

WORKSHOP TITLE :

Cognitive behavior therapy skills for Psychiatrists

RESOURCE PERSON:

Dr Saurabh Mehrotra, Senior Consultant Psychiatrist, Medanta Medcity, Gurgaon

DATE and TIME:

4th March 2017 from 2 to 5 pm

VENUE:

AIIMS, New Delhi (exact venue will be communicated soon)

FEE:

Rs. 1500 per person (includes folder, handouts, refreshment n certificate)

DESCRIPTION:

Psychological therapies are a necessary component of any Mental Health Service. Psychiatrists require a working knowledge of Psychological approaches. The most widely practised and researched intervention is Cognitive Behavior Therapy

Cognitive Behavior therapy is a brief, structured, problem oriented therapy with proven efficacy. it is a mainstream treatment potentially applicable to 70-80% of cases seen in Psychiatry outpatient clinics.

The understanding of the therapeutic techniques and potential applications is necessary for all Psychiatrists. An understanding of the techniques helps in better collaboration with Psychologists for the benefit of the clients.

Psychiatrists need to understand the basic concepts of Cognitive Behavior Therapy and how it can be used in day to day practice for their clients. This workshop intends to address the issue.

At the end of it, the participants will learn-

- 1) Basic concepts of CBT
- 2) Case formulation and planning
- 3) Cognitive and Behavioral techniques