

SOPHIA GIRLS' COLLEGE
(AUTONOMOUS), AJMER



DEPARTMENT OF PSYCHOLOGY

2021-22

Internship Program



Date – 27th December 2021- 27th January 2022

Level – Departmental MOU Activity- The Illustrate Official College Of Psychologists of Eastern Andalusia, Spain

Venue – Online Via Google Meet

Title of event – Internship Program

No. of Participants – 69

Co-ordinator – Ms. Aida Herrera Perez, The Illustrate Official College Of Psychologists of Eastern Andalusia, Spain

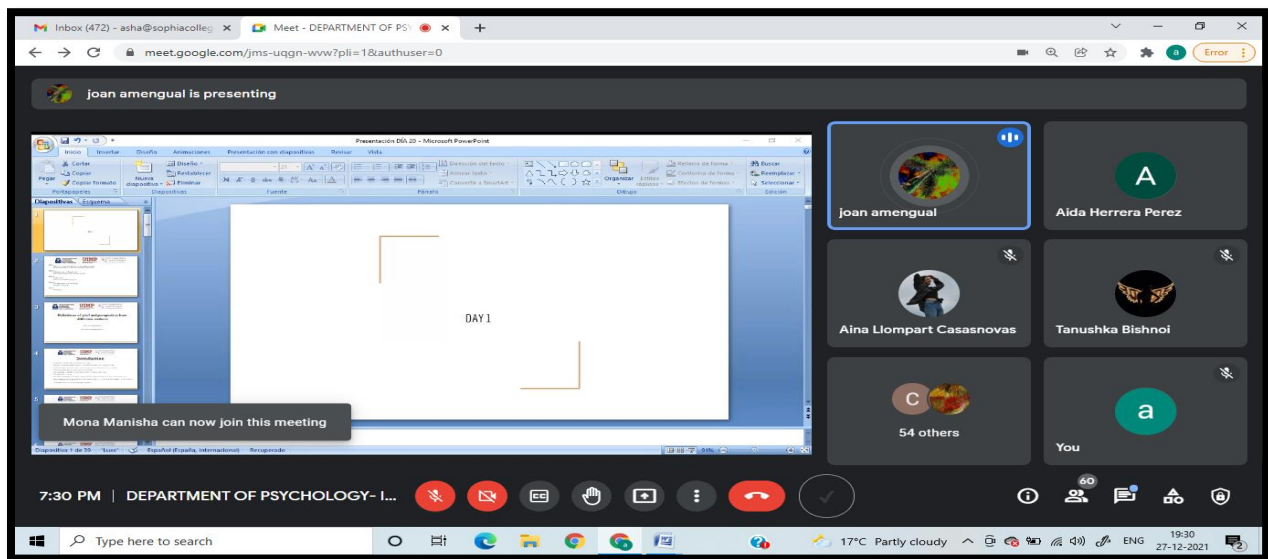
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Description :-

The Department of Psychology of Sophia Girls' College (Autonomous), Ajmer organized an Online Internship Program as a part of MOU activity for BA and Hons. Part II and III from 27th December, 2021 to 27th January, 2022. This Internship Programme focused upon dealing and coping with Grief, Bereavement and its components.

Learning Outcome

On the completion of the above activity the students will be able to –
Understand the meaning of grief and the ways to handle it.



Inbox (472) - asha@sophiacolleg... Meet - DEPARTMENT OF PSY... meet.google.com/jms-uqgn-wwv?pli=1&authuser=0

Aina Llompart Casasnovas is presenting

PSYCHOANALYSIS

Freud's 1917 text Mourning and Melancholia: Freud differentiates the melancholy and the grief, and said that the last one of these two is an intrapsychic and private process.

Since the development of psychoanalysis, the focus has been on "grief work" oriented to help the patient dissolve the attachment to the deceased, in order to move towards a normal exit from grief.

Grief will not only be triggered after the loss/death of a loved one, but will also be triggered by substantial/significant losses for a person, such as a particular object or an abstraction, those losses that although they are not tangible (such as ideals) confront the subject with the lack.

Bowlby (1980)

"Both in humans and animals, attachment is a characteristic for growth, the reason being that, is **because** when we are born we are helpless and that is the reason why we maintain contact with our caregiver in order to avoid possible harm. Being perceived as a source of nutritional, psychological and social satisfaction"

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The five stages of grief

- 1. Denial:** denial functions as a temporary defense for the individual. It is a conscious or unconscious resistance to accept what is happening. Reality is questioned because it is excessive at the beginning, everything loses sense, it becomes absurd and oppressive, life loses meaning.
- 2. Anger:** at this stage the person feels angry and unfairly treated by life.
- 3. Bargaining:** It happens that the person enters into a labyrinth of "I wish", one seeks or wants life to return to the way it was before the loss, that the loved one be restored to them.
- 4. Depression:** the person begins to understand death as inevitable and his or her mood is affected.
- 5. Acceptance:** this is the healthy resolution of a grief. The person accepts the loss and the pain associated with it and learns to move on with his or her life.

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Aina Llompart Casasnovas is presenting

What are we going to talk about?

1. What is "Normal"?
2. Which variables affect in grief?
3. Normal manifestation in grief.
 - a. Physical
 - b. Emocional
 - c. Social
 - d. Behavioral
 - e. Spiritual
4. 5 stages of grief
5. Grief with children
6. How can we help?

WHAT IS NORMAL?

joan amengual Tanushka Bishnoi

Aina Llompart Casasnovas Nandita Nandi

57 others You

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Usha Usha Tanushka Bish... Aina Llompart... Hasita Keswani Aida Herrera P... joan amengual Raquel Placeres Kavita tulsani

sheena parashar Kratika Chouhan Nandita Nandi Rocio Fischer Carmen Romer... Susana Rumbo Aneesha Indwar Mamta Yogi

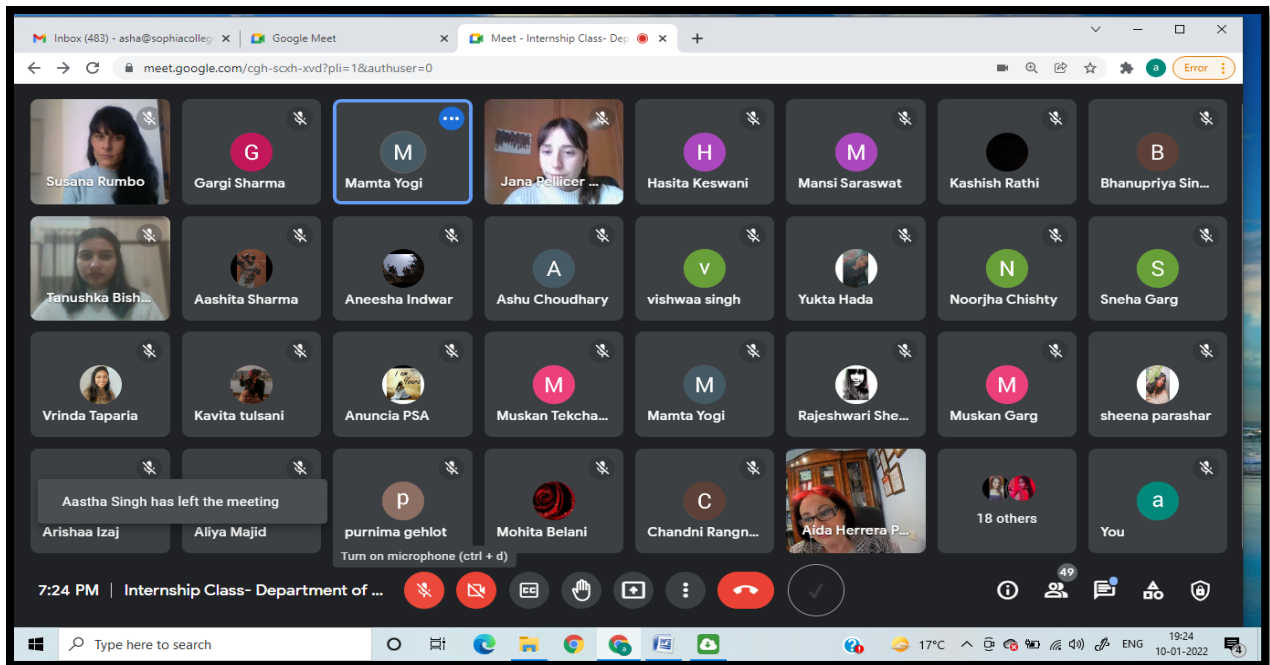
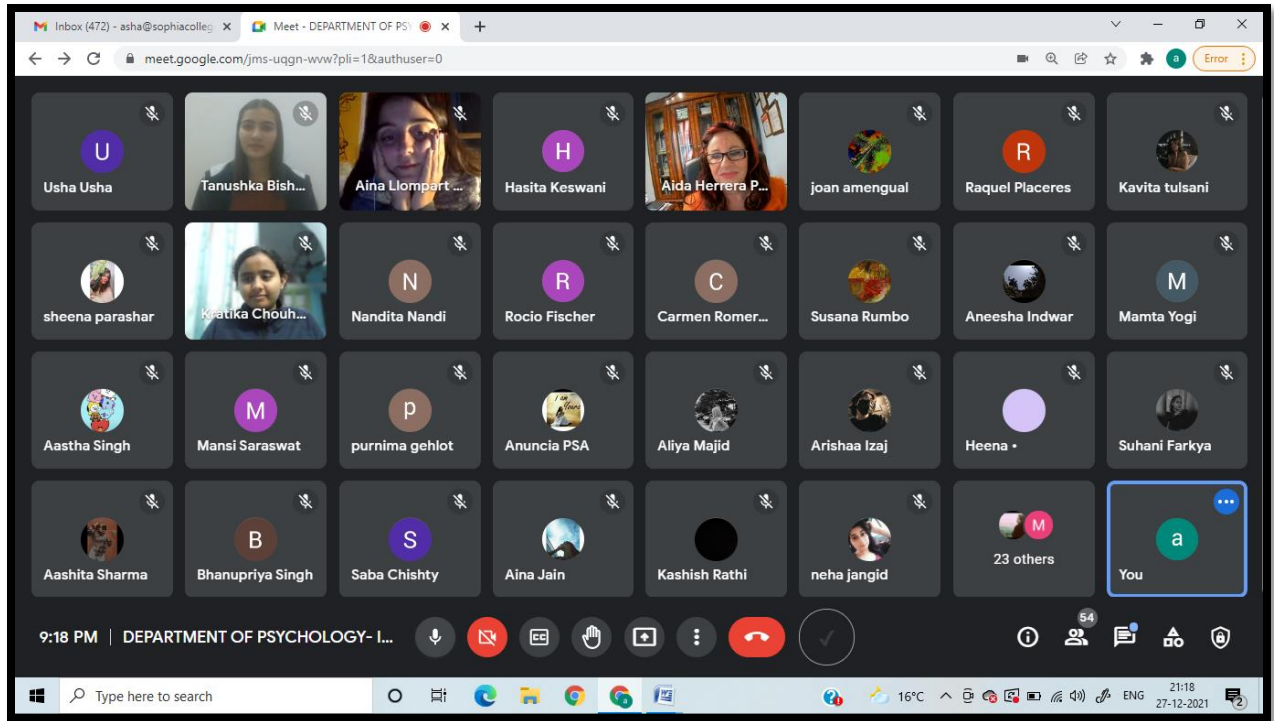
Aastha Singh Mansi Saraswat purnima gehlot Anuncia PSA Aliya Majid Arishaa Izaj Heena • Suhani Farkya

Yukta Hada has left the meeting

Ritika Khandelw... Bhanupriya Singh Saba Chishty Aina Jain christina withc... Muskan Ga

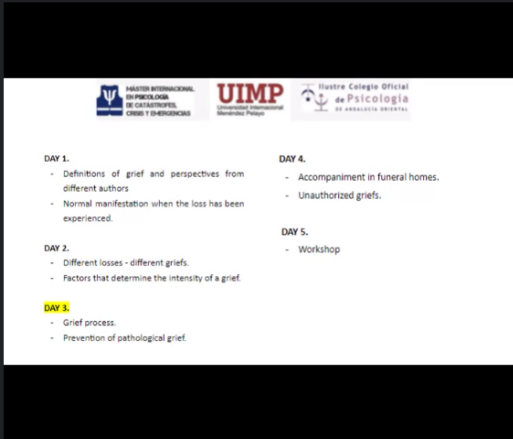
Heena • Thank you so much ma'am

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Inbox (483) - asha@sophiacolleg... Google Meet Meet - Internship Class- Dep... meet.google.com/cgh-scxh-xvd?pli=1&authuser=0

Jana Pellicer Miró is presenting



GRIEF

INSTITUTO INTERNACIONAL DE INVESTIGACIONES DE CALIDAD DE VIDA Y EMERGENCIAS

UIMP

Escuela Colegio Oficial de Psicología de Andalucía Occidental

DAY 1.

- Definitions of grief and perspectives from different authors
- Normal manifestation when the loss has been experienced.

DAY 2.

- Different losses - different griefs.
- Factors that determine the intensity of a grief.

DAY 3.

- Grief process.
- Prevention of pathological grief.

DAY 4.

- Accompaniment in funeral homes.
- Unauthorized griefs.

DAY 5.

- Workshop

Aida Herrera Perez

Jana Pellicer Miró

Tanushka Bishnoi

Susana Rumbo

49 others

You

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10-01-2022