

1st National CBT Case Conference

CRE APPROVED BY RCI

**IACBT 10th Year
Anniversary Celebrations.**

7th April 2026



“CELEBRATING WORLD CBT DAY”

**Indian Association for Cognitive Behaviour Therapy (IACBT)
in collaboration with
Department of Psychology, Indraprastha College for Women,
University of Delhi &
Institute of Psychiatry, Department of Clinical Psychology -
COE, Kolkata**

Venue -

Indraprastha College For Women(IPCW)
University of Delhi
Civil Lines, New Delhi, 110054

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CONCEPT NOTE

The Indian Association for Cognitive Behaviour Therapy is pleased to collaborate with the Department of Psychology, Indraprastha College for Women and the Institute of Psychiatry (IOP)-COE, Kolkata for a high-impact, National CBT Case Conference - “*CBT in Action*” is a one of a kind, intensive case conference being organized on the occasion of World CBT Day (April 7th) to bridge the gap between theory and practice.

While Cognitive Behavioral Therapy (CBT) remains the global benchmark for evidence-based psychological intervention, the transition from classroom theory to the therapy room is often fraught with complexity. The event focuses on how CBT is applied in real clinical situations by presenting and analyzing real-world cases. It aims to highlight “active ingredients” of change such as behavioral experiments, flexible transdiagnostic formulations, and the therapeutic alliance, emphasizing CBT as an active and transformative process. This is a day for clinicians to move beyond and master the mechanics of transformative action.

ABOUT THE ORGANISER

The Indian Association for CBT (www.iacbt.org) was set up in 2016 as a registered society in India under the Societies Registration Act of 1860. One of our main objectives is to systematize the practice and training of Cognitive Behavioural Interventions in India and promote research in the field based on global standards but with a firm grounding in the Indian context.

The IACBT is a permanent member of the Asian Cognitive Behavioural Therapies Association (ACBTA) and thereby of the World Confederation for Cognitive Behaviour Therapies (WCCBT).

The WCCBT is a global body with a presence in every continent on the globe and has recently been inducted as a vendor by the World Health Organization. The ACBTA is a regional organization representing Asia in the WCCBT with membership of 12 Asian countries.

ABOUT THE COLLABORATING INSTITUTIONS

Indraprastha College for Women, University of Delhi, was set up by a group of philanthropists in Delhi with a vision of empowering young women through education, etching out their role in nation building. The flag was borne and carried forward by generations of women who laid down the path of commitment and courage.

The Department of Psychology at Indraprastha College for Women focuses on providing students with a solid theoretical learning base, integrated with a strong impetus for developing practical skills. With the right balance of theoretical and practical learning, the student is equipped with skills to navigate both professional and personal spaces in line with the vision of NEP.



Established in 1817, Institute of Psychiatry, Kolkata (IOP) is the third oldest surviving mental hospital in the country and has a glorious past of caring for persons with psychiatric illness for almost two centuries. As centre of excellence in mental health, IOP is not only providing holistic mental health services freely, is also a training centre for courses like MD Psychiatry, MPhil in Clinical Psychology and Psychiatric Social Work, and MSc in Psychiatric Nursing.

IOP has played a significant role in training mental health professionals from 1989, when it was designated as the training & research wing for Psychiatry, of the Institute of Postgraduate Medical Education & Research, Kolkata. Thus IOP enjoys the hybrid status of being a mental hospital, which also functions as the general hospital psychiatry setup of a tertiary postgraduate medical training institute.



SIGNIFICANCE OF THE TOPIC

In the current mental health landscape, there is an increasing demand for brief, effective, and measurable interventions. CBT fulfills this need, yet its effectiveness is highly dependent on the clinicians ability to adapt.

The significance of “CBT in Action” lies in its transdiagnostic and experiential focus. Instead of siloed discussions on specific disorders, the conference emphasizes the universal processes of change. By focusing on “Action” we empower clinicians to be more than just instructors & we empower them to be architects of new experiences for their clients. This event serves as a critical quality-improvement initiative for the mental health community in India.

CALL FOR SUBMISSIONS

The organizing committee invites Practicing Psychologists, Counselors, Psychiatrists, M.Phil & Ph.D. Scholars, Post-Graduate Students, Social Workers & Mental Health Professionals to submit high quality abstracts related to the themes and the sub-themes. Authors can submit abstracts at cbtcaseconference@gmail.com

SUBMISSION TYPES

- Single case reports
- Case Report Series
- Detailed CBT Case Conceptualization of a Case
- Review of Literature based conceptual Case study

ABSTRACT SUBMISSION GUIDELINES

- Maximum 500 words
- Title: Concise and descriptive of the clinical focus.
- Background: Brief context of the case or clinical problem.
- Case description/Methodology: A summary of the intervention or study.
- Clinical Outcomes: Evidence of change or lessons learned.
- Key Takeaway: One "actionable" insight for the audience.

FULL SUBMISSION GUIDELINES

If an abstract is selected for a full oral presentation, the full case report should be submitted for publication. The authors must maintain a high standard of clinical rigor and follow the Problem-Action-Outcome structure and include:

- Case Conceptualization (The "Problem"): A brief profile of the client (anonymized) and the longitudinal/cross-sectional formulation.
- Clinical Strategy (The "Action"): Specific CBT techniques used, obstacles faced (e.g., resistance, therapist drift), and how they were overcome.
- Therapeutic Outcome: Quantitative (scales/assessments) or qualitative evidence of change and follow-up data.
- Cultural Adaptation: If applicable, how the intervention was tailored for the Indian context.
- Ethical Compliance: All cases must be sufficiently de-identified to protect client confidentiality.

PUBLICATION OPPORTUNITY

- Edited book with ISBN by reputed publisher.
- Special Issue of the Official Journal of the IACBT – Journal of Cognitive Behavioural Therapy Research (JCBTR) published by Medknow Kluwers India Ltd.

IMPORTANT DATES

MARCH 20, 2026

Abstract Submission
Deadline

MARCH 25, 2026

Notification of
Acceptance

APRIL 05, 2026

Full Case Reports (for
Publication)

APRIL 07, 2026

Conference date

SUB-THEMES

Track I: Clinical Interventions (The Disorder Focus) - Focusing on diagnostic accuracy and evidence-based recovery.	Track II: Sub-Clinical & Lifestyle Applications - Focusing on resilience, prevention, and systemic well-being.	Track III: Evolution, Ethics & Methodology - Focusing on the “How” and “Why” of the therapeutic process.
CBT for Common Mental Disorders (CMD) CBT for Severe Mental Illness (SMI) CBT for Substance Use & Addictive Behaviors Trauma-Informed CBT & PTSD CBT for Sleep Disorders & Insomnia (CBT-I) Tackling Self-Esteem and Body Image	Workplace Well-being & Executive Burnout CBT for Lifestyle & Psychosomatic Disorders CBT for Specific Populations CBT for Couples and relationship issues Group CBT & Community Outreach.	Precision in Case Formulation Culturally Adapted CBT Interventions Integrating third wave approaches Use of creative techniques in CBT Use of creative techniques in CBT Clinical supervision in CBT Open Forum (Miscellaneous): Emerging trends, Digital CBT (iCBT), and Ethical Dilemmas in modern practice.

REGISTRATION DETAILS

DELEGATE CATEGORIES	EARLY BIRD (INR) (till 25/03/2025)	AFTER 25 TH MARCH, 2026
STUDENTS	Rs. 800	Rs. 1000
SCHOLARS	Rs. 1200	Rs. 1500
PRACTITIONERS	Rs. 2200	Rs. 2500

*Fee is inclusive of 18% GST

**Fee includes tea, lunch and conference kit

Register here: <https://forms.gle/CFFPRn6Ejo3K4e6u5>



Scan to Register

ORGANISING COMMITTEE

Patron	Prof. Poonam Kumria, Principal, Indraprastha College for Women.
Chairperson & Convenor	Dr Nimisha Kumar, Founder & President, IACBT
Co-Convenor	Prof. Sujata Satapathy, AIIMS, New Delhi, Prof. Ritu Sharma, PDEU, Gandhi Nagar, Prof. Sushmita Halder, St. Xavier's Univ, Kolkata, Parul Gupta, Potentials Therapy Centre, Delhi, Dr. Bidita Bhattacharya, Head, Department of Clinical Psychology, IOP-COE, Kolkata
Organizing Secretary	Dr Swati Jain, Assistant Professor, IPCW, Dr Subhra Solanki, Assistant Professor, IPCW
Conference Co-Ordinator (IOP-COE)	Dr Prasanta Kumar Roy, IOP-COE, Kolkata
Organizing Committee Members	IACBT life members, IPCW Faculty and IOP representatives.

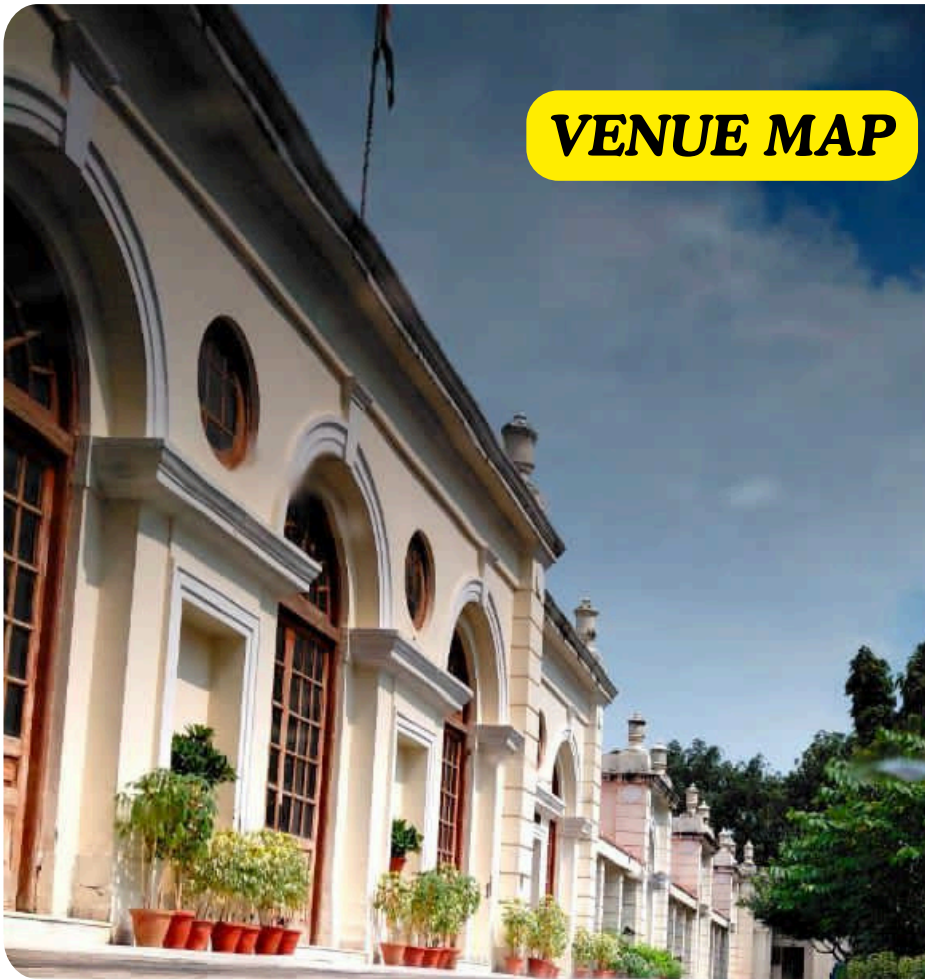
SPONSORSHIP DETAILS

SPONSORSHIP CATEGORY	AMOUNT
PLATINUM PARTNER	Rs. 5 Lakhs
GOLD PARTNER	Rs. 2 Lakhs
SILVER PARTNER	Rs. 1 Lakh
BRONZE PARTNER	Rs. 50,000

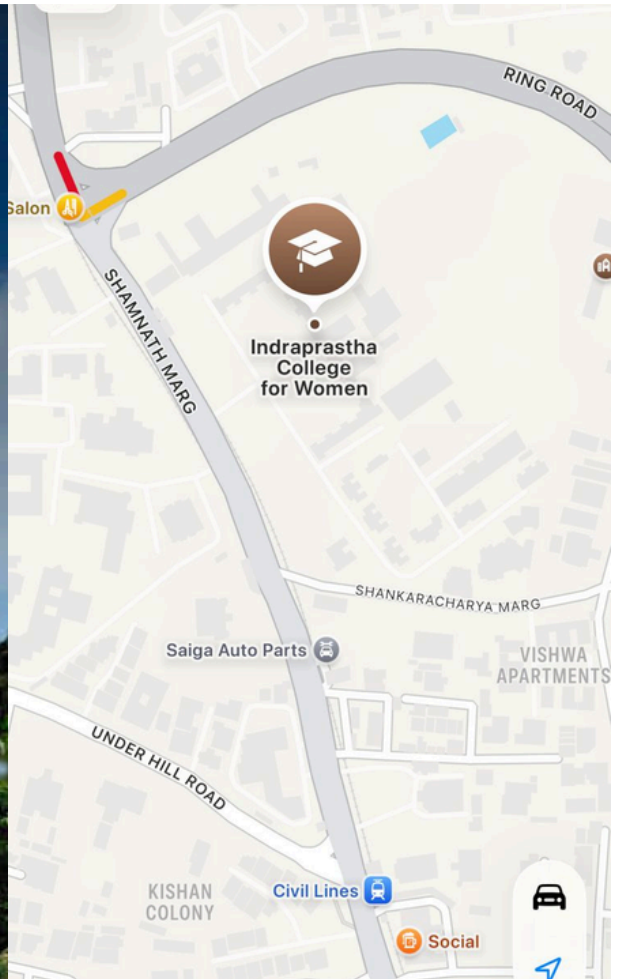
*Sponsorship Benefits Include- Brand Promotions, Networking Opportunities, Complimentary Conference Registration, Future Event Collaborations.

**For advertising options in the abstract book or IACBT journal

Please contact the organizing committee.



VENUE MAP



FOR MORE DETAILS VISIT WEBSITE OR CONTACT -

www.iacbt.org
cbtcaseconference@gmail.com

