

# WORLD DEPRESSION CONGRESS

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**Prabha Krishnakumar Raman**

Raffles World Academy, UAE



**Sulakshana Divekar**

Raffles World Academy, UAE

## Self-compassion- Key to a healthier happier you

Most people experience a range of positive and negative emotions in a day or in a span of several days. When someone starts experiencing negative feelings such as sadness, tearfulness, emptiness or hopelessness more often and if these feelings become extreme and unpleasant, they are important signals that something is wrong. But they're only symptoms of an unconscious cause. For instance, feeling depressed is often an indication that the person may have internal image of a dreary future, or maybe there's a low, slow, internal voice saying, "It's miserable." What helps a person to come out of this feeling is being cared for and supported. It comes easily for us to show compassion to a person who is going through above emotions. However when it comes to ourselves, we often start self-blame and criticizing our thoughts and actions. Often people look for this support in the external world. The most vital support can be provided by believing in ourselves and being empathetic to ourselves. This would be possible through accepting that you are not the only one with problems and giving self-affirmations. All these are means of being self-compassionate. Through this workshop we will have an overview about self-compassion and also look in to one of the NLP techniques that would train us to be self-compassionate. The one hour workshop aims to help you at both personal and professional level. By practicing self-compassion, we will learn to consider our problems in the light of human experience and subsequently help us in accepting our weaknesses and imperfections. This gives us more open mindedness and we can be in a better position to propagate awareness of self-compassion to our clients.

### Biography

Prabha K Raman, is a CDA licensed psychologist holding a Masters' Degree in Psychology and PG Diploma in psychotherapy and counseling. She is also a certified psychometrician, NLP master practitioner, certified wellness coach, and have an Advanced Diploma in Hypnosis. She have been in the UAE for the past 17 years, currently working as a school counselor in Raffles World Academy. She have been working in various schools as a psychology teacher and elementary, middle and senior school counselor in the past. Her passion has always been to work with young children.

[Prabhakrishnakumar@gmail.com](mailto:Prabhakrishnakumar@gmail.com)

Sulakshana Divekar has a Master's degree in Counseling Psychology. Sulakshana feels passionately about living a purposeful life and believes that if you really want to make a difference then influence the next generation to make this a better world. Hence, she began her journey working in a research project at Tata institute of Social Sciences (India) with Muskaan – Child & Adolescent guidance centre. The project was on "The use of Play and art forms with children in disaster. Sulakshana had the opportunity to work with children from under-privileged background, victims of abuse as well as in conflict ridden areas. Their paper on "Use of play and art form with children in disaster – A Gujarat experience has been published in the Indian Journal of Social Science.

[Prabhakrishnakumar@gmail.com](mailto:Prabhakrishnakumar@gmail.com)

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