



BPA TRUST

in collaboration with

SMT. P.N.DOSHI WOMEN'S COLLEGE

presents Pre-Conference Workshop on

**“AN EQUITY BASED APPROACH TO
PARENTING: APPLICATION IN
PSYCHOLOGICAL PRACTICE”**

Dates: 26th & 27th February, 2024

Time: 11.30 a.m. to 1.30 p.m. (IST)

Mode: Virtual

Online Platform: Zoom

REGISTRATION LINK:

<https://forms.gle/Mq2pPYSisdUMgUUq6>

REGISTRATION FEES:

BPA Members: INR 4000/-

Non-BPA Members: INR 4500/-

For any further queries please contact:

Harshita Singh on 9819491098 or email to

bpaspnd2024@gmail.com

CERTIFICATES OF ATTENDANCE will

be given to all participants

ABOUT THE TRAINER



Ms. SEEMA OMAR

Ms. Seema is a Counselling Psychologist with M.A. (Applied Psychology) and is based in Sri Lanka. She has vast experience of working with children, young adults, parents, teachers, and caregivers at individual & group level.

She uses several creative modalities of art, drama, music and storytelling in her workshops.

She is passionate about teaching self-compassion as a mindful way of building resilience & interconnectedness in community.

Ms. Seema is also a co-creator of “The Good Enough Parent” programs and is committed to supporting parents in creating environments that foster joy and mutual respect.

ABOUT THE WORKSHOP

Parenting is an ongoing journey of discovery and growth, demanding adaptation. Whether you are a therapist guiding others or a parent navigating your own path, this process requires constant evolution.

Embracing new skills is essential for fostering harmonious and positive interactions with your children. This workshop is about centering ourselves so that we can tune into what is happening inside our children. Understanding their inner feelings and naming them; setting boundaries respectfully; being playful and accepting the children as they are; helps to create a strong foundation for parent-child relationship.

LEARNING OBJECTIVES

- To experience & learn the importance of self-compassion**
- To reframe behaviors by identifying the underlying needs**
- To explore range of activities and ways to meet the above expressed needs.**
- Learn by observing and participating in role plays.**