

**OPEN PAPER OP-SI**

**SUB THEME - CBT IN ANXIETY & DEPRESSIVE DISORDERS**

**VENUE: CMET EDUCATION HALL**

**TIME: 2:30 P.M. TO 4:00 P.M.**

<b>S. No.</b>	<b>TITLE OF PAPER</b>	<b>AUTHOR/ Co - AUTHOR</b>
1.	Modulatory influence of early maladaptive schemas in the manifestation of somatic and depressive psychopathology in relation to life events	Dr. Shweta Rai
2.	Management of Bipolar II disorder through CBT: A case study	Syeda Shahnaz, Dr. Shiv Prasad, Dr. Sajjadur Rehman, Dr.Masroor Jahan
3.	Cognitive Restructuring of Behavioral Inhibition and Emotional Functioning for individuals with Social Anxiety Disorders	Anam Siddiqi
4.	CBT and Mindfulness as a Psychotherapeutic Package for the Treatment of Depression	Ms. Monica Sharma Dr. Asha Hingar
5.	CBT's Impact across Depressive Disorders: A Systematic Literature Review	Divyashree Modi
6.	Cognitive behavioral therapy and depression management in Type II diabetic patients- A conceptual study	Simran Bhatia
7.	Cognitive behavior therapy: An effective treatment for depression	Jyoti Luxmi Tripathi, Dr. Anuradha Sharma
8.	Effect of cognitive behaviour therapy on depression, anxiety and quality of life among patients' of Parkinson's disease	Deepika Srivastav, Dr. Rajni Sahni
9.	A Case report of Paranoid schizophrenia – Role of cognitive biases and expressed emotion within the Periphery of culture	Megha Sharma Swati Gaur

**OPEN PAPER OP-S2****SUB THEME - CBT IN ANXIETY & DEPRESSIVE DISORDERS****VENUE: CMET TECHNOLOGY HALL****TIME: 2:30 P.M. TO 4:00 P.M.**

<b>S. No.</b>	<b>TITLE OF PAPER</b>	<b>AUTHOR/ Co - AUTHOR</b>
1.	Effects of Mindfulness-Based Cognitive Therapy on Psychological and Neuropsychological Measures in Patients with Anxiety Disorders	Nikita Oberoi, Mahendra P. Sharma, Shantala Hegde, Shivaram Varambally,
2.	Cognitive Behaviour Treatment: A case Illustration	Parul Kathuria, Ketan Kotalwar
3.	Role of family in individual therapy in CBT	Archana Kashyap, Aarzoo Gupta, Priti Arun
4.	Cognitive Behaviour Therapy with Relaxation techniques to combat anxiety issues	Dr. Aparna Bhattacharya
5.	Application of Cognitive Drill Therapy to ERP in Obsessive Compulsive Disorder: A Case Study	Saniya Bhutani, Shweta Singh
6.	Efficacy of Cognitive Behaviour Therapy in Management of Depression in Learning Disability Children	Sarah Javed, Suhail Ahmed Azmi, Deoshree Akhouri,
7.	Cognitive Behavioural Therapy in Alleviating Childhood and Adolescence Depression	Silky Arora, Dr. Roopali Sharma, Dr. Uday K. Sinha
8.	CBT for Emotional and Adjustment Problems – A Case Study	Nidhi Mehta, Masroor Jhanan
9.	Encoding, Emotional control and Personality trait of University Students: A Comparative Study	Dr. Shilpa Jasubhai Dr. Ritu Sharma Prof. C. R. Mukundan
10.	Identifying barriers and altering approach in CBT in personality disorder	Navneet Kaur, Aarzoo Gupta, B. S. Chavan

**OPEN PAPER OP-S3****SUB THEME - CBT FOR CHILDREN & ADOLESCENTS****VENUE: CMET EDUCATION HALL****TIME: 4:00 P.M. TO 5:30 P.M.**

<b>S. No.</b>	<b>TITLE OF PAPER</b>	<b>AUTHOR/ Co - AUTHOR</b>
1.	CBT in Adolescent	Shivani Chugh
2.	Effectiveness of cognitive behaviour therapy in intervention to children with learning disabilities	Vidyut Singh, Chhaya Rathaur Dr. Gopal Ch. Mahakud
3.	Psychogenic vomiting in children-different trajectories	Dr. Shweta Tandon, Dr .Shahzadi Malhotra
4.	Brief Cognitive Behavior Therapy for Siblings of Proband with Developmental Disability: A Case Series	Dr. Jyoti Mishra Pandey, Dr. Preeti Mishra, Dr. Alka Nizamie, Dr. S. Haque Nizamie, Dr. Shobit Garg, Dr. B.P. Mishra
5.	Emotional dysregulation among children of working parents	Ms. Ayushi Madaan, Ms. Yukti Rastogi
6.	Social cognition in Children and adolescents at risk – A preliminary study	Ashwini H. J., Nitha Thomas, Avinash G Kamath
7.	Combining Family Therapy with CBT for the management of Impulsive Dyscontrol in a young girl with disturbed childhood	Anubhuti Jain, Dr. Shweta Singh
8.	Cognitive Framework in Career Counseling for College Students: Mapping the relevance	Sanaya M. Patel, Dr. Ritu Sharma
9.	Effects of Mindfulness Meditation in Executive Cognitive Functioning and risk-taking behaviours of adolescents: A review	Pallavi Sharma Dr. Sangeeta Bhatia'

**OPEN PAPER OP-S4****SUB THEME - CBT DELIVERY THROUGH TECHNOLOGY,  
DIGITAL & SOCIAL MEDIA  
] CBT FOR WELLBEING & POSITIVE MENTAL HEALTH****VENUE: CMET TECHNOLOGY HALL****TIME: 4:00 P.M. TO 5:30 P.M.**

<b>S. No.</b>	<b>TITLE OF PAPER</b>	<b>AUTHOR/ Co - AUTHOR</b>
1.	Cyber bullying among school children: Impacts and Mental Health Intervention	Khushboo Saini, Deepti Saini
2.	Meta-Analysis on Efficacy of Internet Cognitive Behavioral Therapy	Rumana Sanam Sarah Javed
3.	Role of Motivational Interventions in CBT for Pathological Internet Gaming – A case report	Nitha Thomas Arpitha Anand
4.	Effectiveness in Technology based CBT	Anuja Sathe Harshita Chopra
5.	A systematic review of cognitive behaviour approaches for the management of Internet Addiction	Anamika Sahu Rachna Bhargava Vaibhav Patil Yatan Pal Singh Balhara
6.	Efficacy of Cognitive Behavioral Therapy in Promoting Positive Mental Health Among Various Professionals	Rupali Bhargava Pratima Kaushik
7.	Mindfulness and Cognitive Behavioral Therapy	Aparna Patel
8.	From Strength to Strength: Fostering Resilience, Self Efficacy and Optimism among Adolescents through Cognitive Behavioural Therapy based Interventions	Dr Bhawna Sharma
9.	Impact of Cognitive Behavior Therapy on Quality of Life among Cancer Patients with Ongoing Radiotherapy and/or Chemotherapy	Swati Pathak Prof. P.C. Mishra

**OPEN PAPER OP-S5**

**SUB THEME: CBT IN INDIAN SETTING**

**VENUE: CMET EDUCATION HALL**

**TIME: 11:30 A.M. TO 1:00 P.M.**

<b>S. No.</b>	<b>TITLE OF PAPER</b>	<b>AUTHOR/ Co – AUTHOR</b>
1.	Outlining Challenges in Culturally Responsive Cognitive Behavior Therapy: An Indian Review	Trisha Thomas, Dr. Neera Pant
2.	Effectiveness of CBT as psychotherapy in Indian setting : A case study	Trishla Surana
3.	The bhagavad gita and cognitive behavioral therapy – an analogical study	Shreya Sheth
4.	Relevance of cognitive behavioral therapy on 'honor killing' cases in India	Anushka Tharad, Meenoni Daga
5.	Indian standardization and adaptation of Beck Youth Inventories- Second Edition (BYI-2).	Ann Xavier Choolackal
6.	Effects of Stigma in Indian Culture on the Perception and Acceptance of the Mentally Ill: A Socio-Cognitive Analysis	Sanjana Mehta, Sayli Gurav
7.	A review of Bhagwad Gita as complimentary tool to CBT	Ketan B. Kotalwar, Parul Kathuria
8.	Cognitive Behaviour Therapy for patients with Dhat syndrome: A case study	Pradeep Kumar Gupta
9.	Systematic Review of Couple's Therapy: Emerging Trends and Analysis of Needs in Indian Scenario	Vandana Choudhary, Bigya Shah, Dr. Sujata Satapathy

**OPEN PAPER OP-S6****SUB THEME - CBT & SUBSTANCE ABUSE  
CBT IN PTSD, GRIEF & CHRONIC ILLNESS****VENUE: CMET TECHNOLOGY HALL****TIME: 11:30 A.M. TO 1:00 P.M.**

<b>S. No.</b>	<b>TITLE OF PAPER</b>	<b>AUTHOR/ Co-AUTHOR</b>
1.	Cognitive Therapy for Alcohol Dependence Syndrome Patients Visiting To Tertiary Care Centre of Northern India	Ms. Geeta Singh, Dr. Gauri Shanker Kaloiya, Dr. Anju Dhawan, Dr. Yatan Pal Singh Balhara, Dr. Ashwani Km. Mishra
2.	Assess & evaluate the impact of group therapy in patients with substance abuse: A comparative study	Nishtha Kumar, Dr. Jyoti MishraPandey, Dr. B.S Chavan, Dr. Ajeet Sidana, Dr. Subash Das
3.	Cognition & Behaviour Go Hand-In-Hand: A Case Report on Role of Dysfunctional Cognition in Alcohol Dependence Syndrome	Ms. Geeta Singh, Dr. Gauri Shanker Kaloiya, Dr. Anju Dhawan, Dr. Yatan Pal Singh Balhara Dr. Ashwani Km. Mishra
4.	Cognitive-Behavioral Play Therapy (CBPT) for grief-related PTSD: A case study	Diksha Sachdeva Ruchita Shah Akhilesh Sharma
5.	Managing Bereavement through CBT	Tanu Gupta
6.	Integrative cognitive behavioural treatment for prolonged grief disorder: A case report	AnamikaSahu Vaibhav Patil Siddharth Sarkar Pratap Sharan
7.	Efficacy of OAT ( OPTIMISM ATTITUDE THERAPY) and Hypnotherapy for the treatment of chronic Pain : A Case Study	Prof (Dr.) Padmakali Banerjee, Dr. Amita Puri, Er. Astha
8.	Loneliness and Social Isolation Among Geriatric Population and the Role of CBT	Trishla Surana, Khushboo Patel
9.	Psychological Interventions for Parents & siblings of Paediatric Cancer Patients: A Comparative Review and Emerging Needs in India	Tanuja Kaushal, Sujata Satapathy, Rakesh K. Chadda, Sameer Bakhshi, Rajesh Sagar, Savita Sapra
10.	Effectiveness of Cognitive Behavioural Therapy in Bariatric surgery patients: Quasi Experimental Study	Dr. Hemant Atri

**OPEN PAPER OP-S7****SUB THEME – CBT, SOCIAL COGNITION & APPLICATIONS  
FOR SOCIAL ISSUES****VENUE: CMET EDUCATION HALL****TIME: 2:00 P.M. TO 3:30 P.M.**

<b>S. No.</b>	<b>TITLE OF PAPER</b>	<b>AUTHOR/ Co - AUTHOR</b>
1.	Family Interventions addressing Expressed Emotions in Opioid dependent individual caregivers and its feasibility- A Case Study	Vasudha Singh, Dr Gauri Shanker Kaloiya, Dr.Atul Ambekar,
2.	Application and outcomes of cognitive behavioural interventions across cultures	Jugal Ramnani, Dr. Pratima Kaushik
3.	Evaluation of Application Of Cognitive Behavior Framework For Stress Caused In 'Life Changing Events'	Nishi Shah, Sharon Sunil
4.	Psychometric mapping of college students using cognitive behavioral avoidance scale(CBAS)	Purva Sharma
5.	Use of Art in Schema Focused (Cognitive Therapy): A case study	Anagha S. Deshmukh, Jasmine Thomas
6.	Fear of Black Magic- A Case Study [OP]	Geetisudha DMonty
7.	Understanding of Social Communication deficits for effective Cognitive Behaviour Therapy for anger management in Autism Spectrum Disorder	Priyani Sood, Nadiya Jameel, Parul Gupta
8.	The Efficacy of cognitive behavior therapy in community based social work: a review	Narita Sabharwal, Ridhima Sharma
9.	Cognitive Behavioral Conceptualization of Self-Forgiveness	Ms. Ila Kulshrestha, Ms. Sonia Puar
10.	Cultural Challenges and Responsiveness in CBT for Marital Discord	Dr.Sapna Kashyap, Captain Karunakara Rao Gonaga

**POSTER SESSION PS 1**

**SUB THEME - CBT FOR CHILDREN & ADOLESCENTS**

**VENUE: CMET TECHNOLOGY HALL**

**TIME: 2:00 P.M. TO 3:30 P.M.**

<b>S. No.</b>	<b>TITLE OF PAPER</b>	<b>AUTHOR/ Co - AUTHOR</b>
1.	Expressed emotions among parents of children with ADHD and learning disability versus normal controls	Ms. Aanchal Harjai Ms. Yukti Rastogi
2.	Adolescent and ICT Addiction	Atul Dev
3.	Cognitive Behavioral treatment of adolescent trichotillomania: a case study	Reema Gupta
4.	Cognitive intervention on reading skills for children with dyslexia	Sandhyarani Hawbam Dr. Dinesh Chhabra
5.	Cognitive Behavior Therapy: A Tool to Help Learning Disability Child with Anxiety	Sarah Javed Suhail Ahmed Azmi Deoshree Akhouri
6.	Efficacy of cognitive behaviour therapy on psychological correlates of youth suffering with HIV/AIDS	Prof. Nilu Kumari
7.	Relevance of Cognitive Behaviour Therapy (CBT) and Stress level among school adolescents	Shreedha Vyas



**POSTER SESSION PS 2****SUB THEME – MISCELLANEOUS****VENUE: AIIMS CONFERENCE HALL, TEACHING BLOCK****TIME: 3:30 P.M. TO 4:30 P.M.**

<b>S. No.</b>	<b>TITLE OF PAPER</b>	<b>AUTHOR/ Co - AUTHOR</b>
1.	Stress: Problems of a working woman	Monika Ojaswita
2.	A comparative study: personality factor & family environment between person suffering from depression with suicidal ideation and without suicidal ideation	NishthaKumar Manoj Kumar Bajpai
3.	Performance on Wechsler adult intelligence scale-III of schizophrenic patients and normals: A comparative study	Ranjana Gupta Prof. J.Mahto
4.	Comparative Analysis of science and Arts Students	Shweta chhabhra Madhvi Vijra
5.	Is there a female variant of Dhat syndrome? Report from case studies	Nidhi Gupta Pradeep Kr. Gupta
6.	Psychophysical Intervention for Relapse Prevention among Males with Substance Dependence	Dr. Neha Sharma
7.	Cognitive Behavioural Based Intervention for Tobacco Cessation in Indian setting: A Case Report	Ms. Geeta Singh Dr. Gauri Shanker Kaloiya Dr. Sonali Jhanjee Dr. Ashwani Mishra Dr. Raka Jain Dr. Prabhoo Dayal
8.	To Study Consumers Cognitive Dissonance in Congruence to Firm's Goal Deception	Ishita Hundia Riddhi Dhadda
9.	Identifying Client Centric, Paradigm Shifts in Approaches to CBT as an Online Therapy Model	Gayathri Rao

**OPEN PAPER OP-S8**

**SUB THEME - CBT FOR CHILDREN & ADOLESCENTS  
CBT & STRESS MANAGEMENT**

**VENUE: CMET TECHNOLOGY HALL**

**TIME: 11:30 P.M. TO 1:00 P.M.**

<b>S. No.</b>	<b>TITLE OF PAPER</b>	<b>AUTHOR/ Co - AUTHOR</b>
1.	Cognitive Behavioural Approach for Managing Stress of Parent with Intellectually Disabled Child: A Case Report	Dr. Archana Shukla Shivani Pandey
2.	The Role Of Mindful Based Stress Reduction Upon Headache Related Impact And Psychological Health Of Migraine Patients	Sreetama Chatterjee Prof (Dr). D Ram
3.	Stress: Problems of youngster due to career selection	Tufail Ahmad
4.	Role of cognitive behavioral therapy in reduction of secondary traumatic stress among emergency nurses	Gargi Doulatani
5.	Cognitive Behaviour Therapy for Psychogenic Cough in Children	Dr. Shahzadi Malhotra, Dr. Shweta Tandon
6.	Regulating Impulse Control using Cognitive Behaviour Strategies with Eye to I © Model for children with Autism Spectrum Disorder	Taaniya Ahuja, Parul Gupta
7.	Addressing the needs of substance abusing adolescents in School	Megha Sharma, Swati Gaur
8.	Use of Art in Cognitive Behaviour Therapy for Depression in Adolescence: A case study	Jasmine Thomas, Anagha Deshmukh
9.	Psychological Correlates and Eating Attitudes in Adolescent and Young Adult Females	Anagha S. Deshmukh
10.	Case Study: Using Cognitive Behaviour Strategies to enhance Social Skills in Autism Spectrum Disorder	Ruchika Nirwan, Sara-Ann Schuchert, Parul Gupta, Taaniya Ahuja