

CCPI 2008 @ Goa

9th National Conference: October 3

Report on the Ninth National Conference of Catholic Psychologists of India (CCPI)

The Ninth National Conference of the Conference of Catholic Psychologists of India (CCPI) was held on October 3 at the Pilar Renewal Centre, Goa, organized by CCPI under the leadership of its President, Fr. Jose Parappully SDB, PhD. The theme, *Dealing with Distress: Therapeutic Approaches and Practical Skills*, brought together professionals to explore effective strategies for addressing psychological challenges in today's complex world.

The conference featured four major presentations. Suraag Lambrou introduced *Somatic Experiencing* as a body-focused approach to healing trauma and regulating distress. Fr. Ajoy Fernandes SDB, PhD, addressed *Understanding and Dealing with Depression*, providing insights into symptoms, causes, and interventions. Fr. Egidio Fernandes SDB, MA, presented on *Internal Family Systems*, highlighting ways to harmonize conflicting inner parts for personal growth. Dr. Jose Puthenveed, PhD, spoke on *Sacred Scripture as a Therapeutic Tool*, integrating spirituality into mental health practice.

The event fostered meaningful dialogue, skill-sharing, and professional collaboration, equipping participants with practical tools for therapeutic work.

