



Department of Psychiatry
All India Institute of Medical Sciences, Jodhpur

WORKSHOP

MINDFULNESS:

SKILLS &

APPLICATIONS

Date :

7th & 8th October 2022

Venue :

E-Classroom, 2nd Floor
Medical College Building
AIIMS, Jodhpur



What is Mindfulness?

Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally. Mindfulness is available to us in every moment, whether through meditations and body scans, or mindful moment practices like taking time to pause and breathe when the phone rings instead of rushing to answer it. Mindfulness has its roots in Buddhism founded about 2,600 years ago and has now become a mainstream psychotherapy construct today. The practice was popularized in the West through the work of Jon-Kabat Zinn. Zinn created Mindfulness-Based Stress Reduction to treat pain, anxiety, and stress, and he ultimately brought mindfulness into mainstream clinical practice.

What is the need to learn Mindfulness?

Psychiatric disorders are prevalent worldwide and associated with high rates of disease burden. Cognitive behavior therapies have been the main stay of evidence based psychological treatment of various psychiatric disorders wherein the focus was largely on the irrational/maladaptive thought pattern and associated dysfunctions.

Third wave therapies are the current approaches that take the focus away from cognition and thought patterns. The basic premise of third wave therapies is that the psychological pain and distress are an inevitable part of life and they cannot be completely avoided or eliminated. Therefore, active acceptance of psychological discomfort can help in reducing the distress.

Mindfulness based interventions are derived from third wave of psychotherapies that focuses largely on the acceptance of situations without judgment and modifying the relationship one has with one's inner experiences (thoughts and emotions) and not the content of that experience. The mind/body techniques of mindfulness can help an individual to face the challenges of life with ease.

Therefore, it is essential for mental health professionals to learn the skills of mindfulness integrate these skills with different psychological approaches and implement them with their clients.

How this workshop will be useful?

This exclusive workshop will focus on the skill building that include:

- The Basic Concept of Mindfulness
- Application of different techniques of mindfulness to enrich their practice as well as their own lives
- Demonstration of the practices and skills by the experts
- Interaction with the experts



PROGRAM SCHEDULE

DAY 1 – 7 TH OCTOBER 2022		
TIMING	TOPIC	FACULTY
9:30 AM to 10:00 AM	Registration & General interaction	
10.00 AM to 10.15 AM	Inauguration (Welcome address & Introduction of participant)	
10.15 AM to 11.15 AM	Session 1: Understanding the Mindfulness	Dr. Mahendra P. Sharma
11.15 AM to 11.30 AM	Tea break	
11:30 AM to 1.00 PM	Session 2: Key Mechanisms in Mindfulness, Sitting Meditation: Demonstration	Dr. Mahendra P. Sharma
1.00 PM to 2.00 PM	Lunch	
2.00 PM to 3.30 PM	Session 3: Assessment of Mindfulness, Body Scan Meditation: Demonstration	Dr. Amanpreet Kaur
3.30 PM to 3.45 PM	Tea break	
3.45 PM to 5 PM	Session 4: Integrating Mindfulness into Cognitive Therapy for Depression and Anxiety Disorders (Loving Mindfulness Meditation: Demonstration)	Dr. Amanpreet Kaur
DAY 2 – 8 TH OCTOBER 2022		
9.00 AM to 10.30 AM	Session 5: Mindfulness Integrated Cognitive Therapy for OCD Raisin Exercise: Demonstration	Dr. Mahendra P. Sharma
10.30 AM to 10.45 AM	Tea Break	
10.45 AM to 11.30 AM	Session 6: Mindful Self-compassion Mindfulness Exercises: Demonstration (Mindful Walking, Mindfulness of Sound)	Dr. Amanpreet Kaur Dr. Mahendra P. Sharma
11.30 AM to 12.30 PM	Session 7: Mindfulness in Chronic pain and other medical conditions	Dr. Amanpreet Kaur
12.30 PM to 1.00 PM	Interaction with experts on “Issues and Difficulties Encountered in Mindfulness-Based Interventions”	Dr. Mahendra P. Sharma & Dr. Amanpreet Kaur
1.00 PM to 2.00 PM	Lunch	
2.00 PM to 3.00 PM	Session 8: Application of mindfulness in Children	Dr. Shruti Modi
3.00 PM	Valedictory	



- **Target Audience:** Mental Health Professionals
 - Clinical Psychologists
 - Psychiatrists
 - Psychiatry Trainees
 - Psychology Trainees
 - Psychiatric Social Workers)
- Date : 7th & 8th October 2022
- Registration Fee: ₹2500/-
- Number of Participants: 30 (on first come first serve basis)
- Click here for Registration :
<https://forms.gle/hMgJY3RJ1MsLiPAq6>
- Details of Payment :
 - Account : Psychiatry Academic Events
 - Account number : 918010092412827
 - IFSC : UTIB0000832
 - Bank : AXIS Bank. Paota, Jodhpur

Last Date of Registration : 30th September 2022



KNOW OUR SPEAKERS |

Dr. Mahendra Prakash Sharma



Dr. Mahendra P Sharma is a renowned name among the fraternity of Clinical Psychology. He has worked as Professor & Head of the department of Clinical Psychology, NIMHANS. His main interest areas are Third Generation Behavior Therapies such as Mindfulness – Based or –Integrated Cognitive Behavior Therapy, Acceptance and Commitment Therapy (ACT), Metacognitive Therapy. He has been an expert of mindfulness and conducted large number of workshops. He has published various papers in national/ international journals, and also presented more than 200 papers in conferences, workshops and symposia. He has received a number of awards including prestigious Prof. H. N. Murthy Oration Award, special honor award of fifty icon clinical psychologists of India in 44th National Annual Conference of IACP-2018.

Dr. Amanpreet Kaur



Dr Amanpreet is currently working as an Assistant Professor in Jindal School of Psychology & Counselling at O.P. Jindal Global University, Sonapat, India. She is a registered Clinical Psychologist with ten years of clinical experience. She did her Ph.D. in Clinical Psychology from National Institute of Mental Health and Neuro Sciences (NIMHANS), Bangalore and her M.Phil. in Clinical psychology from the Institute of Human Behaviour and Allied Sciences (IHBAS), Delhi.

Her interest areas are Mindfulness; Third Generation Cognitive Behaviour Therapies; Grief and Trauma; Palliative Care; Workplace stress, Burnout and Compassion Fatigue in Health Care Professionals. She has been trained in various forms of mindfulness meditation and has an experience in conducting and organizing workshops on mindfulness meditation

Dr. Shruti Modi



Dr Shruti is a clinical psychologist. She has given her services in institutes of national importance including All India Institute of Medical Sciences (AIIMS), Jodhpur; National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore; National Law University, Jodhpur and Kasturba Medical College, Manipal. She has published articles in various national and international journals, and is on the editorial board of reputed journals. Her special interests include mental health issues among adolescents and young adults, mindfulness-based interventions and positive psychology.

Organizing Team

Patron

Prof. Kuldeep Singh
Dean (Academics)

Workshop Co-ordinator:

Dr Tanu Gupta

Committee Members

Dr Naresh Nebhinani

Dr Mukesh Kumar Swami

Dr Pratibha Gehlawat

Dr. Navratan Suthar

Dr. Preethy K

Ms. Luxmi Devi



Contact Us

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