



University of Madras

Department of Counselling Psychology

CORDIALLY INVITES YOU TO THE

Mental Health Program Series

One day workshop on

“ESSENCE OF COGNITIVE BEHAVIOUR THERAPY- AN EXPERIENTIAL LEARNING”

by

VARSHA SWAMY

Counselling Psychologist

Certification in CBT, Beck's Institute for Cognitive Behavior Therapy, Pennsylvania, USA

On

9th November 2018 from 10 am to 3:30 p.m.

Venue

DIAS HALL,
Department of Criminology
University of Madras,
Chepauk, Chennai

Programme Convenor

Dr.S.Thenmozhi

Associate Professor and Head i/c
Department of Counselling Psychology
University of Madras.

Spot Registration Rs. 500/-
044-25399878



About the speaker



Varsha Swamy is an organized, empathetic and proficient psychologist with 4 years of therapeutic and sexual health experience working in private practice. She is a certified Cognitive Behaviour Therapist from Beck's Institute for Cognitive Behavior Therapy, Pennsylvania, USA. She does virtual consultation via Skype providing one on one psychological care for clients presenting issues related to sexual health, marriage and relationship discord, parenting, adoption difficulties and clinical mood/ anxiety disorders. She has clients globally from Abu Dhabi, Singapore, France, Germany, Switzerland, USA and India.

She completed her under graduation and post-graduation in Psychology from WCC, Chennai. She ranked first in her PG examination. She served as the Organizing Committee President of Trainee Relations, managing foreign-exchange interns placed in various companies around Chennai in 2009. She was elected as a Chairperson of Rotaract and organized rallies, debates and cultural activities for socially relevant causes.

She has appeared in numerous print and visual media such as Mangaiyar Malar, The Times of India, The Indian Express, Adyar Times and Thanthi TV for expertise in areas on sexual health, marriage counseling and adoption counseling. She has co-authored the chapter of a book, "Sexual Dysfunction and Infertility", Male Infertility - Principles and Practice; Springer Publications 2016. Varsha's core belief is about sharing knowledge and she is passionate to facilitate guest lecture and workshops.

