



REBOOT TO LIFE PROGRAM- FEBRUARY

Reboot to Life is a unique program at Reboot Wellness that aims to bring together all modalities of the mental health ecosystem. We are happy to extend and share our 5th Student Engagement Program. The 3-week long program offers students an opportunity to participate and understand the application of various therapies and practical knowledge of counselling skills, first hand learning from industry professionals, and also experience the one-of-the-kind concept that Reboot provides.

The program gives access to individuals to the following training modules

Individual Therapy	Counseling skills training using tools of co-counselling, three parts introduction to practicing clinical psychology
Experiential Therapy	Dance and Movement Therapy and Art Therapy
Workshops	Attachment anxiety & relationships, addiction awareness and application of positive psychology in counseling
Support Groups and Therapy	Information and awareness sessions with mutual aid support group's representatives

The participants will get exposure to counselling skills, application of various psychological therapies and supervision of leading professionals of mental healthcare.

**Certificate will be awarded upon successful completion. T&C Apply.*

Who can sign-up?

Individuals (15 yrs and above) interested in knowing more about counselling skills or experiencing various psychological tools and therapies.

Where?

The program is designed and run by a team of psychology professionals at Reboot Wellness. Reboot Wellness, an ecosystem dedicated to addressing a variety of psychological and mental health concerns. We provide an eclectic range of interventions, developed and lead by a team of professionals working towards positive mental health and wellbeing. We thrive towards providing wellbeing through a holistic approach.

We are located in DLF Phase 3, Gurgaon (Near Neelkanth Hospital)

For any query or doubt, you may reach out to us at 0124-4569456 or write to us at appointments@reboot-wellness.com

Only 15 slots available, block you seat by using the below details:

Sign up by paying INR 7000/-

- Buddy discount @5%
- Group discount (4 individuals or more) @15%

Registrations will be closed on January 31st, 2019. Below are the details for making the payment. Please take the screenshot once the payment is done.



Paytm at 8800-895659

Or

NEFT/Bank Transfer

Name of the Bank: HDFC Bank Ltd.

Name- Reboot Wellness

Account NO.: 50200024915451

Account Type: Current Account

IFSC Code: HDFC0001203

Branch: Gurgaon MG Road

You may call at the reception @ 0124-456-9-456 for further queries

Terms and conditions:

- Participants can bring along a guest for Rs. 750 per workshop.
- Smoking and alcohol consumption is not allowed on the premises
- Reboot reserves the right to cancel any event without prior notice
- Recording of the events is strictly prohibited
- Breach of any of these Rules and Regulations or any unacceptable behavior likely to cause damage, nuisance or injury shall entitle Reboot to request you to leave from the venue.

SCHEDULE

Date	Time	Session
Feb 2 nd 2019 (Saturday)	16:00 - 17:45	Orientation
	18:00 - 19:00	Clinical Prespective to Practicing Psychology
Feb 3 rd 2019 (Sunday)	10:00 - 11:30	Workshop: Dance and Movement Therapy
	11:30 - 12:00	Break
	12:00 - 13:30	Workshop: Art Therapy
Feb 9 th 2019 (Saturday)	16:15 - 17:00	Support Group Meeting- CODA/NA/AA
	17:15 - 18:45	Counselling Skills Training - Part 1
Feb 10 th 2019 (Sunday)	10:00 - 11:30	Workshop: Understanding relationship patterns - Dealing with attachment anxiety
Feb 16 th 2019 (Saturday)	15:00 - 17:30	Workshop: Understanding Addiction
	18:00 - 19:30	Counselling skills training - Part 3
Feb 17 th 2019 (Sunday)	10:00 - 11:30	Postive psychology and happiness
	11:45 - 13:15	Presentation and distribution of certificates