



CENTRAL UNIVERSITY OF KARNATAKA
Department of Psychology School of
Social and Behavioural Sciences
is organising

A four-day Workshop
on

CLINICAL APPLICATIONS OF COGNITIVE BEHAVIOURAL THERAPY (CBT)

Resource person:

Dr B. S. Mahesh
M.sc, M.Phil. Cli. Psy.,
Ph.D. Psychology

Course schedule:

18 to 21
December 2023



COGNITIVE BEHAVIOURAL THERAPY (CBT)

Cognitive Behavioural Therapy (CBT) is a widely practiced psychotherapy that focuses on changing negative patterns of thinking and behaviour. It aims to help individuals identify and challenge their distorted thoughts and beliefs that contribute to emotional distress or maladaptive behaviours. CBT has proven effective in treating various mental health conditions like anxiety disorders, depression, phobias, and post-traumatic stress disorder (PTSD).

ABOUT THE WORKSHOP

The 4 day workshop will serve as an introductory session aiming to equip individuals with practical tools and coping strategies to manage challenges, improve mood, and modify behavioural responses through understanding and systematically deconstructing CBT.



REGISTRATION

https://docs.google.com/forms/d/e/1FAIpQLSdu-mk-y3eRsvMJmb_XT_JRiewuJn4_9OydWZy0i9rB33EaYg/viewform

FEES

Students: INR 1200

Research Scholars: INR 1800/-

Other department students/ research
scholars: 1800

Professionals: INR: 2400/-

HOW TO APPLY

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

Bank Name: Canara Bank, Kadaganchi

Branch Account Number : 110148758288

Account Name: HOD PSYCHOLOGY

IFSC: CNRB0005109

Course Coordinator :

Prof. Romate John
Central University of
Karnataka

Correspondence:

Ms. Monika Umakantha
Central University of
Karnataka

FOR MORE INFORMATION:



+91 81971 80164



psychology@cuk.ac.in