



1ST INTERNATIONAL PSYCHOGYNAECOLOGY CONFERENCE (IPGC) 2026

25-26 September 2026, India International Center, New Delhi, India



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Theme

Integrating Evidence-Based Psychological Approaches into Women's Reproductive and Gynaecological Healthcare.

Motto

Beyond Biology. Embracing Mind. Enhancing Lives.

Overview

Women's reproductive and Gynaecological healthcare has traditionally focused on the biological and medical aspects of illness, diagnosis, and treatment. While advances in medical care have significantly improved outcomes, the psychological and emotional experiences associated with reproductive and Gynaecological health challenges have often remained under-recognised and insufficiently addressed.

Conditions such as infertility, pregnancy-related difficulties, pregnancy loss, menstrual disorders, endometriosis, polycystic ovarian syndrome (PCOS), chronic pelvic pain, Gynaecological cancers, menopause, and sexual health concerns can profoundly affect women's emotional well-being, self-image, relationships, coping abilities, and overall quality of life. The psychological impact of these experiences may influence treatment engagement, healthcare experiences, adjustment to illness, and long-term outcomes.

Growing evidence highlights the complex and bidirectional relationship between physical health and psychological well-being. Emotional distress, maladaptive thoughts, anxiety, depression, trauma responses, and difficulties with coping can significantly influence how women experience and manage reproductive and Gynaecological health conditions. Therefore, addressing psychological needs alongside medical care is essential for delivering comprehensive, compassionate, and person-centred healthcare.

Evidence-based psychological approaches, particularly Cognitive Behaviour Therapy (CBT), have demonstrated effectiveness in helping women manage distress associated with reproductive and Gynaecological health challenges. CBT-based interventions support women in identifying and modifying unhelpful thoughts, developing adaptive coping strategies, improving emotional regulation, strengthening resilience, enhancing treatment adjustment, and improving overall quality of life. Integrating such psychological approaches within reproductive healthcare can contribute to more holistic and effective models of care.

Recognising this critical need, the **Indian Association of Cognitive Behaviour Therapy (IACBT)**, in collaboration with the **Malaysian Society of Clinical Psychology**, is proud to present the **1st International Psychogynaecology Conference (IPGC) 2026 scheduled on 25–26 September at India International Center, New Delhi, India**. The conference aims to create an international platform to advance the integration of evidence-based psychological care into women's reproductive and Gynaecological healthcare.

Rationale

Psychogynaecology represents an emerging interdisciplinary field that recognises the importance of addressing the psychological dimensions of reproductive and Gynaecological health. Although awareness of mental health in women's healthcare is increasing, there remains a significant need to translate psychological evidence into routine clinical practice.

The integration of evidence-based psychological approaches, including CBT, provides opportunities to improve women's ability to cope with health-related challenges, reduce psychological distress, enhance emotional well-being, strengthen relationships, and promote better quality of life.

IPGC 2026 aims to bridge the fields of psychology, psychiatry, obstetrics and gynaecology, reproductive medicine, and allied healthcare by facilitating knowledge exchange, clinical learning, and interdisciplinary collaboration. The conference will emphasise the application of psychological science in supporting women throughout their reproductive lifespan and in addressing the emotional consequences of reproductive and Gynaecological conditions.

Aim

To promote the integration of evidence-based psychological approaches, particularly Cognitive Behaviour Therapy, into reproductive and Gynaecological healthcare to enhance women's emotional well-being, coping abilities, and quality of life.

The Core Belief

Women's reproductive and Gynaecological healthcare cannot be truly comprehensive unless it recognises and addresses mental well-being as an integral component of care.

Philosophy

Advances in reproductive and Gynaecological healthcare have transformed women's physical health. The next frontier is integrating evidence-based psychological care to improve mental well-being, strengthen coping, and enhance quality of life.

Vision

A future where women's reproductive and Gynaecological healthcare integrates evidence-based psychological care to promote mental well-being, resilience, and quality of life.

Mission

To advance interdisciplinary research, education, and clinical practice that integrates Cognitive Behaviour Therapy and other evidence-based psychological approaches into women's reproductive and Gynaecological healthcare, improving mental well-being and quality of life across the reproductive lifespan.

Objectives

The conference aims to:

- Highlight the role of evidence-based psychological interventions in addressing emotional and psychological challenges associated with reproductive and Gynaecological health.
- Promote the application of Cognitive Behaviour Therapy and related approaches in supporting women's mental health across reproductive life stages.
- Increase awareness among healthcare professionals regarding the psychological impact of reproductive and Gynaecological conditions.
- Facilitate interdisciplinary collaboration between mental health professionals, medical practitioners, researchers, and educators.
- Share current research findings, clinical innovations, and best practices in psychogynaecology.
- Strengthen professional capacity to provide integrated, person-centred care that addresses both physical and psychological needs.
- Encourage future research and service development in psychological interventions for women's reproductive health.

Key Focus Areas

The conference will explore evidence-based psychological approaches across various areas of women's reproductive and Gynaecological healthcare, including:

- Cognitive Behaviour Therapy in women's health
- Psychological interventions for infertility and assisted reproductive treatments
- Managing anxiety, depression, and emotional distress related to reproductive health conditions
- Psychological support following pregnancy loss and reproductive trauma
- CBT approaches for coping with chronic Gynaecological conditions such as endometriosis, PCOS, and chronic pelvic pain
- Psychological aspects of menstrual health and menopause
- Supporting emotional adjustment in Gynaecological oncology
- Body image, self-esteem, and identity concerns in reproductive health

- Sexual health, intimacy, and relationship concerns
- Resilience-building and coping strategies across the reproductive lifespan
- Digital and innovative psychological interventions in women's healthcare
- Integrating psychological services into multidisciplinary healthcare settings

What to Expect

- ✓ International Faculty
- ✓ Keynote Lectures
- ✓ Scientific Symposia
- ✓ Panel Discussions
- ✓ Interactive Workshops
- ✓ Oral & Poster Presentations
- ✓ Awards (Oral Paper & Poster)
- ✓ Networking Opportunities

Scientific Programme

The scientific programme is designed to foster interdisciplinary learning and collaboration among gynaecologists, reproductive medicine specialists, mental health professionals, nurses, social workers, researchers, educators, and policy makers. The programme will showcase contemporary scientific evidence, innovative models of integrated care, and best clinical practices that strengthen the interface between psychological health and women's reproductive and gynaecological care. The conference will feature keynote lectures, plenary sessions, expert panel discussions, state-of-the-art symposia, clinical case discussions, workshops, oral and poster presentations, and networking forums, providing opportunities for scientific exchange, capacity building, multidisciplinary collaboration, and translation of research into clinical practice.

The scientific programme will include:

- **Maternal Mental Health:** Understanding emotional well-being during pregnancy and postpartum
- **Perinatal Psychiatry:** Recognizing and managing psychiatric conditions during reproductive transitions
- **Psychological Interventions:** Applications of CBT and other evidence-based therapies
- **Fertility and Assisted Reproduction:** Addressing emotional challenges associated with infertility and IVF
- **Pregnancy Loss and Trauma:** Supporting women through grief and recovery
- **Women's Mental Health Across the Lifespan:** From adolescence to menopause and beyond
- **Innovation in Healthcare:** Digital mental health, technology, and integrated care models

Faculty & Speakers

Global Voices. Shared Vision: IPGC 2026 will feature distinguished national and international experts from the fields of

- Obstetrics and Gynaecology
- Psychiatry
- Psychology
- Behavioural Sciences
- Women's Health Research

Expected Participants

The conference will bring together:

- **Allied Healthcare Professionals** – including healthcare providers involved in supportive and rehabilitative care for women's health.
- **Clinical Psychologists and Mental Health Professionals** – including psychologists, psychotherapists, counsellors, and behavioural health practitioners working in women's mental health.
- **Endocrinologists** – involved in hormonal health, metabolic conditions, and reproductive endocrine disorders.
- **Healthcare Educators and Trainers** – engaged in professional education, capacity building, and training in healthcare and mental health disciplines.
- **Nurses and Midwives** – providing clinical care, counselling, and support across reproductive and Gynaecological health settings.
- **Obstetricians and Gynaecologists** – providing medical and surgical care across the reproductive lifespan.
- **Physicians and Primary Care Providers** – involved in the assessment, management, and referral of women experiencing reproductive and psychological health concerns.
- **Physiotherapists** – including professionals working in pelvic health, rehabilitation, pain management, and women's health.
- **Psychiatrists** – specialising in the assessment and treatment of mental health conditions associated with reproductive and Gynaecological health.
- **Public Health Professionals and Healthcare Policymakers** – contributing to healthcare systems, service development, and population-based approaches.
- **Researchers and Academicians** – advancing scientific knowledge, clinical research, and evidence-based practices in psychogynaecology.
- **Reproductive Medicine Specialists** – supporting women and couples experiencing fertility-related challenges and assisted reproductive treatment needs.
- **Students and Trainees** – from psychology, medicine, nursing, allied health, and related disciplines with an interest in integrated women's healthcare.
- **Social Workers and Community Health Professionals** – supporting women through psychosocial challenges and improving access to care.
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Opportunity for Abstract Submission

The 1st International Psychogynaecology Conference (IPGC) 2026 will be a dedicated platform for researchers, clinicians, psychologists, psychiatrists, gynecologists, public health professionals, academicians, and students to present original research aligned with the conference theme, “Integrating Evidence-Based Psychological Approaches into Women's Reproductive and Gynaecological Healthcare”.

The Call for Abstracts Research Papers aims to foster scientific dialogue, encourage the dissemination of innovative research, and promote interdisciplinary collaboration in the emerging field of psychogynaecology. Through oral and poster presentations, participants will have the opportunity to share evidence-based practices, clinical innovations, research findings, and implementation experiences that contribute to improving women's reproductive and mental healthcare.

This initiative will enrich the scientific programme, encourage active participation from national and international delegates, support the professional development of early-career researchers, and strengthen the conference's role as a platform for advancing research, clinical practice, and policy in women's health.

Presentation Categories

- Clinical Case Discussion
- Oral Presentation
- Poster Presentation
- Symposia

Opportunity for Research Paper Publication

The 1st International Psychogynaecology Conference (IPGC) 2026 will provide participants with an opportunity to publish their original research in addition to presenting it at the conference. Authors of accepted full papers will undergo a peer-review process, and selected high-quality manuscripts will be considered for publication in the conference proceedings and/or partner peer-reviewed journals, subject to editorial and publication requirements. This publication opportunity aims to promote the dissemination of innovative research, strengthen academic collaboration, and enhance the global visibility and impact of scholarly work in psychogynaecology and related disciplines.

Partnership Opportunities

IPGC 2026 provides organizations with an opportunity to engage with a diverse community of healthcare professionals committed to advancing women's health.

Partnership opportunities include:

- Academic Collaboration
- Knowledge Partnership
- Scientific Partnership
- Exhibition Opportunity
- Sponsorship Opportunity

Expected Outcomes

IPGC 2026 is expected to:

- Increase recognition of psychological care as an essential component of reproductive and Gynaecological healthcare.
- Promote greater understanding and application of CBT and other evidence-based psychological interventions in women's health.
- Enhance collaboration between mental health and medical professionals.
- Improve awareness of psychological factors influencing women's health experiences and outcomes.
- Encourage development of integrated healthcare models incorporating psychological support.
- Facilitate international exchange of research, clinical expertise, and innovative practices.

Conclusion

The **1st International Psychogynaecology Conference (IPGC) 2026** aims to advance a paradigm shift in women's reproductive and Gynaecological healthcare by recognising mental well-being as an integral component of health. Through the dissemination and application of evidence-based psychological approaches, particularly Cognitive Behaviour Therapy, the conference seeks to empower healthcare professionals with effective tools to support women facing reproductive and Gynaecological challenges.

By bringing together experts across disciplines and countries, IPGC 2026 will foster collaboration, strengthen evidence-based practice, and contribute toward healthcare models that address women's physical, emotional, and psychological needs—ultimately improving coping, well-being, and quality of life.