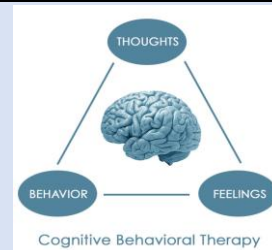




## ***State Level Conference***



# **Cognitive Behaviour Therapy & Beyond...**



**12-14<sup>th</sup> September, 2019**

*Organized by:*

**Institute of Psychiatry-A Centre of Excellence**

**Department of Clinical Psychology**

7, D.L. Khan Road, Kolkata-700025

Approved **Continuing Rehabilitation Education (CRE)**

of Rehabilitation **Council of India (RCI)**

Maximum Capacity -80

**(CRE Points to be awarded to first 50 participants)**

## ***CBT and Beyond***

Psychotherapy is a specialised treatment modality used by Clinical Psychologists to treat various psychiatric and general health conditions. Cognitive Behaviour therapy is an evidence-based psychotherapy which is frequently used by Clinical Psychologists since it is economic, manualised and effective in isolation and as an adjunct to Pharmacotherapy. Knowledge and training in CBT and orientation to third wave therapies can work as a powerful tool to facilitate upgradation of clinical teaching and practices. The conference aims to introduce and orient the uninitiated to CBT and generate knowledge in depth understanding and to incorporate third wave therapeutic principles to current practice.

## ***About the Institute***

The Institute of Psychiatry- A Centre of Excellence is one of the oldest Mental Hospitals in the country providing mental health services for over 200 years. The Department of Clinical Psychology started its journey on March 2011. It began its “M.Phil in Clinical Psychology” course on November 2011 with RCI approval. It has hitherto witnessed the passing out of six batches. Currently the department is running its 7<sup>th</sup> batch of M.Phil in Clinical Psychology. Initially starting with two Assistant Professors and four Clinical Psychologists, this Department at present comprises of one Associate Professor, four Assistant Professors, six Lecturers and one Clinical Psychologist. For last 8 years this department has been efficiently working in providing psychotherapeutic and psycho-diagnostic services to people of West Bengal along with patients from different parts of the country. The Department takes an active part in man power development for the cause of mental health.

## ***Aim of the Conference:***

Through this State level conference, we hope to empower, consolidate and upgrade the clinical skills of professionals. We aim towards capacity building and resource development in the field of Mental Health. We further look forward to amassing the current literature and its usefulness and applicability in our unique socio-cultural context.

## ***Participants:***

- **Clinical Psychologists**
- **Rehabilitation Psychologists**
- **Psychiatric Social Workers**
- **Psychiatrists**
- **Counsellors**
- **Research scholars & Student in Mental health related area**
- **Special educator**

**CRE credits for First 50 participants having valid CRR number from RCI only**

## **Venue:**

Institute of Psychiatry-A Centre of Excellence  
Department of Clinical Psychology  
7, D.L. Khan Road, Kolkata-700025

***Topics of the Conference:***

- ψ CBT for Depression
- ψ CBT for Anxiety
- ψ CBT and Brain
- ψ CBT in Trauma Management
- ψ Mindfulness Based Intervention
- ψ Dialectical Behaviour Therapy
- ψ Metacognitive Therapy
- ψ Basics of Acceptance and Commitment Therapy
- ψ Moving Beyond Recovery: A Positive Psychotherapy Approach

***Paper and Poster Presentation:***

- ♣ We are pleased to invite proposals for **Workshops, Oral & Poster Paper Presentation**

***Theme of Papers:***

- ◆ Clinical Psychology, Behavioural Medicine, Psychological Assessment, Psychotherapies, Clinical Case Studies.
- ◆ Abstracts are invited for paper presentation and posters relating to the theme of the conference.

***Format for Abstract submission:***

- ◆ Type in MS Word format (not exceeding more than 250 words)
- ◆ Font: Times New Roman
- ◆ Line spacing: 1.5
- ◆ The abstract should include the Title, Background, Aims and Objectives, Methods, Results and Conclusion.
- ◆ Mention the name of the Author and Co-authors along with the Departmental / Institutional Affiliation (name of the presenter to be underlined).
- ◆ Kindly mention the preferred mode of presentation
- ◆ Final decision about the mode of presentation is at the discretion of the scientific committee.

**Last date of Abstract Submission: 20<sup>th</sup> August, 2019**

**Acceptance of Paper/ Poster (Abstract): 27<sup>th</sup> August, 2019**

**Registration Details:**

<b>Registration Type</b>	<b>Pre-Conference Workshop (Max. 20 Participants)</b>	<b>Early Bird Conference Registration till 31<sup>st</sup> August, 2019</b>	<b>Registration beyond 31<sup>st</sup> August, 2019</b>
<b>Rehabilitation Professionals</b>	Rs. 1500/- (First Cum First Serve Basis)	2500 INR	4000 INR
<b>Student (Regular Only, Need Certificate from Head)</b>	Rs. 1000/- (First Cum First Serve Basis)	2000 INR	3000 INR

**Last date of Registration: 5th September, 2019**

**Registration Fee to be paid to:**

(Non-Refundable)

**Name: CME/CRE OF INSTITUTE OF PSYCHIATRY, KOLKATA  
A/C No. 38640479275  
IFSC Code: SBIN0001768 (ELGIN ROAD, KOLKATA)**

**Register at (Copy the URL and go to the Link):** <https://forms.gle/faoJR3bm3RiGkF4T7>

**CONTACT:**

Department of Clinical Psychology, Institute of Psychiatry, Centre of Excellence, 7 D.L.  
Khan Road, Kolkata-700025

Email: [clinicalpsychology.iop@gmail.com](mailto:clinicalpsychology.iop@gmail.com)

## Programme Details

### ♣ Pre-Conference Workshop

#### **‘Mindfulness Based Intervention’**

11<sup>th</sup> September, 2019 (Time: 10.30 am to 4.00 pm)

#### **Resource Person:**

**Prof. Mahendra Prasad Sharma, Dept. of Clinical Psychology, NIMHANS**

### ♣ Invited Resource Persons for the Conference (12.09.19- 13.09.19)

- Prof. Mahendra Prasad Sharma, NIMHANS, Bengaluru
- Prof. Sujata Satpathy, AIIMS, New Delhi
- Prof. Pritha Mukhopadhyay, Professor, University of Calcutta, Kolkata
- Dr. Tilottama Mukherjee, University of Calcutta, Kolkata
- Dr. Ushri Bannerjee, University of Calcutta, Kolkata
- Dr. Madhumita Bhattacharya, CIP, Ranchi
- Dr. Narendra Samanthuray, CMC, Cuttack

## Organizing Committee

**Organizing Chairperson:** Prof. Pradip Kumar Saha, Director, Institute of Psychiatry-COE

**Organizing Secretary:** Dr. Prasanta Kumar Roy, Head, Dept. of Clinical Psychology, IOP-COE

**Jt. Organizing Secretary:** Dr. Anwesha Mondal, Assistant Prof., Dept. of Clinical Psychology

**Treasurers:** Dr. Rudrani Chatterjee, Lecturer in Clinical Psychology, Dept. of Clinical Psychology, Dr. N.K. Maity, Medical Officer, Dept. of Psychiatry & Mr. Sumit Baran Das, Accountant, IOP-COE

**Scientific Committee:** Dr. Bidita Bhattacharya, Associate Prof. Dept. of Clinical Psychology, Ms. Doyel Ghosh, Lecturer in Clinical Psychology, Dept. of Clinical Psychology; Ms. Sreetama Chatterjee, Lecturer in Clinical Psychology, Dept. of Clinical Psychology; Ms. Zainab Ahmed, Clinical Psychologist, Dept. of Clinical Psychology; Ms. Chhavi Tewari, Lecturer in Clinical Psychology, Dept. of Clinical Psychology

**Registration Committee:** Ms. Pourabi Chaudhury, Assistant Prof. Dept. of Clinical Psychology & Ms. Ankita Biswas, Lecturer in Clinical Psychology, Dept. of Clinical Psychology

**Documentation Committee:** Ms. Sreetama Chatterjee, Lecturer in Clinical Psychology, Dept. of Clinical Psychology & Ms. Zainab Ahmed, Clinical Psychologist, Dept. of Clinical Psychology

**Food and Beverage Committee:** Ms. Amrita Mitra, Assistant Prof. Dept. of Clinical Psychology, Ms. Chhavi Tewari, Lecturer in Clinical Psychology, Dept. of Clinical Psychology & Ms. Tapasri Das, Lecturer in Clinical Psychology, Dept. of Clinical Psychology