

## Registration Form

I wish to attend the IAFT Conference-2009:  
**Adolescents in India: Issues and interventions**

Name: Mr/Ms/Dr/Prof \_\_\_\_\_

(BLOCK letters please)

Address for Correspondence \_\_\_\_\_

\_\_\_\_\_ Pin \_\_\_\_\_

Tel. (Home) \_\_\_\_\_ (Mobile) \_\_\_\_\_

Email \_\_\_\_\_

Occupation \_\_\_\_\_

Organisation/Institute & Address \_\_\_\_\_

Member of IAFT  Yes  No  
(Please tick one)

Payment: (1) Enclosed **Cheque/Draft** No. \_\_\_\_\_

Bank \_\_\_\_\_ dtd \_\_\_\_\_

for Rs. \_\_\_\_\_

(2) Payment by **Cash:** Rs \_\_\_\_\_

Receipt No. \_\_\_\_\_ dtd \_\_\_\_\_

### Notes:

1. Cheques, Drafts, PO, in the name of "**IAFT a/c 2418/201/8339, Syndicate Bank, LIC-EC, New Delhi**" (payable at New Delhi)
2. For Electronic Transfers, Bank IFSC Code is: SYNB0009067
3. Outstation cheque accepted only up to 31st August 2009. For outstation cheques, please add Rs.50 as bank's collection charges.
4. Local cheque/pay-order accepted till 31st August 2009.
5. Receipt for cheque is issued "subject to realisation of cheque".

**Early-bird Registration** (up to 31st August 2009):

Non-members	IAFT Members	Students*
Rs.1100/-	Rs.700/-	Rs.600/-

\* Students must attach copy of a currently valid ID-proof from their institution

After 31st August 2009, the participation charge will be:

Rs.1200/-	Rs.800/-	Rs.700/-
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Charges are per person and include lunch, tea, handouts, & certificate

Pl. send your remittance to:

Dr. Indu Kaura, D-6, Vikas Puri, New Delhi 110018.

## Conference Schedule

9:00 am to 9:30 am: Registration

9:30 am to 10:00 am: Inauguration and Welcome

### Morning Sessions

10:00 am – 11:30 am: *Adolescent issues: Cultural perspectives*

Presenters: Dr. Indu Kaura, and Dr. Mudita Rastogi

11:30 am – 11:45 am: Networking & Tea

11:45 am – 1:15 pm: *Gender, Sexuality and Identity*

Presenters: Dr. Renu Malaviya, and Dr Neerja Sharma

1:15pm – 2:15 pm Lunch

### Afternoon Sessions

2:15 pm – 3:15 pm *Interventions: Family and School settings*

Presenters: Drs. Amit and Shelja Sen

3:15 pm – 3:30 pm: Networking & Tea

3:30 pm – 4:30 pm: *Community based interventions*

Presenter: Dr. Tony Sam George

4:30 pm – 5:00 pm: Concluding thoughts and Valedictory



Indian Association for  
Family Therapy

announces its  
**Annual Conference-2009**

**Adolescents in India:  
Issues and Interventions**

**Saturday, September 19, 2009**

Venue: **New Delhi YMCA**  
No.1, Jai Singh Road (Opp. Jantar Mantar),  
New Delhi-110001

Contact persons:

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Indu Kaura: [indu\\_kaura@yahoo.com](mailto:indu_kaura@yahoo.com)

<http://www.iaft.org.in>

## ..About the Presenters

**Dr. Tony George** is currently the Head of Department of Psychology at Christ University, Bangalore. He is involved in teaching and training on issues related to therapy, psychotherapy, and development of psychotherapists. His research interests lie in group psychotherapy, youth work, family violence and Anxiety disorders. Dr. Tony is a founder Trustee of *Kerygma* – an organization that works among urban youth, Ascension Hope foundation – an agency created to deliver mental health services to marginalized groups and Resurgent foundation – focusing on substance abuse and rehabilitation.

**Indu Kaura, Ph.D.**, is coordinator of the RAK Child Study Centre, an Early Childhood Care and Education, and Research Center affiliated to the Department of Human Development & Childhood Studies, Lady Irwin College, Delhi University. She helped set up *Saathi*, the counseling cell at the RAK Child Study Centre, which provides counseling services to college students and to families of children attending various programmes of the Centre. Dr. Kaura is the Secretary of Indian Association for Family Therapy. Over the last decade, she has been involved with research and writing in the area of Counselling, Family Therapy and Early Childhood Education. Dr. Kaura is particularly interested in adolescent issues linked with communication, family relationships, parenting, self and identity.

**Renu Malaviya, Ph.D.**, is an Associate Professor with the Department of Education at Lady Irwin College, University of Delhi. She has been actively associated with the Family Therapy movement in India. She has been conducting workshops, talks on radio and television, research for/on children, parents as well as pre-service and in-service school teachers and school administrators for over 25 years on topics such as— Adolescent Needs and Issues, Emergence of sexuality in adolescents Changes in the Reading and other interests of adolescents since the early 1980s, Differential Instructions in the regular classroom, Effective Teaching- learning processes and skills, Inclusive education and parenting the adolescent.

**Mudita Rastogi, Ph.D., LMFT**, is Professor at Argosy University in Schaumburg, Illinois, USA. She obtained her Ph.D. in Marriage and Family Therapy from Texas Tech University, a Master's degree in Psychology from Bombay University and a BA (Hon) in Psychology from LSR College, Delhi. Dr Rastogi is editor of *"Multicultural Couple Therapy"* (2009) and *"Voices of Color"* (2005), Sage. She is also Associate Editor for *Journal of Marital and Family Therapy*, and is in private practice as a Licensed Marriage and Family Therapist. Dr. Rastogi has worked in both urban and rural India and the United States with highly diverse clients. She also provides leadership training to organizations.

**Dr Amit Sen**, Senior Consultant Child & Adolescent Psychiatrist, did his MD in psychiatry from NIMHANS and then MRC Psych and CCST in child & adolescent psychiatry in UK.

**Dr Shelja Sen**, Consultant Clinical Psychologist & Family Therapist did her M.Phil from NIMHANS and then did her doctorate and trained as a Family Therapist in UK.

Amit and Shelja set up the Child & Adolescent Mental Health Services at Sitaram Bhatia Institute of Science & Research, Delhi. Their work involves service development, training, awareness building, community collaboration and advocacy. Dr Amit Sen, also heads the mental health team at *Salaam Baalak Trust*, an NGO working with street children. They work closely with many schools in Delhi and NCR focusing on making schools emotionally safe zones for children and centers for learning. Along with their multidisciplinary team, they have started an organization called *Children First*, a Child & Adolescent Mental Health Service that aims at building a community concern for children.

**Dr. Neerja Sharma** is Associate Professor at the Department of Human Development and Childhood Studies, Lady Irwin College, University of Delhi, and has continued to teach, supervise and conduct research and publish in the areas of **adolescence**, disability, education and research methods. Dr. Sharma has authored three books: **Understanding Adolescence**, **Identity of the Adolescent girl**, and **Evaluating Children in Primary Education**. In 2008 she co-edited a book titled 'Researching Families and Children: Culturally Appropriate Methods' Most recently she has served as an advisor-cum-editor for the NCERT class XI textbook on 'Human Ecology and Family Sciences'. Dr. Sharma is an advisor to RAK Child Study Centre at Lady Irwin College and other educational institutions

## About the IAFT

The IAFT was formed at the initiative of Dr. Bindu Prasad, clinical psychologist, and other interested professionals in May 1991. IAFT has served as a forum for interaction to the professionals from Human Development, Counselling, Medical Sciences, Nursing, Psychology, Social Work, Sociology, Special Education, and Education. Membership of IAFT spans a number of cities in India.

## What is Family Therapy

Family Therapy is a fast developing, major treatment intervention now being used all over the world. The

central premise of systems-based Family Therapy is that all parts of a whole interact and impact all other parts. Family Therapy moves the focus away from the "pathology" being located inside the individual, who is viewed only as a 'symptom bearer', to the relationship patterns linked to the symptoms. It helps us see the connections between an individual's behaviour, the structure and functioning of the family, linkages with other systems impacting the person, gender norms, and other prevalent values of society.

Family Therapists throw light on the family and system level resources available to solve relational problems. They also help us understand why it is so difficult to change an individual's behavior without examining and changing the system in which s/he lives. In our roles as parents, educators, mental health and medical professionals, we all participate in systems that can be mobilized to create change in the lives of people who are having socio-emotional difficulties. Thus, Family Therapists create more possibilities for growth and change.

## What this conference offers

Clinical and empirical publications suggest that the trajectory of early adolescence in Indian families merits close attention. It is a stage when developmental, familial and socio-cultural factors mingle to create unique outcomes for the adolescents as well as the systems that she or he intersects with. This age group presents with opportunities and risks that merit systems based interventions in families, school and other settings. The conference will be structured to include sessions on theoretical and clinical aspects of adolescence in the context of cultural factors. Didactic material, discussion panels and case examples will be used in the presentations. The day will be enriched with inter-disciplinary inputs from family therapists, social workers, teachers and other mental health professions focusing on adolescents in various settings.

## Who should attend

Professionals from the fields of counselling & clinical psychology, family therapy, child development, pediatrics, psychiatry, education, NGOs in the field of mental health, rehabilitation and special education, school counselors and principals, those from the helping profession & social welfare schemes, students from related fields, and the media.