



# Mindward Therapy Services

Mindward Centre, S192, Lower Ground Floor, Greater Kailash 1, New Delhi 110048

***Normalising Conversation about (and around) mental health;***

## **Workshop: Use of Trauma Informed Care in Psychotherapy**

**Venue:** Online (Zoom Link will be shared with Registered Participants)

**Date:** 29th September 2024, Sunday

**Time:** 10am to 2PM

### **Charges:-**

Rs. 2500/- for working professionals

Rs. 1500/- for students

Individuals joining in groups of 4 and above are eligible for 15% discount (Contact Ms Vrinda +91 97171 27723 OR email at [activities@mindward.in](mailto:activities@mindward.in) for the same)

Registration Link: <https://forms.gle/eCVUYnXsrWKQg91t6>

### **Who is it for?**

- Psychology Students and Professionals
- Social Workers, Professionals working with Vulnerable Population
  - Special Educators
  - Other Mental Health Professionals such as Psychiatrists
- Paramedical professionals such as Occupational Therapists, Physiotherapists etc
  - Anyone else who is actively working with Survivors of abuse/violence or vulnerable population

## Course Description

The "Use of Trauma-Informed Care in Psychotherapy" workshop is designed to equip professionals, masters students and beginner therapists with foundational knowledge and practical skills to incorporate trauma-informed care (TI) into their therapeutic practice. Curated from evidence-based research and updated literature, this course addresses the gap between conventional therapy approaches and the increasing need for trauma-sensitive interventions.

Participants will gain an understanding of key concepts in trauma-informed care, including operational terms, the neurobiology of trauma, and essential techniques for trauma-sensitive practice. The workshop focuses on practical skills such as taking trauma-informed case histories, applying stabilization and grounding techniques, and addressing challenges in integrating trauma-informed care into daily clinical interventions.

---

## Course Objectives:

Curated based on evidence-based research and updated literature in the field, this workshop aims to provide participants with the foundational knowledge needed to incorporate trauma-informed care (TI) into their practice. The specific learning objectives include:

1. **What is Trauma:** Understanding the meaning of "Trauma-Informed" in mental health and learning key operational terms.
2. **Psychiatric Lens to Trauma Lens:** Developing the ability to view psychiatric signs, symptoms, and diagnoses through a trauma-informed lens.
3. **Neurobiology:** Gaining a basic understanding of the neurobiology of trauma, including its impact on brain and behavior.
4. **Phases in Trauma Informed Interventions:** Learning how Case history taking is different conventional therapy and Stages described by Judith Hermann
5. **Integrating TI Care in Practice:** Learning how to integrate trauma-informed care into existing therapeutic practices.
6. **Challenges in Practice:** Addressing common challenges faced when shifting from conventional practices to trauma-informed care.
  7. **Skill Building Part 1:** Building skills in grounding, stabilization, and psychoeducation for trauma recovery.
8. **Skill Building Part 2:** Acquiring self-care strategies to maintain professional well-being while practicing trauma-informed care.
  9. **Practitioners Perspective:** Engaging in live Q&A with experts to deepen understanding and clarify concepts.

---

## Course Outcomes (Practical Skills Participants Will Gain):

By the end of the workshop, participants will be equipped with practical skills and insights that they can immediately apply to their practice, including:

1. **Differentiation Between Approaches:** Participants will be able to clearly distinguish between trauma-informed approaches and trauma-focused interventions, understanding their different uses and applications in therapy.
2. **Incorporating TI into Practice:** Participants will learn how to integrate the basics of trauma-informed care into their daily clinical work, offering a more sensitive and effective therapeutic environment for clients.
3. **Foundation for Further Learning:** The workshop will provide a foundational understanding for participants who wish to further upskill in specific trauma-focused approaches, including trauma-sensitive case history-taking, neurobiology of attachment and attunement, and detailed techniques in stabilization and grounding strategies.
4. **Understanding Neurobiology:** A key takeaway will be the ability to explain the basics of how trauma impacts the brain and how this translates into behavioral symptoms, allowing for more informed and empathetic care.
5. **Grounding and Stabilization Techniques:** Participants will leave the workshop with actionable grounding and stabilization strategies they can use to help clients feel safe and calm before engaging in deeper trauma work.
6. **Managing TI Challenges:** Participants will gain practical insights into addressing the challenges that come with integrating trauma-informed care into conventional therapeutic settings.
7. **Self-Care:** Practitioners will also learn self-care techniques to prevent burnout and compassion fatigue while working with trauma survivors.

These skills will enable participants to be more effective, empathetic, and trauma-aware in their professional roles, setting the stage for deeper, more specialized learning in trauma-informed approaches.

---

Registration Link: <https://forms.gle/eCVUYnXsrWKQg91t6>

---

# Meet The Facilitators

## Preeti Pandey



Ms. Preeti is an **RCI Registered Clinical Psychologist** in Noida, Uttar Pradesh with over 8 years of professional experience. She has an **MPhil in Clinical Psychology from Central Institute of Psychiatry, Ranchi**, and is currently pursuing a **PhD** to further enhance her expertise in mental health. She is **certified in EMDR Levels 1 and 2 by the EMDR Association India** and **Dr. Laurel Parnell's Attachment-Focused EMDR** from PESI UK. Her clinical expertise encompasses complex trauma cases, PTSD, personality disorders, and various other mental health challenges. She has served as an **Assistant Professor of Clinical Psychology at notable institutions such as SGT University, Gurugram, and Amity University, Noida**, and has also worked as a Clinical Psychologist at the Government Hospital in Muzaffarnagar, Uttar Pradesh. Currently, she is associated with YesMindy Mental Health Platform and offers both online and offline therapies. A skilled facilitator, she **leads trauma-focused psychotherapy workshops and has been a key speaker at RCI-accredited seminars on Trauma-Informed Care.**

Through her clinical practice, teaching, and ongoing research, she aims to facilitate transformative experiences that help people overcome past challenges and embrace their true potential. Additionally, she is dedicated to contributing to the creation of a well-equipped mental health task force, ensuring that mental health

professionals are adequately trained and supported to effectively address the diverse needs of their communities.

## Sudipta Majumdar



Ms Sudipta Majumdar, an **RCI Registered Clinical Psychologist** with 8 years of therapeutic experience, brings a wealth of expertise to her practice, **specializing in trauma-informed care**. She has completed extensive training, including a **Certificate in Trauma-Informed Therapy, EMDR Part 2 through the EMDR Association, India**, and advanced **Master Series in Treating Trauma** from NICABM. She is deeply committed to **integrating parts work and somatic approaches in her therapy** practice, reflecting her continuous interest in expanding therapeutic language and techniques. A lifelong learner, she is passionate about fostering healing and resilience in her clients.

# Mahika Sharma



Ms. Mahika Sharma is an **RCI Registered Clinical Psychologist** based in New Delhi, where she leads her private practice, Mindward Centre for Psychological Well-being & Research. She works alongside a team of Clinical and Counseling Psychologists, providing trauma-informed therapy. Mahika is **certified and trained in EMDR** (Eye Movement Desensitisation and Reprocessing). She also has attained training in **Neurobiology of Trauma** by NICABM. In addition to her clinical work, she is a **visiting faculty member at Christ University, Delhi NCR**, teaching master's students in clinical psychology, and is **actively involved in Gatekeeper Training for Suicide Prevention**.

She holds an **MPhil in Clinical Psychology from the Institute of Human Behaviour and Allied Sciences (IHBAS), Delhi University**, and is an alumna of Christ University, Bangalore. Mahika's therapeutic approach is deeply rooted in humanism, viewing individuals as more than their diagnoses and working to resolve underlying factors contributing to mental health concerns. She is committed to **ethical practice, cultural sensitivity, and trauma-informed care, and is a strong advocate for LGBTQ2+ affirmative and sex-positive therapy**.

Her practice emphasizes evidence-based interventions such as Person-Centered Therapy, Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), EMDR, parts work and body based attunement. Mahika is passionate about

normalizing conversations around mental health, viewing it as essential as discussions about physical health or daily topics like the weather.

Mahika has a wealth of experience, having worked with organizations such as Escorts Hospital and Cheshire Home India (Delhi Unit), where she headed the Mental Health for PWD Centre. She also consults with SOS Children's Village Adoption Program. Over the years, she has conducted numerous workshops on suicide prevention, stress management, smoking cessation, work-life balance, workplace bullying, gender sensitization, and more. Mahika has collaborated with major corporations and educational institutions such as HCL, IBM, VFS Global, and various schools and colleges.

---

Registration Link: <https://forms.gle/eCVUYnXsrWKQg91t6>

---

**+919560759305 | [activities@mindward.in](mailto:activities@mindward.in) | [www.mindward.in](http://www.mindward.in) | @[mindwardcentre](https://www.instagram.com/mindwardcentre)**