



INDIAN ASSOCIATION FOR COGNITIVE BEHAVIOUR THERAPY (IACBT)

www.iacbt.org

REGISTERED in 2016 UNDER THE SOCIETIES REGISTRATION ACT XXI OF 1860
(REG. NUMBER. S/1951/DISTT. SOUTH/2016)

Dated: 30th March 2020

IACBT STATEMENT IN RESPONSE TO THE COVID 19 PANDEMIC

The Indian Association for CBT stands by all fellow countrymen and people from all over the world in support for coping with the unprecedented situation created by the COVID 19 pandemic. In a short period of time, the virus has become the most common topic of discussion and created a situation of immense stress and distress. But with concerted efforts, patience and targeted intervention, we will be able to get over the situation soon.

The IACBT is committed to taking care of mental health and well-being of anyone who requires our help. We stand united with all other health care professionals, to offer our hand in this time of need.

The IACBT website has been updated with CBT materials specific to understanding and responding to the situation in the best possible way. We are also providing a list of our nodal CBT officers in North, South, East and West India who can be approached for CBT related intervention and referral in this sensitive time. We can also be approached for any online training needs of mental health and related professionals.

We are also making available brief focused CBT sessions through online (skype, zoom) and telephone (watsapp call, phone call) modes.

“It is our perception and appraisal of events that creates our responses”

Zone	Name of Nodal Officer	Contact details
All India	Dr. Nimisha Kumar	9953681570 (watsapp/call), iacbtmembers@gmail.com
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