



www.iacbt.org

# A SURVEY OF CBT PRACTITIONERS IN INDIA – AN IACBT INITIATIVE

- ❖ The Indian Association for Cognitive Behaviour Therapy - IACBT ([www.iacbt.org](http://www.iacbt.org)) was established as a Registered Society in India in 2016 to advance the theory, evidence based practice & research of CBT in India.
- ❖ IACBT is on the global map as a Permanent member of the Asian CBT Association (ACBTA) & thereby of the World Confederation of Cognitive and Behavioural Therapies (WCCBT).
- ❖ IACBT aims to develop & maintain a directory of CBT practitioners (in the area of CBT practice, training and/or research) in India with a formal training or specialized in CBT or using CBT techniques in their area of work.
- ❖ The aim is to work towards capacity building and provision of high-quality evidence-based psychological health services in India.

## BENEFITS OF SIGNING UP!

- Become a part of a global network of CBT practitioners through IACBT.
- **Get important information & updates on CBT events, conferences and programs globally.**
- Get discounted rates on training courses, workshops & Conferences organised by the IACBT.
- **Join a network of trained CBT therapists in India for client referrals.**
- Get discounts on IACBT membership fees.
- **Get opportunities for being part of ethical and meaningful research in the field.**
- Enhance your professional development through high quality supervision & advanced training opportunities.

If you use any CBT approach or CBT techniques in your area of work, it is very important that you join this survey. Please fill out the Google form at this link – <https://forms.gle/6qP4HrRspwhPvSDp7>

# Research Team



**Research Officer**

**Dhara**

Hello! I am Dhara, and I am a Psychologist and a Mental Health Professional, with a Master's degree in Counseling Psychology. My passion and curiosity about the human mind keeps me intrigued as I continue to grow.



**Research Officer**

**Ishjot**

I am Ishjot practicing psychologist by profession. Trauma has been my her major interest areas in psychology and I want to help people overcome traumatic situations.



**Senior Research Assistant**

**Kirti**

I am Kirti Tarang Pande a certified counselor, published researcher, contributing author to a book on Mental Health and director of Home Yoga's Home - an institute for mental wellness integrating psychological interventions with yoga and mindfulness.



**Senior Research Assistant**

**Torsa**

I am Torsa (pronounced Tors'h'a) (she/her), progressed from a child with boundless curiosity and a penchant for probing questions to an aspiring academic with a desire to implement lines of questioning in research.



**Senior Research Assistant**

**Neha**

My inquisitive approach to gaining knowledge motivates me to learn and unlearn concepts and ideas and help demystify mental health.



**Research Assistant**

**Aditi**

I am Aditi, a 2nd year undergraduate student who is academically driven & also likes to have fun! I got into psychology because of my interest in understanding behaviour and groups.



**Research Assistant**

**Abhirami**

I am a Budding Psychologist ,Aspiring to be CBT Practitioner, Energetic and Passionate Psychology graduate



**Research Assistant**

**Mariha**

I am Mariha Javed a third year student at the University of Delhi pursuing Applied Psychology. What I love most about psychology is that it is a vocation that extracts patterns based on events from real-life scenarios. I aspire to be a clinical psychologist one day.



**Research Assistant**

**Omkar**

An undergraduate student of Psychology. Aspires to become a clinical psychologist. I have a main interest in human development as well as Beck's approach to Psychology. I am interested in Research, Football, Cooking, Socialising, and Helping others.



**Research Assistant**

**Shrusthi**

A Psychology Graduate and an enthusiastic researcher. I discovered my passion and purpose in psychology and hope to make a significant contribution to the profession.

**Project In Charges- Dr. Nimisha Kumar, Dr. Susmita Halder & Anupama Gadkari**

**IACBT Coordinator- Ms. Ekta Jha**

**Calling all CBT practitioners in India to Sign up...for a host of Benefits.**

<https://forms.gle/t25bvErZhDTEyU8Q7>

