

PRE-CONFERENCE WORKSHOP

ICCBI 2017

APP-BASED CBT FOR ANXIETY

Date and Time:

5th March 2017 from 2 to 5 pm at AIIMS, New Delhi

Learning objectives:

Participants will learn more about the adaptation of CBT to mobile/electronic modality for delivery of effective and evidence based treatment for tackling emotional issues, specifically Anxiety disorders. The workshop will focus on the need for a technology based solution to overcome the barriers to mental healthcare such as access and stigma. The workshop will present, via live demonstration and case examples, the wayForward App. for managing stress and anxiety, which can be used as a self-use tool or as an adjunct to in-person therapy.

Resource Person:

Dr. Navya Singh is the founder of wayForward and it was her vision that led to the creation of this program. She has a doctorate in clinical psychology and her research experience over the past decade has focused mostly on trauma survivors. Currently, she is affiliated with Columbia University (in New York) at the Division of Molecular Imaging and Neuropathology, Department of Psychiatry, from where she completed her post doctoral research fellowship and now focused on the neuroscience behind depression and suicide. Additionally, she has worked with clinical populations ranging from forensic populations, college students and adolescents, to artists and suburban clientele in the New York City Metropolitan area. She completed her masters from Columbia University and doctorate from Albert Einstein College of Medicine in New York. At present, as the Chief Scientific Officer at wayForward, she is engaged in bringing the mobile based solution for stress and anxiety to corporates, students, and all those who need help tackling their emotional health issues.

