

Reg.no: 101697

Unboxing Psychology

Workshop Structure:

Here's a detailed structure for your 4-week psychology workshop, with 3 sessions per week (12 sessions total). Each week follows a consistent rhythm:

- Session 1: Foundation & Theory
- Session 2: Case Studies & Applications
- Session 3: Activities & Reflections

4-Week Psychology Workshop Structure (3 Sessions/Week)

Target Group: Undergraduate Students

Total Duration: 4 Weeks

Sessions per Week: 3 (each 2 hours)

Total Sessions: 12

◆ Week 1: Developmental Psychology – From Birth to Adulthood

Session 1: Lifespan Development Theories

- Piaget's Cognitive Development
- Erikson's Psychosocial Stages
- Vygotsky's Sociocultural Theory
- Activity: Build a life-stage chart with visuals

Session 2: Adolescence & Young Adulthood

- Identity development, peer relationships, emotional challenges
- Adolescent brain development
- Group Discussion: Social media & adolescence
- Small Group Task: Create a support plan for a struggling teen





Session 3: Aging and Cognitive Changes

- Physical, social, emotional changes in older adulthood
- Cognitive decline: normal vs pathological (Alzheimer's overview)
- Activity: Empathy simulation (aging-related tasks)
- Reflection: "How would I want to be treated in old age?"

◆ Week 2: Abnormal Psychology – Understanding Psychological Disorders

Session 4: Fundamentals of Abnormal Psychology

- What is "abnormal"? Definitions and debates
- Historical context: from demonology to DSM-5
- Criteria for mental disorders (4 D's: Distress, Deviance, Dysfunction, Danger)
- Models of psychopathology: biological, psychological, socio-cultural

Session 5: Major Disorders Explored

- Anxiety disorders (GAD, phobias, panic)
- Mood disorders (Depression, Bipolar Disorder)
- Psychotic disorders (Schizophrenia)
- Case vignettes: Spot the symptoms
- Group Activity: Match DSM-5 criteria to fictional characters

Session 6: Stigma, Media & Discussion

- How media portrays mental illness
- Stigma and barriers to help-seeking
- Activity: Watch a short film/scene + discussion
- Reflection journal: "What surprised me about mental illness?"

Week 3: Childhood Psychopathology – Early Interventions Matter

Session 7: Introduction to Childhood Disorders

- Overview of childhood mental health
- Neurodevelopmental disorders: ADHD, Autism Spectrum Disorder
- Externalizing vs internalizing disorders
- Developmental norms vs pathological signs





Session 8: Diagnosis, Causes & Case Work

- Genetic, environmental and trauma-related causes
- Assessment techniques: observation, interviews, testing
- Case Analysis: Two child profiles diagnose and suggest interventions

Session 9: School, Family, and Society

- Role of caregivers and teachers
- Activity: Role-play a parent-teacher-psychologist meeting
- Creative Task: Design an awareness poster for schools
- Reflection Journal: "Supporting a child's mental health starts with..."

◆ Week 4: Therapeutic Modalities – The Science of Healing

Session 10: Types of Therapies

- CBT, Psychodynamic, Humanistic, Mindfulness-Based Therapy
- Structure, goals, techniques of each
- Guest Demo or Video: Basic CBT thought-challenging technique

Session 11: Ethics, Empathy & Practice

- Ethics in therapy (confidentiality, boundaries)
- Building rapport, active listening
- Pair Activity: Empathic communication role-play
- Ethical dilemma discussion: "Would you break confidentiality if...?"

Session 12: Careers + Creative Wrap-Up

- Career paths in clinical and counseling psychology
- Skill checklist for future mental health professionals
- Final Activity: Design your ideal therapy room
- Group Presentation: What I've Learned
- Feedback & Certificate Distribution





Selection Additional Workshop Features:

- Readings & Resource Links (DSM-5 extracts, podcasts, articles)
- Reflection Journal (ongoing for 4 weeks)
- Wid-point feedback (after Week 2)
- V End-of-course certificate

