

# VILLA MARIE DEGREE COLLEGE FOR WOMEN

(AFFILIATED TO OSMANIA UNIVERSITY) SOMAJIGUDA, HYDERABAD

AN ISO 9001-2015 CERTIFIED INSTITUTION



*The Department of Arts (Psychology)*  
*Presents*



## GUEST LECTURE ON: PSYCHOLOGICAL THERAPIES: THEORY vs PRACTICE

**Date: 22nd September, 2022**

**Time: 9 am to 11 am**

**Target Audience: BA Psy II  
and III Years**

**Venue: Dr. APJ Abdul Kalam  
Auditorium**

**Dress Code: Formal Blazer  
Wear**



**Shirley Prathyusha**  
Psychologist, Behavioural  
Therapist at Pinnacles Autism  
Therapy Centre



**Rabia Mohammed**  
Consultant Psychologist at Chetana  
Hospital, Secunderabad  
Former Vice Principal & a Student  
Counselor at Slate-The School - Abids  
Entrepreneur - Founder of Toss & Mix



Dress Code: Formal blazer  
Wear



Shirley  
Psychol

tiva

THE THERAPIES:  
THEORY vs PRACTICE

Venue: Dr. APJ Abdul Kalam  
Auditorium  
Dress Code: Formal Blazer  
Wear



le D  
iated  
aj Bhavan Roa  
An ISO

HERAPY  
THEORY vs PRACTICE

Auditorium  
Dress Code: Formal Blazer  
Wear



Windows

9:16 AM  
9/22/2022



Formal Blazer  
ear



hammed  
logist at Chetana  
underabad  
cipal & a Student  
The School - Abids  
der of Toss & Mix



Marie

(Affiliated

#:6-3-1089, Raj Bhavan R

An IS

ENG

AM  
9/22/2022



+++ ✨  
**Psychologic  
al  
Therapies:** ♥  
**Theory vs  
Practice**  
+ ✨





# Psychological Therapies: Theory vs Practice



VILLA  
COLL  
Marie Degree  
Affiliated To Osm  
3-1089, Raj Bhavan Road, Somajiguda Hyder  
An ISO 9001:2015 C





# + Ages that are most prone to mental illness

48.4  
%


Under 18  
years old



Over 18  
years of  
age

62.5  
%



The image shows a woman in a patterned dress and green hijab speaking into a microphone on a stage. Behind her is a large projection screen. The screen displays a quote by Roald Dahl inside a yellow sunburst shape. To the right of the quote is an illustration of a man in a purple shirt holding a broken yellow heart. The background of the slide includes a large yellow leaf, blue clouds, and a white spiral. The text 'Activate W' is partially visible at the bottom right of the slide.

If you have good thoughts, they will shine out of your face like sunbeams and you will always look lovely!

Roald Dahl

Activate W  
to in situ



# Psychological Therapies: Theory vs Practice



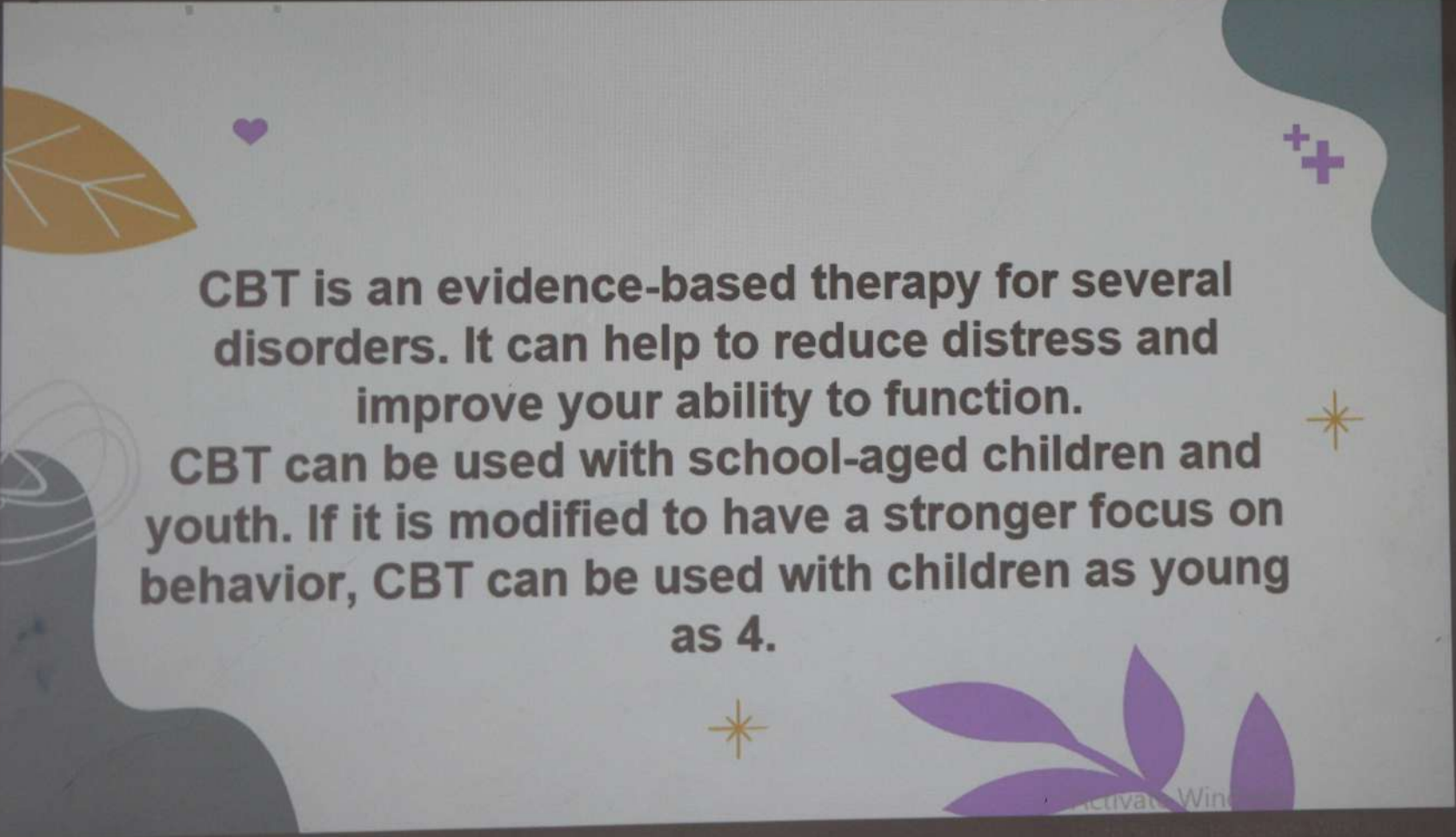
VILLA  
COLL  
Marie Degree  
Affiliated To Osm  
3-1089, Raj Bhavan Road, Somajiguda Hyder  
An ISO 9001:2015 C



# What is CBT?



Activate Windows  
Go to Settings to activate Windows




**CBT is an evidence-based therapy for several disorders. It can help to reduce distress and improve your ability to function.**

**CBT can be used with school-aged children and youth. If it is modified to have a stronger focus on behavior, CBT can be used with children as young as 4.**







 **Animal  
Assisted  
Therapy**



Go to Settings to activate Windows



C O L L

Degree

men

d To Os

91966, 2330





Villa  
Visie  
Vista

VILLA

C O L

arie Degree



men

liated To C


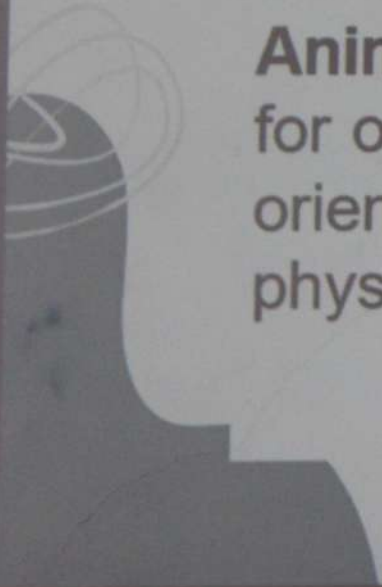
vers

391966, 2330





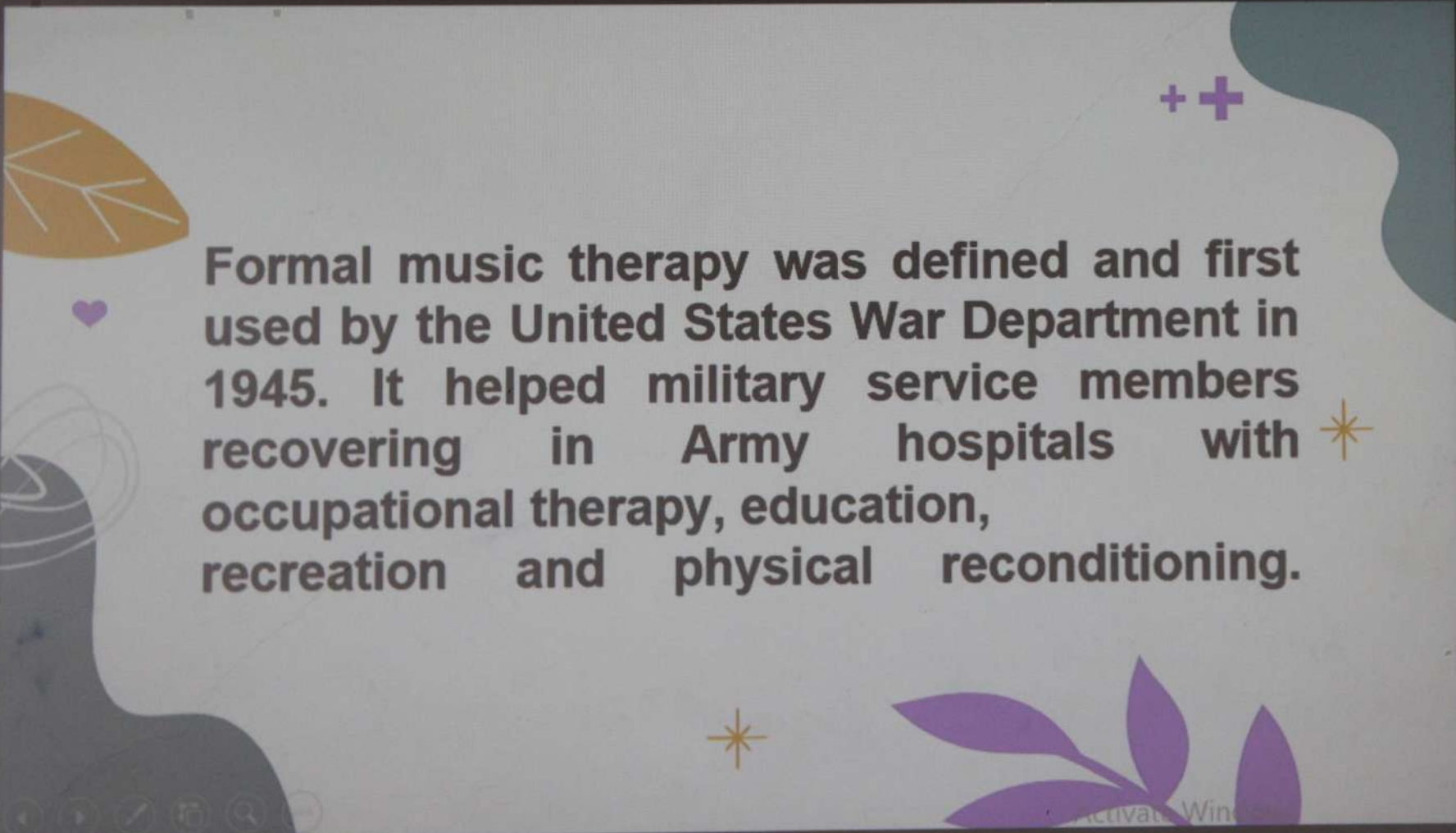
Animals and human beings often form a natural bond with each other. We've seen it in movies like Marley and Me (2008), Dolphin Tale (2011), Hachi: A Dog's Tale (2009) and Free Willy (1993).



**Animal-Assisted therapy (AAT)** involves caring for or spending time with an animal during a goal-oriented therapy session. These goals can be physical, emotional, educational and/or psychological



Activat Win



Formal music therapy was defined and first used by the United States War Department in 1945. It helped military service members recovering in Army hospitals with occupational therapy, education, recreation and physical reconditioning.



Activat... Win...

Vill...



**Music  
Therapy**



**VILLA M**  
COLL

**Marie Degree C**  
Affiliated To Osm

089, Raj Bhavan Road, Somajiguda Hyder  
An ISO 9001:2015 Ce

