



Indian इत्तहादी
इत्तानातह ऑर ओमान

BOARD OF DIRECTORS INDIAN SCHOOLS OMAN

Cordially welcomes
Students, Teachers and Parents
of Indian Schools in Oman to a Webinar on
'Mind Matters – Bloom Within'
to mark the World Mental Health Day

Saturday, 10th October 2020
6:00 p.m. to 7:00 p.m.

Link: <https://youtu.be/IXTsBaiEYXw>

Speakers:

Professor Windy Dryden

CBT Therapist, Trainer, Academic and Writer

Emeritus Professor of Psychotherapeutic Studies at Goldsmiths University of London, experience in the field of counseling and psychotherapy since 1975. One of the first people in Britain to be trained in Cognitive Behaviour Therapy, Professor Dryden has trained therapists in many countries including Britain, USA, South Africa, Turkey and Israel. Professor Windy Dryden will be speaking on 'Single Session Therapy: Providing Help at the Point of Need'.



Dr. Ruchi Dubey Chaturvedi

Vice Principal (Arts Faculty) & Associate Professor, Department of Psychology, Jai Hind College, Mumbai.

Dr. Ruchi is the Secretary and Executive Committee Member of Bombay Psychological Association since 2018 and former President of Indian Association of Life Skills Association, Maharashtra State Chapter (2016-2018). Dr. Ruchi Dubey Chaturvedi will be speaking on 'Causal Factors & Treatment of Mental Illnesses.'



Ms. Preetha Madhavan

Happy Kid Clinic Muscat

Counselling Psychologist with over nine years of experience in working with children and adolescents in Oman and Australia both schools and private practices. Ms. Preetha is a member of both the Australian Health Practitioners Registration Agency and Ministry of Health, Oman. She will be speaking on 'Creating Awareness and Enhancing Acceptance of Counselling and Mental Health Interventions.'

