

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 up gradation 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 7th 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 psychodiagnostic 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 CRR number from RCI only

State Level Conference

Cognitive Behaviour Therapy & Beyond

12-14th September, 2019

Approved **Continuing Rehabilitation Education (CRE)** of Rehabilitation Council of India (RCI)

Maximum capacity 80 (CRE Points to be awarded to first 50 participants)

ORGANIZED BY:

Institute of Psychiatry-A Centre of Excellence

Department of Clinical Psychology

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



Venue:

Institute of Psychiatry-A Centre of Excellence

Department of Clinical Psychology

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

Topics of the Conference:

- CBT for Depression
- CBT for Anxiety
- CBT and Brain
- CBT in Trauma Management
- Mindfulness Based Intervention
- Dialectical Behaviour Therapy
- Metacognitive Therapy
- Basics of Acceptance and Commitment Therapy
- 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: 20th August, 2019

Acceptance of Paper/ Poster (Abstract): 27th August, 2019

Pre-Conference Workshop on Mindfulness based Intervention

(11th September, 2019; 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, Professor, NIMHANS, Bengaluru
- Prof.. Sujata Satpathy, AIIMS, New Delhi
- Prof. Pritha Mukhopadhyay, 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

CONTACT:

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Institute of Psychiatry-COE, Centre of
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700025.

Email: clinicalpsychology.iop@gmail.com

Register at:

<https://forms.gle/faoJR3bm3RiGkF4T7>

Registration Type:

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

Organizing Committee

- **Organizing Chairperson:** Prof. P K Saha, Director, Institute of Psychiatry-COE
- **Organizing Secretary:** Dr. Prasanta Kumar Roy, Head, Dept. of Clinical Psychology
- **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 Tewary 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 Tewary, Lecturer in Clinical Psychology, Dept. of Clinical Psychology & Ms. Tapasri Das, Lecturer in Clinical Psychology, Dept. of Clinical Psychology