

GNLU Webinar

*Role of Psychotherapy in Victim's Trauma, Coping-up Strategies
and Enhancement of Psychological Aspects to Justice.*

By

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Renowned Psychologist and Psychotherapist



GNLU organised a webinar on *Role of Psychotherapy in Victim's Trauma, Coping-up Strategies, and Enhancement of Psychological Aspects to Justice* on 6 March 2021. The session lasted for 2 hours with interesting participation from students at large through questions and answers.

It was an enlightening webinar for all to know how Cognitive behavioural therapy (CBT) can be useful not only to treat trauma but also positive mental and emotional health. Dr. Dipti, a trained psychotherapist of CBT who follows the Model of TEAM-CBT popular in USA developed by Dr David Burns, explained how this new model can be used to recognise one's own human behaviour and social behaviour in which dimensions of law and justice are interconnected. Dr Dipti explained how memory and subconscious thoughts and feelings play a very serious role and how they can be used for positive development and also as a technique to remove negative thoughts leading to stress, anxiety, depressions and trauma. She also explained how human empathy can help cure the 3-Ds such as disorder, distress and development if they are understood from the cognitive behavioural therapy.

The sensitive topic of victim's trauma was discussed in a very humane way and Dr. Dipti emphasised time and again throughout the session how empathy and sincerity towards other's pain can allow us to assist them towards self-awareness. Instead of undervaluing people's reaction to any event an attempt should be made to understand the interpretation of the event that led to an inappropriate emotion. There is a cognitive triangle of thoughts, feeling and behaviour and aim of TEAM-CBT is to intervene at each level to help people become conscious of the causes that result in emotional discomfort. As memory gets stored in a person's brain in

different ways, the approach to discover the source of trauma is different for each person and is based on their individual needs and experiences. It was highlighted during the session, the body always remembers experiences that it has undergone; the reaction of an individual is more than often not without a justified cause. Through Psychotherapy the source of any disruptive actions or behavioural changes can be traced after which the procedure for recovery can be initiated through a trained psychotherapist. This can be especially effective in cases of delinquents who have experienced abuse as a child and have unresolved psychological stress. However it should be noted that people should not be coerced into rehabilitation unless they are willing to do so on their own volition.

The webinar was organised as a part of Master's Specialization subject of Victimology taught by Dr Marisport, Dr K. Parameswaran and Ms Heena Goswami and also for an Undergraduate Subject of "Law, Religion, Spirituality and Justice" taught by Dr K. Parameswaran at GNLU.

About Dr Dipti Joshi

"YOUNG SCIENTIST AWARD" National Award, January 2000 for A paper presented at Indian Science Congress in Pune, Maharashtra, India.

Affiliated Member of American Psychological Association APA, Washington DC.

Life & Founder Member – Gujarat Association of Practising Psychologist (GAPP), Ahmedabad, India.

Associate Member, Indian Science Congress Association, Calcutta, India.

Life Member, Indian Association of Clinical Psychologist, India.

Trainer and Facilitator at "Morphic Minds" (CBT / REBT Training institute) under Dr. ShishirPalsapure - Associate Fellow and Supervisor Albert Ellis, New York, USA.

Faculty at "Jiyo Life Surat" - an online website for suicide prevention, Surat, India.

Member of a website – "Parenting for Peace".