

Sacred Heart College (Autonomous), Tirupattur - 635601
Department of Counselling Psychology
Workshop on Hypnotherapy

We the second year students of M.Sc., Counselling Psychology along with ten students of MSW went to Fountain Institute of Counselling and Psychotherapy, Sundampatti, Krishnagiri District to attend a residential certificate course on Hypnotherapy from 21st to 24th January 2021. Rev. Dr. I. Joe Sanjay OFM Cap, Prof. Arul Prabakar and Rev.Sr. Sumi accompanied the students.

Rev. Fr. Arul Xavier OFM Cap the Rector of the community and the animator of the workshop enriched us with his erudite scholarship. His sessions were simple yet profound. He gave a clear and distinct orientation on topics related to modern mind, critical mind and primitive mind and how these factors play a vital role in forming the unconscious mind. What excited the most was the hands on experience we had on Hypnotherapy. Apart from the theoretical sessions we were taught how to administer hypnotherapy through live demos. Then we were given opportunity to practice the skill we learnt. This course made us to understand the nature and dynamics of hypnotherapy and cleared the misconceptions that we had earlier. We also had recreation in the evenings where we were able to interact and relate with people from different walks of life.

We the students of M.Sc., Counselling Psychology and MSW extend our heartfelt thanks to our Rector, our Principal, the Heads of the Department and Professors for giving us an opportunity to participate in this workshop.

