

## **Couple's Day Report**

On 9th March 2019, the First Year students of Human Development planned a workshop for couples in regard to the subject of Family Counselling and Family Therapy. The main objective of the workshop help the couples understand the importance of counselling & therapy and help them gain insight to the common problems faced by them as couples and knowing about simple ways to get over the problems. The workshop was planned in such a manner that through games and activities concepts like why is it important to trust each other, importance of communication, making sure they act according to what they speak etc.

The workshop began with ice breaking activities which were planned in a way that the participants feel a little at ease with the new faces around. The participants were then asked to think of a con name which would be used to refer them from that time onwards. Con names like Tom and Jerry, Raj and Simran were taken up by the participants. Then on a piece of paper each individual was asked to write 3 things or habits which they like and dislike about their partner. The chits were then folded and pinned up on the board.

The next activity that followed was named as “The Trust Fall” The main aim of the activity was to help the couples understand that even though we claim that we trust each other as partners do our actions also represent the same?

The next game was “Untie the knot”, Strings with knots were given to the couples. Together they had untie the knots. The message passed on from the game was that if both the partners work together on the knots they will be able to work more efficiently.

The next activity was “Spin the Wheel” , using a spin wheel the process of how to identify a problem between the partners and the process of finding an effective solution was discussed. Each part of the process was explained with utmost clarity and emphasis was given to the fact that in case problems are not being solved by the couple itself, it is completely okay to take help of a professional.

Post the completion of the activities a debriefing was given to the couples and some tips on how to communicate efficiently amongst each other were given,

The participants were then given snacks and a take away bag. Through the feedback received it was clear that the objectives of the workshop were met.

