

CCPI 2014 @ PALA

15th Annual Conference :September 26-28

Alphonsian Pastoral Institute, Pala, Kottayam, Kerala

The **15th Annual Conference of Catholic Psychologists of India (CCPI)** was held from **September 26-28, 2014** at the **Alphonsian Pastoral Institute, Pala, Kottayam, Kerala**, with the central theme **“Psychological Aspects of Aging.”** Over **100 psychologists from across India** participated, exploring the complex psychological, clinical, social, and pastoral issues related to aging.

The conference focused on promoting **positive psychological approaches to successful aging, preventative strategies for active aging, and expressive therapy models.** Participants examined the differences between healthy and unhealthy views of aging and addressed the pressing pastoral concerns and societal challenges faced by the elderly, especially those experiencing financial difficulties and requiring continuous medical care. Discussions also covered the **legal rights and national policies** safeguarding senior citizens in India.

A key highlight was the **Expressive Arts Therapy workshops** conducted by **Mrs. Magdalene Jeyarathnam, Director of East West Center for Counselling and Training.** These workshops introduced participants to creative therapeutic techniques that promote emotional, cognitive, and social well-being. The sessions emphasized the use of art, music, storytelling, and movement to foster personal growth and community connection, offering a holistic approach that complements traditional medical and psychological treatments.

Distinguished **resource persons** included **H.E Mar Joseph Kallarangattu, Sri K. Mani, Dr. Jacob Roy Kuriakose, Mr. E. Francis, Rev. Fr. Godfrey D'Souza SDB, and Rev. Dr. C.M. Joseph SDB.**

The conference successfully provided a platform for professional learning, collaboration, and the promotion of innovative therapeutic strategies to enhance the quality of life for the aging population.

