



Mount Carmel College Autonomous,



# Resilience a Bouncing Back

A WORKSHOP

15th September, 2023  
PG Auditorium  
10- 11.30 AM



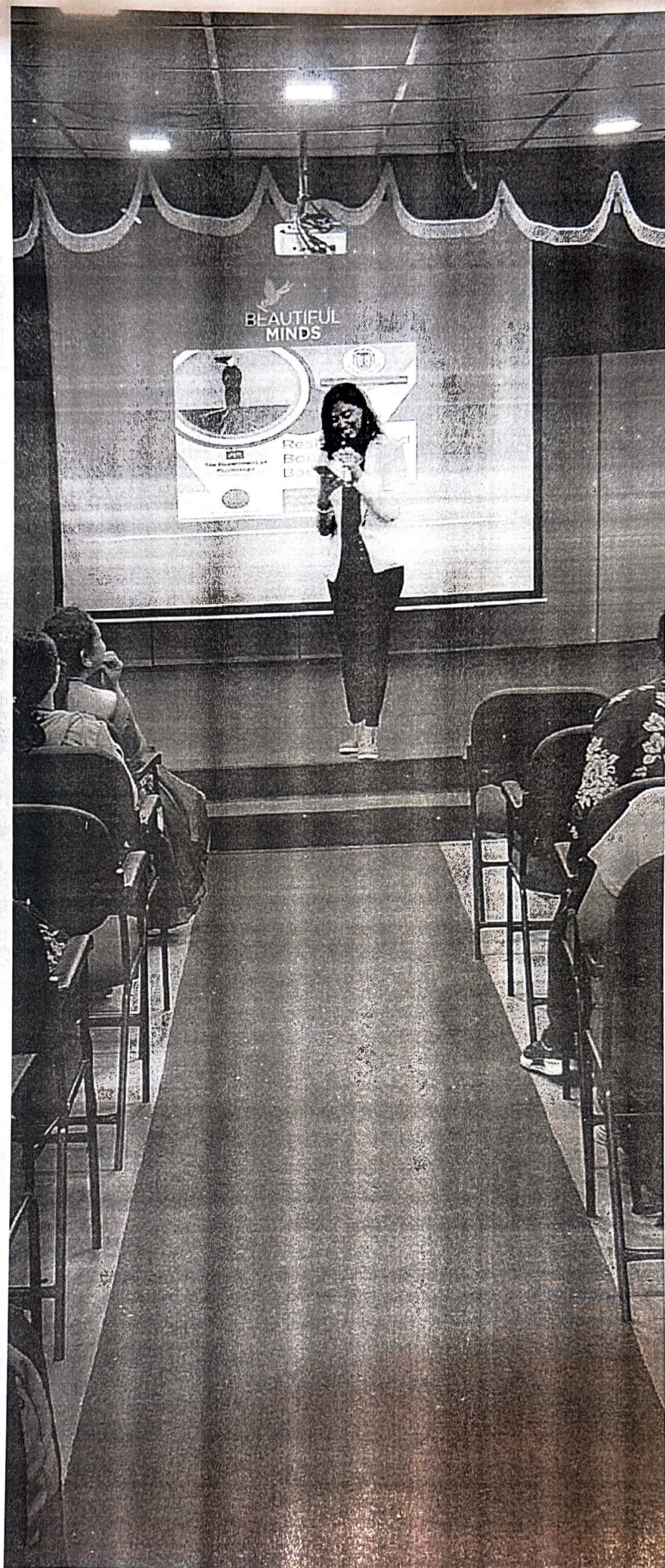
The Department of  
Psychology

ORGANIZES A  
WORKSHOP IN  
ASSOCIATION  
WITH



BEAUTIFUL MINDS











## **Workshop on Resilience and bouncing back**

On 15<sup>th</sup> September 2023, a Workshop on "Resilience and Bouncing Back" was held for psychology students of Mount Carmel College, Autonomous. The seminar aimed to explore the psychological aspects of resilience, focusing on how individuals can recover and grow from adversity.

The session was led by Ms. Sarika R, Integrated Department Head, Beautiful Minds, a counselling psychologist with over 14 years of experience in the field.

The session opened with a definition of resilience, describing it as the ability to adapt and bounce back after facing stress, trauma, or setbacks. She emphasized that resilience is not a static trait, but rather a dynamic process that can be developed over time.

A key theme of the seminar was the concept of "bouncing back" from adversity. The facilitator explained that while resilience involves overcoming challenges, it also includes personal growth and transformation. Resilient individuals don't just return to their previous state; they learn and evolve from their experiences. The seminar highlighted the importance of cognitive flexibility, emotional regulation, and problem-solving skills in the process of recovery.

Students participated in interactive exercises designed to help them understand how to foster resilience in their own lives and in their future clinical practices. One exercise focused on reframing negative thoughts, teaching students how to view challenges as opportunities for growth. Another exercise involved mindfulness techniques to manage stress and emotional responses effectively.

A discussion on the role of social support in resilience, emphasizing the importance of strong relationships in helping individuals recover from difficulties. She encouraged students to consider how they could integrate resilience-building strategies into their therapeutic approaches.

The seminar concluded with a Q&A session, where students asked questions about the practical applications of resilience in psychological treatment. Overall, the event provided valuable insights into the psychological mechanisms behind resilience and its role in personal and professional growth.