

**ICCBI –INDIA 2017
PRE CONFERENCE WORKSHOP**

WORKSHOP TITLE: Workshop on Emotion Regulation therapy for anxiety and mood disorders

Resource persons:

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Abstract:

Literature on anxiety and mood disorders indicate that deficits in emotional regulation play an important role in the etiology and maintenance across these disorders. Dysregulation is specifically noticed in the realms of heightened intensity of emotions, poor understanding of emotions, negative reactivity to emotions and maladaptive management of emotions. However the traditional cognitive behaviour therapies hardly address the emotional dysregulation and also a significant proportion of the people receiving CBT do not benefit from therapy or relapse following therapy. Emotional regulation therapy is an integrated therapeutic approach which includes components from exposure, acceptance, mindfulness and experiential based therapies.

The workshop is uses a skill based approach which includes techniques to enhance emotional awareness and understanding, emotional acceptance, the ability to control impulses and pursue desired outcomes when experiencing strong emotions, and the ability to utilize appropriate strategies of emotion regulation to modulate emotional responses consistent with contextual demands and goals.

Objective of the workshop:

The objective of the workshop is to the help the mental health professionals

- 1) To understand the theoretical and clinical basis for the role of emotional regulation/dysregulation in the psychopathology of mood and anxiety disorders
- 2) To discuss the components of ERT and their clinical rationale in the above conditions
- 3) To outline various strategies for training clientele in regulatory skills including attentional flexibility, acceptance, cognitive-distancing and reframing as well as experiential exposure to contexts of perceived reward and risk.
- 4) To review briefly the reported efficacy of ERT in the research carried out at NIMHANS and published literature.

Target group: Primarily, practicing clinical psychologist, counselors and mental health professions practicing psychotherapy and counseling.

Number of Participants: 30

Mode of the workshop:

Workshop would include power point presentations, training in mindfulness skills, group activities for case conceptualization and therapy planning and experiential activities to demonstrate strategies of ERT.

Bionote of the Resource Persons



Dr. M. Manjula works as consultant at Behavioural Medicine Unit of the Department of Clinical Psychology, NIMHANS, Bengaluru. Her areas of research and clinical practice includes Cognitive Behaviour Therapies in clinical population and youth in community set ups, process research in CBT, third wave therapies, emotion regulation, and interventions in sexual dysfunctions. She regularly conducts workshops on cognitive behaviour therapies and emotion regulation therapy for mental health professionals.

Mr. Vidhyasagar has completed his M.Phil in Clinical Psychology and PhD in Clinical psychology from Department of Clinical Psychology. He has specialized in cognitive behavior therapies and his thesis was on 'Emotion regulation therapy in Anxiety Disorders'. Currently works as a Clinical Psychologist at Asha Hospital, Hyderabad.