INTERNATIONAL CONFERENCE ON COGNITIVE BEHAVIOURAL INTERVENTIONS – ICBBI 2021
13th & 14th November, 2021
(Virtual)

THEME
Youth Mental Health – Pre & Post Covid Challenges & Solutions

SUPPORTED BY

ACADEMIC PARTNER

ASIAN COGNITIVE BEHAVIOUR THERAPY ASSOCIATION (ACBTA)

PANDIT DEENDAYAL ENERGY UNIVERSITY GANDHINAGAR, GUJARAT

ABOUT THE CONFERENCE

After organizing three successful International CBT Conferences, IACB is pleased to announce its 4th Conference (in virtual mode). And everyone is invited! The Pandemic and post-pandemic situation has changed life as we knew it and created unimaginable and unprecedented challenges in our paths. Young people’s trajectories are impacted the most, leading to immense stress in young people’s personal, professional, academic and social spheres. The Conference attempts to take stock of these challenges and stresses with the aim of deliberating and brainstorming on the solutions – those that may already be in motion and those now needed to meet the demands of the situation – recreating safe, nurturing and stimulating spaces for the young and vulnerable. All this with a renewed emphasis on Cognitive Behaviour Therapy practice, training and research.
CONFERENCE THEME & SUB-THEMES

The Conference Theme is ‘Youth Mental Health – Pre and Post-Covid 19 challenges and Solutions’ and the related sub-themes are:

❖ Academic and professional challenges for young people due to Covid-19 pandemic
❖ Relationships and social development in troubled times
❖ E-learning and its effects on mental health and well-being
❖ The rise of e-psychotherapy – its pros and cons
❖ Social media overuse, digital fatigue and online addiction during the pandemic
❖ Managing physical health and fitness during the pandemic
❖ Understanding socially deviant behaviour during the pandemic crisis
❖ Coping and adjustment during lockdown
❖ CB interventions for loss, grief and bereavement
❖ Resilience and positive mental health in Covid-19
❖ Rising tide of Mental health crisis during the pandemic
❖ Culturally adapted e-CBT
❖ Abuse, Trauma and Violence during the pandemic
❖ Family and community focussed interventions with a special focus on CBT
❖ Innovative CB interventions

EVENT HIGHLIGHTS

❖ State of the art event focussing on the latest issues in psychotherapy practice during Covid times across the globe.
❖ Invited Lectures & Workshops by National and International CBT experts.
❖ Opportunities for Intensive professional networking and high-quality training.
    ❖ Attractive discounts on IACBT courses & supervision facilities
❖ Open paper and Poster presentation & Best paper and poster awards.
❖ Full paper publication opportunities (Edited book & Journal issue)

JOIN US!
ABOUT IACBT

The Indian Association for Cognitive Behaviour Therapy (IACBT) is a unique and much-needed platform for students, professionals and the consumers of mental health services which was established in 2016 as a registered society in India. It is the official CBT organisation in India that works towards the achievement of evidence-based Practice, Research and Supervised Training in CBT in India, as well as pursues initiatives for realization and incorporation of the indigenous fund of knowledge that exists in this great Country. The IACBT is committed to work towards the establishment of a ‘network’ of trained CBT experts in India and also endeavor to play a strategic role in networking with CBT professionals all over the world. The Association also aims towards the dissemination of indigenous adaptations of the CT model worldwide through its engagement with the Asian Cognitive Behavioral Therapy Association (ACBTA).

The membership of the IACBT is open to professionals (i.e., practitioners, academicians, trainers, researchers) and students from such disciplines as Psychology, Psychiatry, Child Development, and Social Work in addition to institutions/corporates; whose area of work as well as professional interests are conducive to the objects of the Association and have implications for furthering them.

ABOUT PDEU

PDEU has been promoted by Partnership of Government, Industry & Energy to create a world class University in energy education and research with special focus on the oil and gas sector. The university has further expanded its programs to address the need for trained human resource in the domains of engineering, management and humanities. It intends to broaden the opportunities for students and professionals to develop core subject knowledge which are duly complemented by leadership training interventions, thereby helping the students to make a mark in the global arena. This objective is being further addressed through a number of specialized and well-planned undergraduate, post-graduate and doctoral programs as well as intensive research projects. Pandit Deendayal Energy University (PDEU) has been established by GERMI as a Private University through the State Act enacted on 4th April, 2007.

SCHOOL OF LIBERAL STUDIES, PDEU

PDEU has launched School of Liberal Studies which currently offers a Bachelor degree that equips a student to develop an array of intellectual skills, a variety of methodologies and ways of understanding our changing world, and a broad base of varied knowledge. In turn, such a Liberal Education establishes an invaluable foundation for more specialized study in one's major or in one of the professions, and for a life-long affinity for learning and continuing intellectual development. The course imparts classical education in various fields like art, literature, languages, music, dramatics, philosophy, politics, history, law, mathematics, science and general studies. It emphasizes on the need to seek knowledge for promoting intellectual growth, creative expression and rational thought.
EC MEMBERS IACBT

Dr. NIMISHA KUMAR
FOUNDER & PRESIDENT
Senior Consultant Psychologist & CBT Therapist
Founder & Director, Ascend-PsyCare

Dr. RITU SHARMA
VICE PRESIDENT
Dean, SLS, PDEU, Gandhinagar

Dr. SUJATA SATAPATHY
GENERAL SECRETARY
Additional Professor of Clinical Psychology,
Dept. Of Psychiatry, AIIMS, New Delhi

PARUL GUPTA
EC MEMBER
Child & Adolescent Psychologist,
Owner, Potentials Therapy Center for Autism,
New Delhi

NAMITA KAITH
TREASURER
Counseling Psychologist, Delhi & Gurugram

PURNIMA SAHAI
EC MEMBER
Counseling Psychologist, New Delhi

SUSMITA HALDER
EC MEMBER
Associate Prof & HOD, Dept. of Psychology,
St. Xavier’s University, Kolkata
CALL FOR PAPERS

The Organising Committee of ICCBI 2021 invites mental health and allied professionals, practitioners, researchers, academicians and students to contribute symposia, scientific papers and posters related to the Conference Theme ‘Youth Mental Health – Pre and Post-Covid 19 challenges and Solutions’ and related sub-themes. Abstracts of up to 300 words in standard format to be submitted 4thICCBI@gmail.com. The Last date for submission is 31st October, 2021. Authors of selected abstracts will be intimated to submit their full paper latest by 10th November, 2021. All the accepted full papers will be published in an indexed peer-reviewed Journal and / or in an edited book by a reputed publisher.

IMPORTANT DATES:

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<tr>
<th>Event</th>
<th>Date</th>
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<tr>
<td>Abstract Submission deadline</td>
<td>31st October 2021</td>
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<tr>
<td>Full paper submission deadline</td>
<td>10th November 2021</td>
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<tr>
<td>Registration Opens</td>
<td>1st September 2021</td>
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<tr>
<td>Early Bird Registration ends</td>
<td>31st October 2021</td>
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ABSTRACT SUBMISSION GUIDELINES

1. Abstracts must be submitted to 4thICCBI@gmail.com on/before 31st October 2021.
2. Abstracts must be written in ENGLISH only, and should not exceed 300 words (Not including title, authors and affiliations). They should be typed in Times New Roman font, size 12 with 1.5 line spacing and should contain work that has not been previously presented/published. Abstracts must be submitted using the designated field: Introduction, Methodology, Results, Discussion and Conclusion. **We particularly welcome abstracts closely related to the conference theme.**
3. Accepted abstracts are eligible for presentation after receiving full registration fee from the author/presenter. If registration fee of the presenter is not received by due date, his/her paper is assumed to have been withdrawn.
4. Once the abstract is submitted, changes, correction or rewording are not allowed. The submission should be carefully proof-read and corrected by the author. Individual authors are responsible for the accuracy and originality of the manuscript.
5. All Abstracts will be reviewed by the Conference Scientific Committee. Acceptance notification will be sent to the first submitting author and presenter with further instructions. Final presentation style (paper/poster) will be subject to the decision of the Committee. The poster guidelines will be sent to the authors after acceptance. Students submitting abstracts must have supervisor as co-author and should send through proper channel.
6. Full paper guidelines will be sent to the authors whose abstracts are selected for publication.
ORGANISING COMMITTEE

CHIEF PATRON
Prof. S Sundar Manoharan
Director General, Pandit Deendayal Energy University (PDEU)

PATRON
Prof. Tarun Shah, Registrar PDEU
Prof. Nigam Dave, Director SLS

CO - PATRON
Dr. Lata K. McGinn, Hon. Secretary, WCCBT
Prof. Firdaus Mukhtar, President, ACBTA

CONVENOR(S)
Dr. Nimisha Kumar
Dr. Ritu Sharma
President, IACBT & President Elect, ACBTA
Dean, SLS, PDEU & Vice-President, IACBT

ORGANISING SECRETARY
Namita Kaith, Counseling Psychologist & Treasurer, IACBT
Purnima Sahai, Counseling Psychologist & EC member, IACBT

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Dr. Sujata Satapathy, Additional Professor, AIIMS & Gen. Secretary, IACBT
Dr. Susmita Halder, Associate Prof. & HOD, Dept of Psychology, St. Xavier’s Univ,
Kolkata & EC Member, IACBT

PUBLICATION COMMITTEE
Dr. Nimisha Kumar, President, IACBT & President Elect, ACBTA
Dr. Smriti Sethi, Lecturer, Amity University & Member, IACBT

REGISTRATION COMMITTEE
Namita Kaith, Counseling Psychologist & Treasurer, IACBT
Reena Sharma, SLS, PDEU

PROGRAM COMMITTEE
Dr. Ritu Sharma, Dean, SLS, PDEU & Vice-President, IACBT
Renu Sharma, Child Psychologist, AIIMS & Member, IACBT
Mansee Gupte, Member IACBT & Certified DBT therapist, CAMHS, UK

STUDENT COMMITTEE
Niyati Magan, Rhea Mathew, Shreya Tyagi, Amola
<table>
<thead>
<tr>
<th>WORKSHOP TITLE</th>
<th>RESOURCE PERSON</th>
<th>DAY/TIMING</th>
<th>FEE (INR)*</th>
<th>FEE (USD)**</th>
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<tr>
<td>WS 1 CBT for OCD</td>
<td>Dr Michael Townend</td>
<td>13th November 05:00-07:00 pm IST</td>
<td>Rs. 1000/-</td>
<td>USD 50/-</td>
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<td>WS 2 Positive CBT</td>
<td>Dr Fredrike Bannink</td>
<td>12th November 2:00-3:30 pm IST</td>
<td>Rs. 1000/-</td>
<td>USD 50/-</td>
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<td>WS 3 Using CBT to treat Tics and Tourettes Disorder</td>
<td>Dr. Andrew Beck</td>
<td>12th November 04:00-06:00 pm IST</td>
<td>Rs. 1000/-</td>
<td>USD 50/-</td>
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<tr>
<td>WS 4 CB intervention for synchronizing work-life balance</td>
<td>Dr. Ritu Sharma</td>
<td>12th November 10:00-12:00 am IST</td>
<td>Rs. 00/-</td>
<td>USD 50/-</td>
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<tr>
<td>WS 5 Managing self-harm through DBT in adolescents</td>
<td>Mansee Gupte</td>
<td>13th November 02:30 - 4:30 pm IST</td>
<td>Rs. 1000/-</td>
<td>USD 50/-</td>
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<td>WS 6 Basic skills in Compassion Focussed Therapy</td>
<td>Kam Gillar</td>
<td>12th November 04:00-06:00 pm IST</td>
<td>Rs. 1000/-</td>
<td>USD 50/-</td>
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<td>WS 7 CBT management of Oppositional Defiance Disorder (ODD) during Covid-19 pandemic</td>
<td>Dr. Siddiqa Hussain &amp; Mindworks bait team, Udaipur</td>
<td>14th November 10:00-12:00 pm IST</td>
<td>Rs. 1000/-</td>
<td>USD 50/-</td>
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<td>WS 8 Communication Skills for Youth using TEAM CBT Interpersonal Model</td>
<td>Dr. Dipti Joshi</td>
<td>12th November 10:00 – 12:00 pm IST</td>
<td>Rs. 1000/-</td>
<td>USD 50/-</td>
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**REGISTRATION INFORMATION**

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<th>CATEGORY</th>
<th>EARLY BIRD (upto 31/10/2021)</th>
<th>ADVANCED (01/11/21 to 11/11/21)</th>
<th>ON SPOT</th>
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<td>IACBT members</td>
<td>Rs. 800/-</td>
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<td>Non-members</td>
<td>Rs. 1000/-</td>
<td>Rs. 1100/-</td>
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<td>UG &amp; PG students</td>
<td>Rs. 300/-</td>
<td>Rs. 400/-</td>
<td>Rs. 500/-</td>
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<td>Foreign delegates</td>
<td>$ 50/-</td>
<td>$ 60/-</td>
<td>$ 70/-</td>
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For Registration please visit our website [www.iacbt.org](http://www.iacbt.org) and use the payment gateway and registration form there to complete the formalities.

For any queries please whatsapp on 00-91-9953681570 or email on [4thICCBI@gmail.com](mailto:4thICCBI@gmail.com)

There is no group registration available.

All Registered delegates will receive on their e-mail id the Conference e-kit as well as the relevant workshop kits registered for.
INTERNATIONAL SPEAKERS

Dr. Lata K. McGinn
Honorary Secretary, WCCBT
A Tenured Professor of Psychology, Director of the Clinical Program and of the CBT Training Program at Yeshiva University, New York, USA

Dr. Andrew Beck
President, BABCP
Consultant Clinical Psychologist, CAMHS, UK.

Dr. Michael Townend
Accredited CBT therapist and Supervisor, Senior Lecturer in Cognitive Behavioural Psychotherapy
University of Derby UK.

Dr. Fredrike P. Bannink
Clinical Psychologist & Master of Dispute Resolution. Positive CBT & Solution Focussed Therapist, Amsterdam

Dr. Firdaus Mukhtar
President, ACBTA
Clinical Psychologist & Deputy Dean, Graduate School of studies
University Putra, Malaysia

Dr. Shin-ichi Ishikawa
Board Member, ACBTA
Professor, Dept. Of Psychology
Doshisha University, Japan

Dr. Alvin Ng Lai Oon
Secretary, ACBTA
Associate Dean (Engagement & Internationalization), School of Medical & Life Sciences, Sunway Univ, Malaysia

Dr. YoungHee Choi
Treasurer, ACBTA
Director, Mettaa Institute & Clinical Professor of Dept of Psychiatry, Paik Hospital of Inje University, South Korea
Dr. Paulomi Sudhir
Professor, Dept. of Clinical Psychology
NIMHANS, Bangaluru

Dr. M. Manjula
Professor, Dept. of Clinical Psychology
NIMHANS, Bangaluru

Dr. Pratap Sharan
Professor, Dept. of Psychiatry
AIIMS, New Delhi

Dr. Naveen Grover
Assistant Professor, Dept. of Clinical Psychology, IHBAS, Delhi

Dr. Akash Mahato
Associate Prof. & HOD, Dept. of Clinical Psychology. Amity Univ, Kolkata

Salony Priya
Founder Director, Ummeed Counselling Services, Kolkata

And many more experts…

Call: 7340807070 / 6282451794
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Website: www.iacbt.org
e-mail: 4thICCBI@gmail.com