

Department of Social Work
Training of Trainers on Parenting Skills Development

The Dept. of Social Work, organized 3 days (18hours) of training on parenting skills development from 27th -29th January, 2014. The objective of the workshop was to train professionals in mental health as well as public health to be trained in parenting skills development and to help parents and children in strengthening parent child relationship. 21 professionals from various parts of India took part in the training. This training was organized in partial financial support of Indian Council of Medical research (ICMR), New Delhi. Sessions were taken by Dr Shoba Srinath, Dean Division of Behavioural Science, NIMHANS, Bangalore, Dr R Parthasarathy, Professor of Psychiatric Social Work, NIMHANS, Dr Ahalya Raguram, Professor of Clinical Psychology and family therapy, NIMHANS, Dr Sojan Anthony, Head of Clinical Social Work, Narayana Health, Bangalore, Ms Rugmini Krishna, Counselor, Christ School Bangalore, Dr Tony Sam George, Head of Psychology, Christ University, and Dr Bino Thomas, Asst. Professor of Social Work, Christ University.

The training sessions included pre requisites for being a parent, understanding of challenges of parents in various family life cycles, healthy as well as unhealthy child rearing practices, disciplining procedures, and skills enhancement in assessing parenting difficulties, altering issues in family interactions, managing parental stress and developing parent education programmes. The workshop was well taken by the participants. We thank Christ University management and superiors for the support and encouragement.

