

ICCBI 2017 Pre-Conference Workshop

COGNITIVE BEHAVIOURAL COUPLES THERAPY

Brief description of the Workshop:

Cognitive-Behavioral Couple Therapy was developed in the 1970s as researcher - practitioners identified the limitations of using only Behavioral therapies or only Cognitive therapies with individuals and couples. This presentation will cover some of this historical background pertaining to the emergence of this modality along with the theories and therapies that were influential in its making. The audience will be introduced to and get a glimpse into the theoretical underpinnings and the practical workings of the CBCT model.

Objectives of the Workshop: Participants will learn –

- About the treatment protocols that direct this brief therapy approach to working with distressed couples.
- The role of the therapist as defined by the tenets of this theoretical model.
- To set goals with couples as part of the assessment & treatment planning procedures.
- About some of the Behavioral, Cognitive, and Emotion Focused interventions to use while working with couples using CBCT.
- About the mechanisms of change as specified and explored by this modality.
- About the most common errors therapists make while using CBCT.

Resource Person:

Dr. Maitri Chand is a Marriage and Family Therapist in private practice in New Delhi. She provides systemic therapy for individuals, couples and families. She has a Master's degree in Marriage and Family Therapy from University of Houston, Clear Lake, Houston, TX, and a Doctorate in Marriage and Family Therapy from The Florida State University, in Tallahassee, FL. She currently holds the position of Clinical Assistant Professor at Mercer University Medical School, Department of Psychiatry and Behavioural Sciences at Macon, Georgia, USA. She has taught a variety of courses like Supervision in Marriage and Family Therapy, Couples and Sex Therapy, Adult Development, Introduction to Family Therapy, Post-Modern Theories in Marriage and Family Therapy to graduate students in the MFT Program, & Sexual Function and Disorders, Clinical Skills, Family Assessment, & Brain and Behaviour to First, Second, & Third year medical students at Mercer University.

Dr. Chand regularly publishes her research in journals of international repute. Her interests include Systemic Therapy in India, cross-cultural issues in therapy and supervision, marital satisfaction, and re-marriage. She is a member of the American Association for Marriage and

Family Therapists and is a regular presenter at their annual national conference, along with having presented frequently at the association's state and local chapters in Middle Georgia. Dr. Chand has also presented workshops regularly at meetings held by the Indian Association of Family Therapists in New Delhi. She has been invited to conduct workshops at The British School (New Delhi), Vasant Valley High School (New Delhi), and Scottish High School (Gurgaon) on mental health issues of children and adolescents, identifying unhealthy relationships, & increasing awareness about special needs children in the school system to reduce prejudice & discrimination. Dr. Chand is an expert in her field and has been a practising therapist for the last 17 years in the United States and in India.

Dr Maitri Chand
Director & Family Therapist
Healing Relationships
New Delhi

Clinical Assistant Faculty
Department of Psychiatry and Behavioural Sciences
Marriage and Family Therapy Program
Mercer University Medical School,
Macon, GA, US