



**HANSRAJ COLLEGE  
(NAAC A++ CGPA 3.71)  
UNIVERSITY OF DELHI**



**INTERNAL QUALITY ASSURANCE  
CELL, STUDENT LEARNING CENTRE  
& COUNSELLING UNIT**

**3 MONTH  
ONLINE  
CERTIFICATE COURSE (SLC 15)  
ON**

# **PSYCHOSOCIAL & PSYCHODYNAMIC STUDIES**

## **TOPICS COVERED**

### **Clinical Work**

- Listening models in Psychotherapy
- Seeing the Client-beginning, end and middle of a therapy relationship
- Defenses
- Transference and Countertransference
- Loss, Grief and Mourning
- Child/Adolescent development

### **Psychotherapy in 21st Century**

- Lying and Cheating in Relationships
- Identity and Sexuality
- Race, Class and Culture
- Post-pandemic psychotherapy
- Understanding Othering

## **CONTACT US FOR QUERIES OR TO REGISTER**

To register or for queries, contact-  
Rachel Alice (Course Convener)  
+919450639462 (WhatsApp or call)  
rachel@hrc.du.ac.in

## **DETAILS**

Duration: 3 Months (July-September, 2024)  
Class time: 6.30-8pm IST on Saturday

Eligibility: Psychologists, Psychiatrists, Social Workers, Educators, College Students & Psychology Enthusiasts

Limited Seats.  
Course Begins in July, 2024.

### **Fee Structure:**

For Indian Students-INR 12,000/-  
International Students- \$150 /-

### **Discounts & Scholarship:**

Early Bird Fee (till 15th June): INR 10,000/-  
Group Discount (3 or more): 10% off  
HRC students and staff: 50% off

Discounts cannot be combined.

## **HIGHLIGHTS**

- **Key Theories:** Gain a solid understanding of foundational psychosocial theories and their application in psychotherapy.
- **Practical Skills:** Develop practical therapeutic skills through interactive sessions and real-world case studies.
- **Experienced Faculty:** Learn from seasoned professionals in the field of psychotherapy from India and abroad.
- **Comprehensive Curriculum:** Cover a wide range of topics including clinical and postmodern approaches.
- **Certification:** a recognized certificate from Hansraj College, University of Delhi upon successful completion of the course.



# HANSRAJ COLLEGE, UNIVERSITY OF DELHI

## INTERNAL QUALITY ASSURANCE CELL, STUDENT LEARNING CENTRE & COUNSELLING UNIT



## PSYCHOSOCIAL & PSYCHODYNAMIC STUDIES

### ABOUT THE SPEAKERS



**DR. NEETU SARIN**

Dr Neetu Sarin (PhD) is a psychologist and Psychoanalyst at the Indian Psychoanalytic Society, and the International Psychoanalytic Association, London. Formerly, she has been faculty at the School of Human studies, Ambedkar University Delhi (2010-2022) -the only department dedicated to teaching and disseminating psychoanalytic ideas in higher education in South East Asia.

Her expertise lies in bridging cultural and clinical realities, especially in areas of trauma. She serves on several International Psychoanalytic committees, a few among them being- the Cowap ( Women and Psychoanalysis committee), IPSO international, the candidates' committee for the International Psychoanalytic Association, as well as the Cultural Outreach committee (International Association of Relational Psychoanalysis and Psychotherapy). She teaches and supervises postgraduate students and research scholars across the world, and trains young psychotherapists in the making.

She works clinically with people suffering from psychosis, personality disorders and dissociative disorders. She teaches courses on the body, listening, psychoanalytic psychotherapy and gender to the graduate programs in psychoanalytic psychotherapy. Her doctoral work is in the field of states of dissociation and intergenerational transmission of trauma. She particularly likes the use of myths, fables and tales and their relationship with the self. She spends her free time designing aesthetics, nurturing her relationships and plants.



**DR. ANA MINOZZO**

Ana Minozzo is a clinician and researcher based in London, UK. She holds a PhD and an MA in Psychosocial Studies from Birkbeck, University of London and is currently a Postdoctoral Researcher in Psychosocial Studies within FREEPSY, at the University of Essex. She has experience with a number of community-based mental health services and a clinic that has unfolded in relation to the threads of psychosis, gender and sexuality and migration. Ana is also part of the Psychosis Therapy Project, and a member of The Site for Contemporary Psychoanalysis, both in London, UK. Her research crosses the fields of medical humanities, feminist philosophy and psychosocial enquiry. Her first monograph 'Anxiety as Vibration: A Psychosocial Cartography' is being published by Palgrave in 2024.



**PRATEEK SHARMA**

Prateek Sharma (M.Phil, MA) is a registered clinical psychologist and psychotherapist. He earned his MPhil and completed his clinical training at the National Institute of Mental Health and Neurosciences in Bengaluru. Additionally, he holds a senior fellowship from the Washington Baltimore Center for Psychoanalysis, USA, and has completed his basic training in Mentalization-based Treatment accredited by the Anna Freud Center, UCL. Prateek's clinical expertise encompasses assessment, diagnosis, and psychotherapy, wherein he predominantly employs a psychodynamic approach to understand and address patients' challenges. His clinical interests lie in working with individuals with depression, OCD, personality vulnerabilities, somatization, and trauma. Besides practice, Prateek integrates psychoanalytic knowledge into everyday life through his writing. He also teaches clinical psychology, aiming to diversify the field and make psychodynamic knowledge more accessible to students through seminars and lectures.



**DR. NOREEN GIFFNEY**

Dr Noreen Giffney MIFPP, MICP, Founding Scholar BPC is a psychoanalytic psychotherapist and a psychosocial theorist. Her research focuses on psychoanalysis; psychosocial studies; the arts, culture and mental health; and reflective practice. She is the author of the book, The Culture-Breast in Psychoanalysis: Cultural Experiences and the Clinic (Routledge 2021), and the director of 'Psychoanalysis +', an international, interdisciplinary initiative that brings together clinical, theoretical, and artistic approaches to, and applications of, psychoanalysis. More recently, she has been collaborating with colleagues in England and Australia to explore how psychoanalysis might help us to reflect on our emotional and unconscious experiences of virtual reality, augmented reality, and mixed reality technologies delivered by means of a headset. Noreen is a lecturer and a researcher in the School of Communication and Media at Ulster University, Belfast in Northern Ireland.



**DR. JOANNA FORTUNE**

Dr. Joanna Fortune (MICP; MIFPP; CTTTS; Reg Pract APPI; Ap Sup ICP/PTI) is a Psychotherapist and Attachment specialist specialising in child and adolescent Psychotherapy with over 20 years' experience working with children and families. She is the author of 4 best-selling books 15-Minute Parenting (0-7 years; 8-12 years and Teenage years) and Why We Play. She is a Doctoral Candidate with Middlesex University. Joanna is an experienced trainer and supervisor as well as a recognised speaker and media contributor in her field of work. She hosts her own podcast, 15-Minute Parenting, is the weekly parenting consultant on Newstalk FM in Ireland and writes a parenting column for the Irish Examiner newspaper. She is a Theraplay Practitioner, trainer and supervisor and is the Country lead for Theraplay in Ireland.

Joanna has seen the benefit of early intervention and loves working with children and teens where she strongly believes small changes can make a big difference in young lives. Her practice and philosophy are based on the premise of less tears and more laughter. Joanna believes that play is a state of mind and a way of being and that we should all be in pursuit of a more playful way of life.



# HANSRAJ COLLEGE, UNIVERSITY OF DELHI

## INTERNAL QUALITY ASSURANCE CELL, STUDENT LEARNING CENTRE & COUNSELLING UNIT



## PSYCHOSOCIAL & PSYCHODYNAMIC STUDIES

### ABOUT THE SPEAKERS



**DR. NEIL ALTMAN**

Neil Altman (PhD) is at Massachusetts Institute for Psychoanalysis INC. Formerly, he was faculty at the William Alanson White Institute in New York City, Honorary Member of the William Alanson White Society, and Visiting faculty at Ambedkar University of Delhi, India. He is Editor Emeritus and Associate Editor of Psychoanalytic Dialogues, and on the editorial staff of the Journal of Infant, Child, and Adolescent Psychotherapy, the International Journal of Applied Psychoanalytic Studies, the Journal of Child Psychotherapy. Most recently, he is the author of White Privilege: Psychoanalytic Perspectives. (2021) He is also the author of Psychoanalysis in Times of Accelerating Cultural Change: Spiritual Globalization (2015), and The Analyst in the Inner City: Race, Class and Culture through a Psychoanalytic Lens, (2010). He is the co-author of Relational Child Psychotherapy (2002).



**PROFESSOR  
HONEY VAHALI**

Professor Dr. Honey Oberoi Vahali is a psychoanalyst and the Director at Centre for Psychotherapy and Clinical Research at Ambedkar University Delhi. She is also a Professor of Psychology at School of Human Studies, Ambedkar University Delhi. She did her Masters in Psychology from the University of Himachal Pradesh in 1990. Subsequently she completed her training as a Clinical Psychologist (MPhil in Medical and Social Psychology) from the National Institute of Mental Health and Neuro Sciences, Bangalore in 1993. Her PhD is from the University of Delhi. Her PhD thesis, A Psychohistorical Reconstruction of the Tibetan Self in Exile was later on published as a book, Lives in Exile: Exploring the Inner World of Tibetan Refugees (Routledge 2009). Using a psychoanalytical sensibility in this work she had explored the inner world of three generations of Tibetans living in India and had also worked extensively with Tibetan torture survivors. Subsequent to her PhD she went to pursue her training as a psychoanalytical psychotherapist and then as a Psychoanalyst with the Indian Psychoanalytical Society, Kolkata. At present she is one amongst the few fully accredited psychoanalysts in India. She is also a member of the International Psychoanalytic Association.



**DR. SHIFA HAQ**

Dr. Shifa Haq(PhD) is a psychoanalytic psychotherapist and assistant professor of psychology in the School of Human Studies at Ambedkar University Delhi. She is the author of the book In Search of Return: Mourning the Disappearances in Kashmir (2021). She serves as an associate editor in the journals Psychoanalysis, Culture and Society, and Psychoanalytic Dialogues. She has worked as Faculty and a Psychoanalytic Psychotherapist at Ambedkar University Delhi and University of Delhi. Her expertise lies in psychoanalysis, gender, violence and mourning. Her paper titled 'The Holy One Inside- An apology for mourning' received the Sudhir Kakar award in 2016.



**SHAIFILA LADHANI**

Shaifila Ladhani is a psychoanalytical psychotherapist. She has completed her education and training in Psychology from Jamia Milia Islamic and Ambedkar University Delhi. Additionally, she holds a fellowship from the Washington Baltimore Center for Psychoanalysis, USA, and has completed her further training from TISS, OCAT, Institute of Group Analysis and International Institute of Psychoanalysis. She has worked with organizations across the country to not only share her vision for mental health but also to learn the aspects of mental health around the nation. She likes to bring the socio-cultural and political lens into the therapy space as she feels that the discourse is empty without acknowledging the importance of our backgrounds, cultural inheritance, social status, gender, political environment and much more.



**ANKITA GUPTA**

Ankita Gupta is a Psychodynamic Therapist based in New Delhi. She has a Master's in Psychosocial and Clinical Studies from Ambedkar University, Delhi, and is currently pursuing a specialised training in Child and Adolescent Psychoanalytic Psychotherapy at The Institute for Child and Adolescent Psychoanalytic Psychotherapy (ICAPP), Australia. Prior to her training in Psychology, she had studied Law at O.P Jindal Global University- where her curiosity for depth and critical Psychology found some expression in courses such as 'Psyche and the Mind', 'Violence, Memory and Justice', and 'Comparative Disability and Mental Health Law'. This unique training and work-experience in the intersection of Law and Mental Health, prior to her clinical experience as a Psychodynamic Therapist has helped her understand how the 'social' influences the 'personal' in one's psyche, and in the therapeutic setting. She works from a Relational Psychoanalytic Lens, and believes that the patient and the therapist aim to create a common language to listen to and communicate with the unconscious so that the parts of Self that are hidden, un-heard, and unseen don't have to make themselves known only through 'symptoms'. She has a keen interest in the Post-pandemic 'Therapy Room', dream-analysis, mourning, complex grief, Infantile relational trauma in dis-orders of the Self, somatic manifestations of psychic difficulties, and the role of art, culture, and folklore in healing.



**RACHEL ALICE**

Rachel Alice (MA, B.Ed) is a Psychotherapist and Educator at Hansraj College, University of Delhi and caters to the individual mental health needs of students through one-to-one sessions, listening circles, expressive arts therapy sessions, workshops and short courses. Post-COVID-19, there has been a surge in demand for mental health services, and Rachel endeavours to ensure that each student has a healthy support system and access to resources to navigate life while developing emotional resilience. In a world fraught with conflict and oppression, she aspires to offer a non-elitist, anti-oppressive, trauma-informed therapy space that allows the society to heal through 'rethinking' and 'deconstructing associations'. With extensive experience in working with various mental health clinics, government organizations, and NGOs, she had showcased her expertise as a delegate at the Harvard US-India Initiative '21. Recently, she presented a paper at the International Conference on Solution-Focused Practices '20. Rachel's research interests lie in othering, minorities, marginalization, young adults, psychosocial studies and expressive arts therapy. She contributed a research paper on the 'Experiences of Children during the COVID-19 Pandemic' which was published in the Children First journal by DSCPCR, Government of Delhi. Currently, she is pursuing independent research focused on the experiences of Indian college students and marginalized communities.