



You are cordially invited to the
Mental Health & Wellbeing Enrichment Series - 2026
Thematic Apperception Test (TAT)

organized by

Institute of Mental Health and Life Skills Promotion
Moolchand Medcity, New Delhi

in Technical Support

Expressions India

The Life Skills, National School & University Mental Health Program



Saturday, 13th June 2026



Library, Moolchand Medcity
Lajpat Nagar, New Delhi



9:30 am to 4:30 pm



THEMES TO BE COVERED

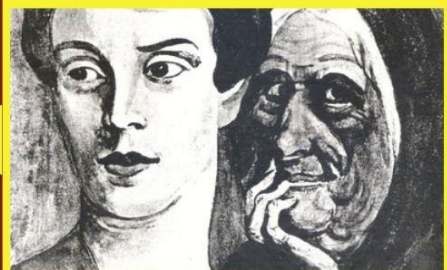
- ✦ Exploring the Various Dimensions of TAT Applications
- ✦ Administration & Scoring - From Basics to Complex Interpretations
- ✦ Clarifying Projective Diagnostics – Across the Age Span with Case Studies
- ✦ FAQs, Interpretation & Contrast with other Projective Techniques

PLEASE NOTE

Certificate of Honour & Completion
Basic Academic Material shall be accorded to all Participants!
Registration Charge is 800/- only

WHO CAN PARTICIPATE

BA/ MA/ MPhil/Phd in Psychology & Allied Professionals



FOR REGISTRATION

Register Directly to UPI ; manovidyaindia@indianbk,
GPay & Paytm No: 9999564366 (Priya Sharma)

Link for registration <https://forms.gle/ADZZiwws7uTcf5MaA>

Website : www.expressionsindia.org

pay directly

Name: EXPRESSIONS INDIA
Pay Directly to: manovidyaindia@indianbk



Report – Thematic Apperception Test (TAT)

The Thematic Apperception Test (TAT) is an important projective assessment tool that provides valuable insights into an individual's underlying needs, motives, emotions, conflicts and personality dynamics. It complements other psychological assessment methods by facilitating a deeper understanding of unconscious processes and overall psychological functioning.

An experimental and application – oriented workshop on “the ***Thematic Apperception Test (TAT)*** was successfully conducted on **13th June’2026 (Saturday)** by **Dr. Tanuja Bhardwaj**. The primary objective of the workshop was to familiarize participants with the theoretical foundations, principles and applications of TAT, fostering an understanding of its role in personality assessment and psychological evaluation.

The workshop observed active participation from a diverse groups, including school counsellors from various institutions, senior secondary students, as well as undergraduate and postgraduate students from psychology and allied science backgrounds.

The session commenced with an introductory address by **Dr. Jitendra Nagpal**, who provided an overview of the **neuropsychological basis of emotional processing, cognition and behavior**. This was followed by a discussion on **psychological development during childhood and adolescence**, with emphasis on common developmental concerns and mental health challenges across these stages.

Then, the facilitator provided participants with an overview of the **Thematic Apperception Test**, including its theoretical foundations, purpose, structure and historical development. Subsequently, participants were presented with selected TAT stimulus cards and divided into groups of ten. Each group was assigned a card and instructed to construct a narrative based on their perceptions, thoughts and interpretations of the depicted scene, facilitating an experimental understanding of projective assessment principles.

Participants were encouraged to document their narratives, following which selected responses were voluntarily shared and discussed, facilitating reflective learning and diverse psychological interpretations. The facilitator then underlying themes, needs, conflicts and personality dynamics reflected in the responses, supported by relevant clinical illustrations.

The workshop concluded with a discussion on the **applications, strengths and limitations** of “Thematic Apperception Test” in psychological assessment, reinforcing its significance in understanding personality functioning and unconscious processes. Certificates of participants were distributed at the end of the session.

Overall, the workshop enhanced the participants’ understanding of projective assessment, personality dynamics and the application of TAT in psychological evaluation and clinical practice.