



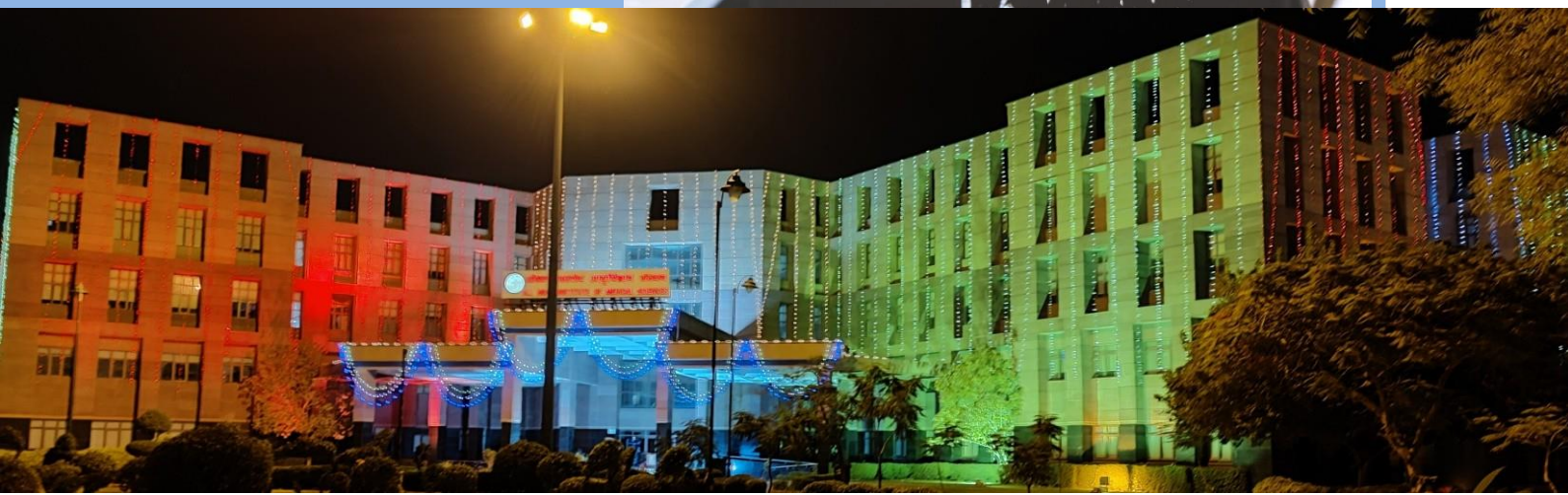
Department of Psychiatry
All India Institute of Medical Sciences, Jodhpur

WORKSHOP

Cognitive Behavior Therapy For Obsessive Compulsive Disorder

Date:
24th & 25th February
2023

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



PROGRAM SCHEDULE

DAY 1 – 24th February 2023		
TIMING	TOPIC	SPEAKERS
9:00 AM to 9:30 AM	Registration & general interaction, Inauguration (welcome address & introduction of participants)	
9:30 AM to 10:30 AM (Followed by Q&A)	Clinical profile, course and outcome of obsessive-compulsive disorder	Dr. Ajay Kumar
10:30 AM to 11:30 AM (Followed by Q&A)	Cognitive behavioural perspectives of OCD: An over-view	Ms. Aishwarya Solanki
Tea Break 11:30 AM to 11:40 AM		
11:45 AM to 1:15 PM (Followed by Q&A)	Cognitive behavioural assessment in OCD: Assessing symptoms, beliefs, family accommodation (with case example). Case formulation	Dr. Ajay Kumar and Ms. Aishwarya Solanki
Lunch Break 1:15 pm to 2:00 PM		
2:00 PM to 2:30 PM	Behavioural analysis: Role play	
2:30 PM to 4:00 PM (Followed by Q & A)	Exposure and Response Prevention: Practical aspects	Dr. Ajay Kumar
4:00 PM to 4:40 PM	Role play preparing client for Exposure and Response Prevention	Dr. Ajay Kumar and Ms. Aishwarya Solanki
DAY 2 – 25th February 2023		
9:30 AM to 11:00 AM	Cognitive Therapy in OCD	Dr. Ajay Kumar
Tea Break		
11:15 AM to 12:15 PM	Mindfulness based cognitive behaviour therapy for OCD	Dr. Ajay Kumar
12:15 AM to 01:30 PM	Clinical case presentations including child case (Group work by participants)	
Break 1:30 PM to 2:00 PM (Valedictory & Certificate distribution)		

Target Audience: Mental Health Professionals with basic understanding and experience with Psychotherapies

- Date : 24th & 25th February 2023
- Registration Fee: 2000/-
- Number of Participants: 25-30 (on first come first serve basis)
- Click here for Registration: <https://forms.gle/G2UgyD2BMCqwFwWX9>
- Details of Payment:
 - Account: Psychiatry Academic Events
 - Account number: 918010092412827
 - IFSC: UTIB0000832
 - Bank: AXIS Bank. Paota, Jodhpur
- Last Date of Registration: 18th February 2023

KNOW OUR SPEAKERS

Dr. Ajay Kumar



Dr. Ajay Kumar is currently working as an Associate Professor of Clinical Psychology at NIMHANS, Bengaluru. He is actively involved in Supervision of psychological assessment and psychotherapy of M. Phil & PhD Clinical Psychology students. He has done his M.Phil & PhD in Clinical Psychology from National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore. He has more than 10 years of experience in Cognitive Behavior Therapy and other psychological interventions. His area of interest includes CBT, third generation behavior therapies, group psychotherapy, family therapies and neuro-rehabilitation. He has published various papers in national, international journals, and has presented in various national and international conferences. He has conducted various workshops on topics like CBT: Basic Principles and Applications; CBT: Applications in Emotional Disorders, CBT in Sexual Dysfunctions, life skills, etc.

Ms. Aishwarya L Solanki



Ms. Aishwarya Solanki is currently a PhD Scholar at NIMHANS. She has completed her MPhil Clinical Psychology from Sri Ramachandra institute of Higher education and Research, Chennai. Her areas of interest include Obsessive Compulsive Disorder, Public Mental Health, Behavioral Addiction, Mindfulness, Dialectical Behavior Therapy, developmental trajectory of neurodevelopmental disorders etc. She has expertise in Mindfulness based Interventions, Cognitive behavioral therapy, DBT, Solution Focused Brief Therapy. She is currently working on a DST funded Project related to Neuroscience of Behavioral Addiction at NIMHANS Bengaluru.

Organizing Team

Patron

Prof Dr. (Col) CDS Katoch
Executive Director

Workshop Coordinator:

Dr. Tanu Gupta

Committee Members

Dr. Naresh Nebhinani
Dr. Mukesh Kumar Swami
Dr. Navratan Suthar

Ms. Luxmi Devi
Dr. Surendra Rajpurohit