

## Arts in Healing

A short talk was organized by the Department of Psychology on Arts in Healing on September 30, 2019, in the Psychology lab.

The talk started at 12:00 pm and the guest speaker for the event was Magdalene Jeyarathnam. She is the founder and director of East West Center for Counselling and training.

The session started with an activity which was based on the importance of sharing one's thoughts and feelings with others. Then there were activities such as scribble art and role reversal. The students enjoyed the activities and understood that every scribble has a meaning.

The speaker also talked about trauma and explained it with the help of the concepts based on Psychodrama.

With the help of different arts in healing, one is able to find their true self and that leads to self actualization. The speaker gave a strong message to all the participants that 'More chaotic, More we get.'

All the students gave their positive feedbacks and it ended with a vote of thanks.



