JAKHADE
328	sakshar sahitya
329	Sakshi Sridhar
330	Saloni Srivastava
331	Saloni Tandon
332	Samiksha Sethia
333	Samina Amin
334	Sampada Deshpande
335	Sanadana Saravanaraj
336	Sandra Roy Thekkekara
337	sangeeta 19214048
338	SANGEETA YADAV Psychology
339	sanjana abrol
340	Sanjana Kishore
341	Sanjana Singh
342	Sanjna Shukla
343	Sankalp Gupta
344	Sanskriti Joshi
345	Sanya Agarwal
346	Saumya Narain
347	SAURABH DOOMRA
348	Savarni Pant
349	Sayma Fatima
350	Seb Perumbilly
351	SEERAT JUNEJA
352	Sehaj Kaur Bedi
353	Senisha Angel Beck
354	Sermalin Teronpi 19214053
355	Shaarang Majumdar
356	Shaily Sharma
357	Shamayita Datta
358	Shambhavi Agrawal
359	Sharqua Warsi
360	Shaurya Gahlawat
361	Sherin Sabu
362	Sherry Mariam John
363	Shikha Sinha



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364	Shivangi Gupta
365	SHIVANI BARWA
366	Shivansh Suneja
367	shivika bajpai
368	Shradha Harit
369	Shravani Agrawal
370	Shreemayee Ray
371	Shreya Avirneni
372	Shreya Batra
373	Shreya Gakhar
374	Shreya Kerketta
375	Shreya Malik
376	Shristi Ostwal
377	Shristi Sampat
378	Shriyaa Bhargava
379	shruti bahri
380	Shruti Bose
381	shruti dua
382	Shubham Bhardwaj
383	Shubhangi Johari
384	Shweta Ahirwar
385	Siddhi Sagade
386	Simonell Marshall
387	Simran Bhuta
388	simran kaur
389	Simran Sahni
390	Simran Sharma
391	Simran Singh
392	Smruthi P
393	Sneha Chandy
394	Sneha Saha
395	Sneha Sanjay Kumar
396	Sneha Shivarajan
397	Sneha Soji
398	Sohini Palit
399	Sonakshi Nayar
400	SONALI CHATTERJEE
401	SONALI SINGHAL
402	Sravya Kalagarla
403	Sree aiswarya V
404	Sreyas R Nair
405	Srinithi Raghuraman
406	Srishti Jindal
407	Srishti Malhotra
408	Sristi Banerjee
409	Srividya Anand
410	sthiraa sekar
411	Stuti .
412	Stuti Kalra



Handwritten signature

413	Stuti Rawat
414	Sugithaa Paraman
415	Sukirti .
416	Sukoon Arora
417	Sukreety Gupta
418	Sulipi Biswas 19214063
419	Sumaiya Shams
420	Suneha Saran
421	Surekha Chukkali
422	Swaathylakshmi M P
423	Swarnima gupta
424	Swati Gupta
425	SWATI PATHAK Psychology
426	Swetapadma Narayani Acharya
427	T.Samuel John
428	Tamanna Nafis
429	Tanisha 19214065
430	Tanisha Gupta
431	Tanjilla Islam
432	Tanjul Kumar
433	Tanmaya Arora
434	Tanvi Mahajan
435	Tanvi Minhas
436	Tanvi Trivedi 19214067
437	Tanya Antony
438	TANYA SADIZA
439	Tanya Sharma
440	Tarana Meher
441	Tarusha Munjal
442	Tena P
443	Tesna Abin
444	Thomas Thomas
445	Tia Chopra
446	Treasa Thelliyil Augustine
447	Tripti Singhal
448	Tweesha Chhatbar
449	udisha .
450	Unnati Khanna
451	Vaisakh Vinod Kumar
452	Vaishnavi Agarwal
453	Vani Bhardwaj
454	Vania Jone
455	VANSHIKA PAHUJA
456	Vanshita Lodwal
457	Vardhini Krishnamurthy
458	Varghese John
459	Veena Singh
460	Vidhi Ghai
461	vidhi sharma



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462	Vidushi Vidushi
463	Vinothini M
464	Virakshi Garg
465	Vishwesh Kapoor
466	VRINDA SAINI
467	Vriti Sarna
468	vritika mehta
469	William Ngamminlen Baite
470	Yamini Sharma
471	Yamy Jain
472	yashashvi pakkal
473	YASHASVIE BHARDWAJ
474	Yukti Jain
475	Yukti Malik
476	Zainab Batool



Surabhi