

Cognitive Behavioural Therapy (CBT)

On Thursday, November 23, 2023, a Cognitive Behavioral Therapy (CBT) workshop was conducted for second-year M.Sc Clinical Psychology students. The workshop was facilitated by Bright P Jacob, a seasoned clinical psychologist, and Ms. Remey K, a consultant psychologist, both from the Genesis Clinic for Counselling and Psychotherapy.

Workshop Agenda:

1. Introduction to Cognitive Behavioural Therapy (CBT)
2. Key Concepts and Principles of CBT
3. Techniques and Interventions in CBT
4. Case Studies and Practical Applications
5. Q&A Session

Workshop Highlights:

1. Introduction to CBT: Bright P Jacob initiated the workshop by providing an overview of Cognitive Behavioural Therapy, elucidating its

theoretical framework, and highlighting its significance in contemporary clinical psychology practice.

2. **Key Concepts and Principles:** The workshop delved into fundamental CBT concepts such as cognitive restructuring, behavior modification, and the interplay between thoughts, feelings, and behaviors. Ms. Remey K elucidated these concepts through engaging examples and interactive discussions.

3. **Techniques and Interventions:** Various CBT techniques and interventions were explored, including thought challenging, behavioral experiments, exposure therapy, and relaxation techniques. Participants actively engaged in role-plays and practical exercises to grasp the application of these techniques in therapeutic settings.

4. **Case Studies and Practical Applications:** The resource persons presented real-life case studies demonstrating the implementation of CBT strategies to address diverse psychological issues such as anxiety disorders, depression, and trauma. Participants analyzed these cases, identifying appropriate CBT interventions and formulating treatment plans.

5. **Q&A Session:** The workshop concluded with a lively Q&A session, wherein participants sought clarification on CBT principles, discussed ethical considerations in therapy, and solicited advice on integrating CBT into their clinical practice.

Outcomes of the Program: The CBT workshop yielded several significant outcomes:

1. **Enhanced Understanding:** Participants gained a comprehensive understanding of CBT principles, techniques, and their practical applications in clinical settings.
2. **Skill Development:** Through interactive activities and case studies, participants honed their skills in applying CBT interventions, fostering confidence in their therapeutic abilities.
3. **Critical Thinking:** The workshop stimulated critical thinking and analytical skills among participants, enabling them to critically evaluate psychological issues and formulate evidence-based treatment plans.
4. **Networking Opportunities:** Participants had the opportunity to interact with experienced clinicians from the Genesis Clinic, fostering professional networking and mentorship opportunities.
5. **Continued Learning:** The workshop served as a catalyst for continued learning and exploration of CBT principles, inspiring participants to further develop their expertise in this therapeutic approach.

Overall, the CBT workshop proved to be a valuable learning experience for second-year M.Sc Clinical Psychology students, equipping them with essential knowledge and skills to excel in their future clinical practice.



Resource Persons

Bright P Jacob
Clinical Psychologist
The Genesis Clinic for
counselling and psychotherapy

REMEY K
Consultant Psychologist
The Genesis Clinic for
counselling and psychotherapy



CHRIST
COLLEGE (AUTONOMOUS)
IRINJALAKUDA, KERALA
Reaccredited by NAAC with 'A++'

DEPARTMENT OF PSYCHOLOGY

9.30 am - 3.00 pm

NOV 23
Thursday

Dr. Fr Jolly Andrews CMI
Principal

Ms. Christina Tony
HoD

Ms. Parvanendhu K V
Cordinator

COGNITIVE BEHAVIORAL THERAPY

One Day Workshop





GPS Map Camera

Thrissur, Kerala, India
C35W+R62, Thrissur, Kerala 680567, India
Lat 10.409571°
Long 76.095512°
23/11/23 09:46 AM GMT +05:30

Google



GPS Map Camera

Irinjalakuda, Kerala, India
9647+995, Irinjalakuda, Kerala 680125, India
Lat 10.356056°
Long 76.213332°
23/11/23 01:09 PM GMT +05:30

Google



GPS Map Camera

Irinjalakuda, Kerala, India
9647+995, Irinjalakuda, Kerala 680125, India
Lat 10.356056°
Long 76.213332°
23/11/23 01:09 PM GMT +05:30

Google


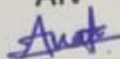

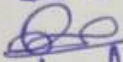
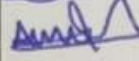
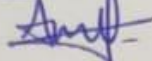
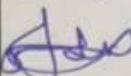
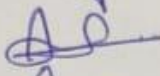
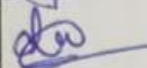

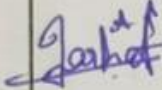
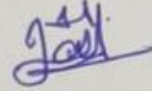
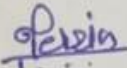
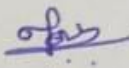

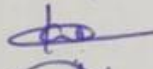


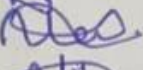
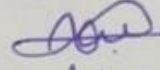
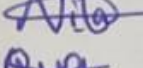
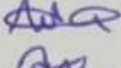
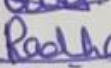
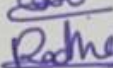
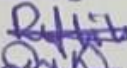
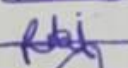
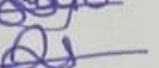
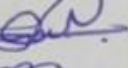
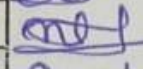
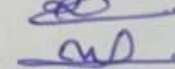
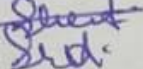
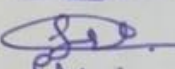
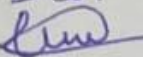
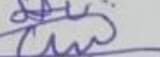

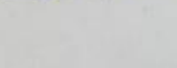

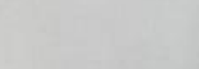


GPS Map Camera

Irinjalakuda, Kerala, India
9647+995, Irinjalakuda, Kerala 680125, India
Lat 10.356056°
Long 76.213332°
23/11/23 01:09 PM GMT +05:30

Google

CBT WORKSHOP ATTEENDANCE

Student Name	Signature	
	FN	AN
ANEETA GRACE		
ANJALA FARHATH		
ANUJ K.		
ASWIN BHARATHAN K		
DIYA HAMEED		
FARHA ABDULNAZAR PUTHUVEETIL		
FERZIN V M		
KASYAP S		
KATHLYN BENNETT		
NIALA GAFOOR		
NILANJANA S		
NISHMA MUJEEB		
RADHA.R.PANICKER		
RITHIKA RAJ		
SANDRA A S		
SANDRA ZACHARIA		
SHAMNA T S		
SREELAKSHMI M		
SRUTHI.P.M		
UNNIMAYA M S	