



University of Madras
Department of Counselling Psychology

Cordially invites you to
Three Day Intensive Workshop

“ACCEPTANCE AND COMMITMENT THERAPY
&
DIALECTICAL BEHAVIOR THERAPY”

by

Aarthi Selvan

NCC (USA) and Clinical Psychologist, Pause for Perspective, Hyderabad Certified
Mindfulness Based Symptom Management Trainer- Ottawa Mindfulness
Clinic, USA.

1st to 3rd February, 2019.

Venue

F – 50 Hall

**University of Madras,
Chepauk, Chennai.**





About the Speaker

Aarathi Selvan, NCC(USA), MPhil (Cl.Psy) is a Clinical Psychologist and a National Certified Counselor in the US. She is a certified Mindfulness Based Symptom Management teacher from the Ottawa Mindfulness Clinic and also a Mindfulness Self Compassion (MSC) practitioner. She is the founder of



Pause for Perspective- a Mental Health and Well-being organization in the city of Hyderabad. Besides seeing clients in her practice she also leads 8 week Mindfulness programs as well as trains mental health practitioners in Mindfulness Based Psychotherapy program that is jointly conducted by Pause for Perspective and Ottawa Mindfulness Clinic, Canada. Additionally, she is a faculty at St.Francis Degree College in Hyderabad and a consultant and supervisor for several practitioners in Hyderabad.

3 Day Intensive Workshop

**“Acceptance and Commitment Therapy
&
Dialectical Behavior Therapy”**

REGISTRATION FORM

Name:

Designation:

Institute:

Contact Number:

Email address:

Registration Fee (Inclusive of Lunch and Kit)

| Category | Amount (Rs.) |
|------------------|---------------------|
| Student | 1000/- |
| Research scholar | 1500/- |
| Professionals | 2000/- |

Mode of Payment (tick one) : Cash / NEFT (Paytm payments will not be accepted)

Details of Online transfer

Transaction Reference :

Transaction date:

Details for NEFT

Account Number: 36569274128

Account Name: The Head i/c. Dept. of Counselling Psychology

Bank Name and Branch: State Bank of India- Madras University, Chepauk.

IFS Code: SBIN0002234

MICR Code: 600002026

Signature

The filled in Registration form must be emailed to psyconide@gmail.com (or)

Submitted to the Department of Counselling Psychology, University of Madras, Chepauk, Chennai –05.

For further details regarding registration

Email: psyconide@gmail.com

Call: 044-25399878 / 044-25399879