



International Conference on Cognitive Behavioural Interventions - AIIMS 2015

MENTAL HEALTH INTERVENTION AND REHABILITATION

2nd – 3rd MARCH 2015 AT AIIMS, NEW DELHI

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fitting the
pieces
together

SCIENTIFIC PROGRAMME

PRE-CONFERENCE WORKSHOPS

28TH FEBRUARY 2015

SATURDAY

WS 1 10:00 – 01:00

Study Designs: Planning an
Intervention study with CBT

Prof. S.N. Dwivedi,
AIIMS, New Delhi

WS 2 09:30 – 1:30

Skills training in Dialectical
Behaviour Therapy

Dr. Vandana Tara
Consultant Clinical Psychologist

WS 3 2:00 – 5:00

Trauma Focussed CBT
With children

Dr. Sujata Satapathy
AIIMS, New Delhi

PRE-CONFERENCE WORKSHOPS

1ST MARCH 2015

SUNDAY

WS 4 10:00 – 05:00

CB Approaches to
Couples Therapy

Prof. Anisha Shah
NIMHANS, Bangalore

WS 5 10:00 – 05:00

Application of Mindfulness
In Clinical & Non-Clinical settings

Prof. M.P. Sharma
NIMHANS, Bangalore

WS 6 10:00 – 05:00

CBT for Psychosis

Prof. David Kingdon
Univ. of Southampton, U.K.

08:30 – 5:00 REGISTRATION

09:00 – 10:00 INAUGURAL CEREMONY

Venue: JLN Auditorium

09:00 – 09:10 Saraswati Vandana and lighting of lamp

09:10 – 09:20 Welcome Speech by Dr Nimisha Kumar

09:20 – 09:30 Welcome Speech by Prof. Manju Mehta

09:30 – 09:40 Speech by Chief Guest

09:50 – 10:50 Book Release “A Practical Approach to CBT for Adolescents” (Edited by Dr Manju Mehta & Dr Rajesh Sagar) – Springer Publication

09:50 – 10:00 Announcement and Inauguration of the Indian Association for Cognitive Behavioural Therapy (IACBT)

10:00 – 10:30 HIGH TEA

10:30 – 11:15 KEYNOTE ADDRESS 1

‘Status Update and Cultural Influences in Social Anxiety Disorder’

Dr Lata K. McGinn

Immediate Past - President,
International Association of Cognitive Therapy

Venue: JLN Auditorium

11:15 – 01:00 SYMPOSIUM 1:

CBT IN ANXIETY DISORDERS AND DEPRESSION

Chairs:

Dr Lata K. McGinn

Dr Tanya Machado, St. John’s Medical College, Bangalore

Venue: JLN Auditorium

11:15 – 11:30 SOCIAL ANXIETY

Prof. Paulomi Sudhir, NIMHANS, Bangalore

11:30 – 11:45 OCD

Prof. M.P. Sharma, Head, Dept. of Clinical Psychology, NIMHANS, Bangalore

11:45 – 12:00 Anxiety Management in Youth

Dr. M. Manjula, NIMHANS, Bangalore

12:00 – 12:15 Depression

Dr. Masroor Jahan, RINPAS, Ranchi

12:15 – 12:30 CBT in depression

Dr. Alok Sarin, Consultant Psychiatrist, SBISR, New Delhi

12:30 – 12:45 Pharmacology & CBT

Dr. Saurabh Menrotra, Senior Consultant, Mental Health, Medanta Medcity, Gurgaon

12:45 – 01:00 DISCUSSION

01:00 – 02:00

LUNCH

02:00 – 03:00 **CLINICAL ROUNDTABLE:
Current status of CB Approaches
to Personality Disorders**

Discussants:
Prof. Pratap Sharan, Dept. of Psychiatry, AIIMS
Dr Renuka Jena, U.K.
Dr Vandana Tara, Consultant Clinical Psychologist, New Delhi
Moderator:
Prof. Amool Ranjan Singh, RINPAS, Ranchi

Venue: JLN Auditorium

03:00 – 04:30 **SYMPOSIUM 2:
CBT IN CHRONIC & LIFESTYLE
DISEASES**

Chairs:
Prof. Waheeda Khan, Jamia Millia Islamia
Dr. Paulomi M. Sudhir

Venue: JLN Auditorium

03:00 – 03:15 Pain Management

Prof. Manju Mehta, AIIMS, New Delhi

03:15 – 03:30 Oncology

Dr. Tanya Machado, St. John's Medical College, Bangalore

03:30 – 03:45 Diabetes

Dr. Nimisha Kumar, CECDR, JMI

03:45 – 04:00 Chronic Life-style diseases

Dr. Vidya Sathyanarayanan, St. John's Medical College, Bangalore

04:00 – 04:15 Obesity

Ms. Tanu, Senior Research Fellow, AIIMS, New Delhi

04:15 – 04:30 DISCUSSION

04:30 – 04:45

TEA

04:45 – 05:45 **SYMPOSIUM 3:
Technology Based CBT**

Chairs:
Dr. Manju Mehta
Dr. Masroor Jahan

Venue: JLN Auditorium

04:45 – 05:00 Computer-Assisted CBT in
Adolescents with depression.

Ms. Pakhi Srivastava, Senior Research Fellow, AIIMS

05:00 – 05:15 Manual Based Treatment for OCD

Ms. Sneha Kapoor, Senior Research Fellow, AIIMS

05:15 – 05:30 Metacognitive Therapy

Ms. Vandita Sharma, Senior Research Fellow, AIIMS

05:30 – 05:45 DISCUSSION

06:00 – 07:30

CULTURAL PROGRAMME

07:30 Onwards

FACULTY DINNER

CONFERENCE DAY 2

3rd MARCH 2015

TUESDAY

08:30 – 10:00 REGISTRATION

09:00 – 09:30 KEYNOTE LECTURE 2

Dr Usha Nayar, USA

‘Transcending the Boundaries of CBT: Potentials of love, kindness, compassion, Mindfulness and meditation interventions’

**09:30 – 11:00 SYMPOSIUM 4:
CBT WITH CHILDREN
& ADOLESCENTS**

Chairs:

Dr. Usha Naik, Hyderabad

Dr. Uday K. Sinha, IHBAS

Venue: JLN Auditorium

09:30 – 09:45 Anxiety

Dr. Vijaya Raman, Dept. of Pediatrics, St. John’s Medical College, Bangalore

09:45 – 10:00 Trans-diagnostic approach to Anxiety
And Headache

Ms. Pragya Sharma, Senior Research Fellow, AIIMS

10:00 – 10:15 ADHD

Dr. Monica Mongia, LSR College, New Delhi

10:15 – 10:30 Child Abuse

Dr. Renu Sharma, AIIMS

10:30 – 10:45 CBT & Psychopharmacology

Dr. Kavita Arora, Children First, New Delhi

10:45 – 11:00 DISCUSSION

11:00 – 11:15

TEA

11:15 – 12:15 SYMPOSIUM 5:
CB APPROCHES TO ADDICTION & SUBSTANCE ABUSE

Chairs:
Dr. Anju Dhawan, AIIMS
Dr. Sanjay Chugh, Neuro-psychiatrist, New Delhi

Venue: JLN Auditorium

11:15 – 11:30 Internet Addiction Dr. Manoj Sharma, NIMHANS, Bangalore
11:30 – 11:45 Tobacco Addiction Dr. Gauri Shanker Kaloiya, AIIMS, New Delhi
11:45 – 12:00 Substance Abuse Dr Swati Kedia, Dept. of Addiction Psychiatry, NIMHANS, Bangalore
12:00 – 12:15 Discussion

12:15 – 01:00 SYMPOSIUM 6:
CB INTERVENTIONS IN PSYCHOSIS

Chair:
Dr. T.B. Singh, IHBAS, New Delhi
Dr. K. Senger, RINPAS, Ranchi

Venue: JLN Auditorium

12:15 – 12:30 Psychosis and CBT Prof. D. Kingdon, Univ. of Southampton, U.K.
12:30 – 12:45 Metacognitive Therapy for Psychosis Dr. Devvarta Kumar, NIMHANS, Bangalore
12:45 – 01:00 DISCUSSION

01:15 – 02:00 LUNCH

02:00 – 03:00 PANEL DISCUSSION:
PRACTICE, TRAINING & SUPERVISION IN CBT

PANEL:
Dr. Lata K. McGinn
Dr. Michael Townend, Univ. of Derbyshire, U.K.
Dr. Naveen Grover, IHBAS, New Delhi
Dr. Gauri Shanker Kaloiya, AIIMS, New Delhi

MODERATOR:
Prof. M.P. Sharma, NIMHANS

03:00 – 04:30 SYMPOSIUM 8: **Chair:** **Venue:** JLN Auditorium

**CULTURAL ADAPTATIONS
TO CBT**

03:00 – 03:15	CBT can be adapted	Prof. David Kingdon
03:15 – 03:30	CBT in Developing Countries	Dr Naved Iqbal, Dept. of Psychology, Jamia Millia Islamia, New Delhi
03:30 – 03:45	Spirituality enhanced CBT	Dr. Shanaya Rathod, NHS, U.K.
03:45 – 04:00	Resilience Focussed CBT	Dr. Mita Rana, Nepal
04:00 – 04:15	CBT in the East	Dr. Vibha Sharma, New Delhi
04:15 – 04:30	DISCUSSION	Dr. Nimisha Kumar, JMI, New Delhi
		Dr. Susmita Halder, Kolkata

04:30 – 05:00 VALEDICTORY FUNCTION

04:30 – 04:40	Concluding Remarks	Prof. Manju Mehta
04:40 – 04:50	Valedictory Address	Chief Guest
04:50 – 05:00	Vote of Thanks	Dr. Nimisha Kumar

POST-CONFERENCE TRAINING WORKSHOP

4th MARCH 2015

WEDNESDAY

WS 7	10:00 – 05:00	Evidence Based Formulation In CBT	Dr Michael Townend University of Derbyshire, U.K.
WS 8	10:00 – 1:00	Identification and Management of Specific Learning Disability	Prof. Manju Mehta Deepali Batra, PsychoMatrix, Delhi
