



**CENTRAL UNIVERSITY OF KARNATAKA
SCHOOL OF SOCIAL AND BEHAVIOURAL SCIENCES
DEPARTMENT OF PSYCHOLOGY**

**6TH NATIONAL LEVEL SKILL DEVELOPMENT WORKSHOP
ON**

DIALECTICAL BEHAVIOUR THERAPY

RESOURCE PERSON:

Mr. ARUN JACOB

**CLINICAL PSYCHOLOGIST
ASRA WELLNESS CLINIC
BANGALORE**

DATE: 27, 28, & 29 MARCH, 2023

MODE: OFFLINE

A three-day National level Skill Development Programme on Dialectical Behavior Therapy (DBT) is designed by the Department of Psychology, Central University of Karnataka to train psychologists, researchers, teachers and practicing therapists. The workshop focuses on developing knowledge, skills and techniques among the delegates on various applied aspects of DBT.



What is DBT?

Dialectical behavior therapy (DBT) is a structured program of psychotherapy with a strong educational component designed to provide skills for managing intense emotions and negotiating social relationships.

Learning outcomes:

- Familiarising the DBT approach
- Being able to have a dialectical mindset
- Discerning the right therapeutic techniques
- Application of the therapeutic techniques

Who should attend?

- Faculty Members
- Psychologists
- Research Scholars
- Students

Registration Details

Early bird (On or before 21 March 2023):

- Students: ₹900/-
- Research Scholars: ₹1200/-
- Academicians, Faculty and Professionals: ₹1500/-

Late Registration (On or after 22nd March till 25th March 2023):

- Students: ₹1200/-
- Research Scholars: ₹1600/-
- Academicians, Faculty and Professionals: ₹1800/-

Course Schedule:

27-29 March, 2023
9:15 AM to 6:15 PM

NOTE: Limited accommodation is available in the guest house. Accommodation can be provided on a payment basis separately. Participants will be selected on a first-come-first-serve basis.

How To Apply:

Participants need to fill out the Google form and submit the registration fee in favour of the Finance Officer, payable at Canara Bank, Kadaganchi branch, Kalaburagi, Central University of Karnataka.

<https://forms.gle/2WxMbCU1qyG6E9pu8>

Bank Name: Canara Bank, Kadaganchi Branch
Account Number: 5109101000001
Account Name: Central University of Karnataka
IFSC: CNRB0005109



Resource Person:

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