

PSYCHOEDUCATION

July 28 - 30, 2020

Organised by
The Department of Psychology, Loreto College
(An IQAC Initiative)

SPEAKERS:

July 28, 2020

Topic: Psychological First Aid
Time: 6:30 PM - 7:00 PM



Dr. Prasanna Kumar Roy
Head, Department of Clinical Psychology
Institute of Psychiatry, Kolkata

July 29, 2020

Topic: Mental Health Literacy
Time: 4:30 PM - 6:00 PM



Dr. Sreemoyee Tondel
Coordinator and Assistant Professor, Department of Psychology
West Bangal State University, Dumai

July 30, 2020

Topic: Ethics in Psychology
Time: 4:00 PM - 5:30 PM



Dr. Pooja Mishra
President of Indian Psychological Society
and former Principal of Pehune College

Session will be held over Google Meet
Participants must join the meeting room 15 minutes early
with their videos and microphones switched off

PSYCHOEDUCATION

28.07.2020 - 30.07.2020

Department of Psychology

Loreto College

Kolkata

Overview

Webinar 1 - Psychological First Aid - 28.07.2020; 3:00 - 4:30 pm - Dr. Prasanta Kumar Roy

Webinar 2 - Mental Health Literacy - 29.07.2020; 4:30 - 6:00 pm - Dr. Sreemoyee Tarafder

Webinar 3 - Ethics in Psychology - 30.07.2020; 4:00 - 5:30 pm - Dr. Pushpa Mishra

Learning Objectives

1. Psychoeducate the existing 3 batches of Psychology Honours undergraduate students about Psychological First Aid - a relevant mental health care tool in psycho-social emergency.
2. Psychoeducate the existing 3 batches of psychology honours undergraduate students about the knowledge and beliefs about mental disorders which aid their recognition, management or prevention.
3. Present the understanding, significance of Ethics in the mental health profession.
4. Give hands on practical guidelines as far as possible via online mode about the above topics.

Learning Outcomes


I. Webinar 1: Psychological First Aid

The students got a thorough introduction about the use, scope, basic guidelines, training possibilities and future resources on the topic.

They gained an understanding that providing help is essential but knowing your own capabilities and limits and training yourself in the field is as essential.

II. Webinar 2: Mental Health Literacy

The students came to understand the significance and nuances of a much neglected subject matter.



They learnt that Mental Health is not limited to disease and disorders but is a requirement in simple everyday life activities.

III. Webinar 3: Ethics in Psychology

The students were given an overview with examples and practical life scenarios on imparting the correct information about mental health issues.

They learnt how to refrain from misdiagnosing/overdiagnosing mental health issues within themselves and in others around them.