

Online International Webinar

We are delighted to share the report of the Online International Webinar on 'EXHAUSTION-STRESS-RESILIENCE' which was organized by the Faculty of Education, Dr.M.G.R. Educational and Research Institute, Chennai on 29th March 2023 with nearly 175 participants. Dr.Hans Werner Gessmann, Director, Clinical Psychologist and Psychotherapist, ICCPP, Germany acted as resource person. He gave his enlightening speech on today's topic 'Exhaustion-Stress-Resilience'. He explained in detail the importance of being aware of stress. He highlighted the adverse effects of stress with its biological background. The topic discussed will be of great benefit to the listeners in handling today's lifestyle and will surely be helpful for the scenarios faced in our daily life. The session ended with vote of thanks.

The poster is for an international seminar on 'EXHAUSTION - STRESS - RESILIENCE' organized by the Faculty of Education (B.Ed.) at Dr. M.G.R. Educational and Research Institute. The speaker is Hans Werner Gessmann, Prof. V.F. Voyno-Yasenezky, Director of the International Center for Clinical Psychology and Psychotherapy (ICCP) in Germany. The event is scheduled for 29th March 2023, from 2:00 pm to 3:00 pm IST. It will be held on Zoom and YouTube Live. The registration link is provided at the bottom.

Dr. M.G.R.
EDUCATIONAL AND RESEARCH INSTITUTE
Approved to be University with Graded Autonomy Status
(By 101/2002 - 2018 Certified Institution)
Parkur 2, P.R. High Road, Madhavaram, Chennai, India

FACULTY OF EDUCATION (B.Ed.)
organizes

International Seminar
on
'EXHAUSTION - STRESS - RESILIENCE'

Speaker
Hans Werner Gessmann
Prof. V.F. Voyno-Yasenezky
Director of the International Center
for Clinical Psychology and
Psychotherapy (ICCP)
Germany

29th March, 2023
Timing: 2:00 pm to 3:00 pm IST

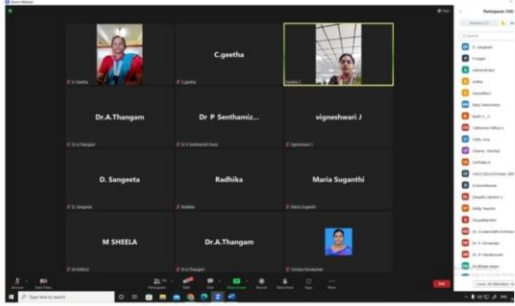
zoom YouTube LIVE

Registration link-<https://forms.gle/L3BkwJk2Shx71zF67>

Prof. Dr. Hans-Werner Gessmann
Clinical Psychologist and Psychotherapist
Director ICCPP, Germany.




Prof. V. Radhika
Additional Registrar, Phase II,
Dr.M.G.R. Educational and Research Institute,
Maduravoyal, Chennai.

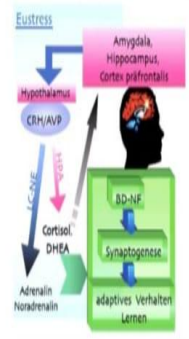


THERAPY APPROACHES

- The approach in therapy is then to integrate more happiness and healthy relationships into the life of the person concerned.
- A central element of therapy should also focus on conflict management strategies.



THE STRESS PROCESSING SYSTEM



- At eustress, the messenger brain-derived neurotrophic factor is released which is required to expose nerve tracts in the brain to synapses.
- Eustress is therefore a prerequisite for learning, as it presupposes—for synapse connection (synaptogenesis).
- More exposure to a certain situation increases the effectiveness of the nerve connection; the situation is therefore more efficiently carried out, which also reduces the stress response and hormone release.

