WORKSHOP ON COGNITIVE BEHAVIOUR THERAPY

15th and 16th February, 2014
9.00 am to 5.00 pm
Sangath Centre, Porvorim, Goa

Organized by:
Workshop structure
The workshop is designed to strengthen basic theoretical understanding of Cognitive Behaviour Therapy (CBT), and to provide an opportunity for practical application. By the end of the workshop participants will have:

1. Learnt fundamental concepts of CBT.
2. Developed core skills in the assessment, case conceptualization and treatment of panic disorder.
3. Role played case scenarios, taking the case from assessment, to treatment, to relapse prevention.

Who is this workshop for?
The workshop is designed for mental health professionals (psychiatrists, psychologists, counsellors, psychiatric social workers, etc...), and students pursuing studies in the field of mental health, who wish to learn more about CBT.

About the tutors

Dr Andrew Beck is a Consultant Clinical Psychologist and Hon Senior Lecturer at the University of Manchester; and is also senior Lecturer on the North West England Improving Access to Psychological Therapies programme where he leads on the training and development of CBT supervisors. He has authored academic papers on the cross cultural application of CBT and has also worked to develop a CBT course in Chennai where he has been teaching for over two years.

Arpita Anand is a Consultant Counselling Psychologist currently based in Goa with over 14 years of clinical experience. Arpita specialises in CBT and has trained in London & New York (Bellevue Hospital). She has previously engaged in providing counselling services to people with a range of issues including depression, anxiety, relationship difficulties, grief and bereavement counselling and work stress, in Max Healthcare and Escorts Heart Institute in New Delhi, and subsequently in private practice.

Workshop fees:
Professionals: Rs. 3000/-
Students: Rs. 1500/-

For more details about the workshop and registrations, contact:
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