

Hank Nunn Institute

Starts  
April 27

# UNDERSTANDING PERSONALITY DISORDER

## 24-hours Online Certificate Course

- 12 sessions across 6 weeks
- Each session is for a duration of 2 hours
- Evaluation in the form of reflective essays

## Time & Cost

06:30 to 08:30 IST / 14:00 to 16:00 BST

27th April to 4th June: Every Tuesday & Friday

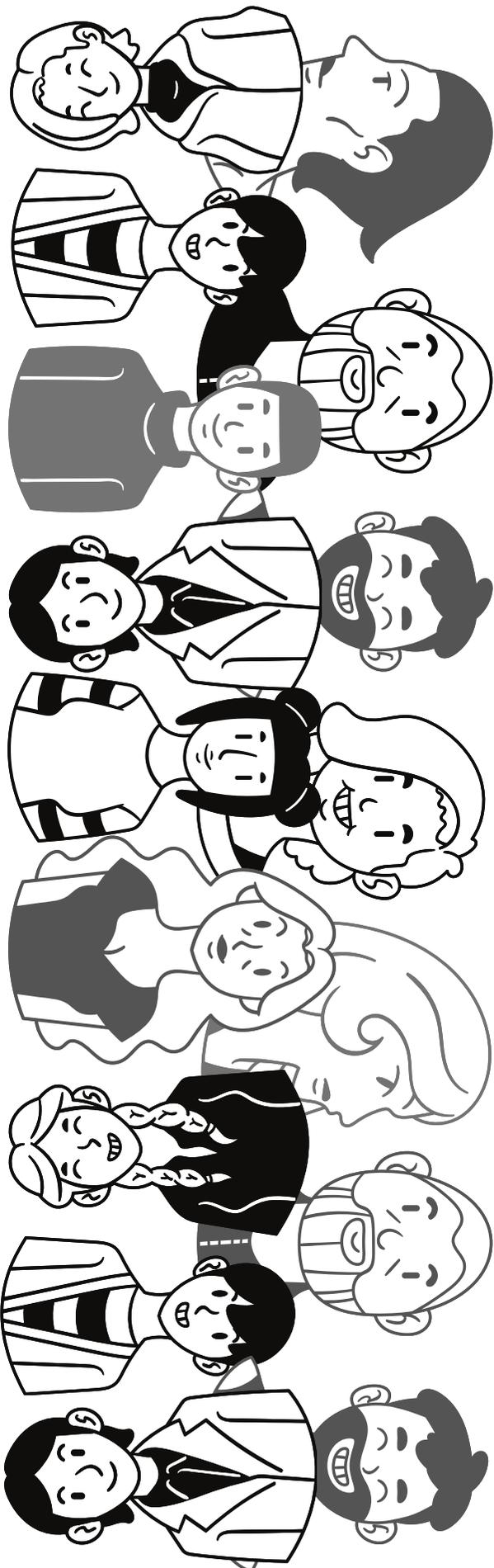
₹4,800 for the entire course (for Indian participants)

£50 for the entire course (for International participants)

On Zoom (Link will be sent post confirmation of registration through full payment)

Endorsed by





# MODULES

## 1. Awareness

- Development of Personality
- PD in the Indian context
- Diagnosis

## 2. The Clinical and Caregiver Experience

- Distress over diagnosis
- Developing sensitivity to service user and caregiver experience

## 3. Theories and Principles, Assessments and Treatment

- Attachment Styles
- Defence mechanisms
- PD Pathways
- Bottom-up approach to assessing needs
- Integrated & holistic approach in planning treatment

## 4. Therapeutic Approaches, Crisis Management, Relapse and Growth

- Critical understanding of various therapeutic interventions
- Identifying and assessing risk
- Designing support plans
- Recovery vs Discovery

# Course Facilitators



**Anando Chatterji**

Individual & Group  
Psychotherapist  
CEO, Hank Nunn Institute.

In his 20 years of experience, Anando has worked with several people with severe psychiatric disorders. Over time he learnt that individuals with personality disorders/difficulties were highly misunderstood not only in the larger society but also within the mental health system. He is also a TCEPT-UK supervisor, individual and group psychotherapist, and a staff member on the International Network of Living Learning Experience.



**Shama Parkhe**

Individual & Group  
Psychotherapist,  
Psychodrama Practitioner  
Clinical Director,  
Hank Nunn Institute.

Shama believes that one's cultural and social systems are highly influential in the development of their personality. For the past 6 years, she has been working with individuals experiencing personality difficulties in an individual and group setting using both psychodrama and group analysis. She also offers training & clinical supervision to students and young professionals. She is a staff member on the International Network of Living Learning Experience.



**Ishani Badyal**

Individual & Group  
Psychotherapist  
Hank Nunn Institute.

She completed her Master's in Clinical Psychology from Tata Institute of Social Sciences (Mental Health Action Trust) in 2016 and has been working at Hank Nunn Institute since. She is currently training to be a group analyst. Ishani's long-term goal is to open a mental health cafe that serves as a community center probably near the ocean or at the base of a mountain or both.

For further details and registration contact  
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