

The Sikkim State Legal Services Authority (SSLSA) under the directions of Hon'ble Mrs. Justice Meenakshi Madan Rai, Judge, High Court of Sikkim and Executive Chairperson, Sikkim State Legal Services Authority and under the aegis of National Legal Services Authority, organized a *Capacity Building–cum–Refresher Training Programme for Psychiatrists, Psychologists and Counsellors of Sikkim* on *19<sup>th</sup> August 2023 (Saturday)* at Sikkim Judicial Academy under NALSA (Legal Services to the Mentally Ill and Mentally Disabled Persons) Scheme. 2015.

After the inaugural session, Resource Person, Dr. Jai Ranjan Ram, Psychiatrist, Apollo Gleneagles Hospital, Kolkata deliberated on the topic “*Management of Attention–Deficit and Hyperactivity Disorder (ADHD) and understanding Depression and self-harm in young people*”. He elaborated on A.D.H.D., and informed that the cardinal symptoms of this disorder includes inattention, hyperactivity, impulsiveness, etc. He also deliberated on depression and self–harm in young children as a mechanism to cope with anxiety and stress and urged the participants to respond to such children in a gentle and progressive manner.

He further informed that one of the important challenges for mental health professionals while evaluating children with self-harm and sexual abuse is building a relationship with them and he stressed that children need to be dealt with patience and empathy and “*double listener*” techniques can also be adopted for understanding human behaviour better.

Dr. Shalini Anant, Therapist and Clinical Psychologist, presently based in Udaipur, Rajasthan addressed the gathering on the topic “*Trauma Therapy*” explaining the types of traumas like Acute Trauma, Chronic Trauma and Complex Trauma. She also informed on its assessment and cure including cognitive and talk therapy techniques.

She further informed on the 4 R's i.e., *Realize, Recognize, Respond and Resist Re-traumatization* and the proactive approach formulated by the Substance Abuse and Mental Health Services Administration (SAMHSA) which allows the providers/therapists to address “hidden” traumas as well as those rooted in collective and structural trauma. Further, the six key principles of “Trauma Informed Care” were highlighted, and, she explained that trauma is subjective and cannot be dictated. An informative video by Dr. Nadine Burke Harris on “*how childhood trauma affects health across a lifetime*” was shared during the session.

The programme was followed by an interactive session and queries raised by the participants were addressed by the Resource Persons.