



## 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. The program gives access to individuals to the following training modules

Individual Therapy	Counseling Skills Training using tools of co-counseling - 3 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 counseling skills, application of various psychological techniques and therapies and supervision of leading professionals of mental healthcare.

*The participants will get a certificate of attending the Reboot to Life program on the last day of the program.*

### Who can sign-up?

Individuals (15 yrs and above) interested in learning 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 provides an ecosystem of support and guidance for everything which comes under the umbrella of mental health through counselling, psychotherapy and mutual aid support groups.

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](mailto:appointments@reboot-wellness.com)

### SCHEDULE

DATE	TIME	SESSION
Feb 2nd (Saturday)	4pm- 5:45pm	Orientation and Ice Breaking
Feb 2nd (Saturday)	6:00 pm - 7:00 pm	Clinical Perspective to Practicing Psychology
Feb 3rd (Sunday)	10:00 am – 11 :30 am	Workshop: Dance and Movement Therapy
Feb 3rd (Sunday)	12:00 pm – 1: 30 pm	Workshop: Art Therapy
Feb 9th (Saturday)	4:15 pm – 5 pm	

		Support Group Meeting- CODA/NA/AA
Feb 9th (Saturday)	5:15 pm – 6:45 pm	Counselling Skills Training- Part 1
Feb 10th (Sunday)	10am – 11:30 am	Workshop: Understanding Relationship Patterns- Dealing with Attachment Anxiety
Feb 10th (Sunday)	12:00 pm – 1:30 pm	Counselling Skills Training- Part 2
Feb 16th (Saturday)	3:00 pm – 5:30 pm	Workshop: Understanding Addiction
Feb 16th (Saturday)	6:00 pm - 7:30 pm	Counselling Skills Training- Part 3
Feb 17th (Sunday)	10:00 am - 11:30 am	Positive Psychology and Happiness
Feb 17th (Sunday)	11:45 am - 1:15 pm	Presentations and Distribution of Certificates

**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%

Below are the details for making the payment. Please take the screenshot once the payment is done.

Registrations will be closed on January 31st, 2019

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

**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 behaviour likely to cause damage, nuisance or injury shall entitle Reboot to request you to leave from the venue.