



**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, IACBT 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 unimagined 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.



**REGISTERED IN 2016 UNDER THE SOCIETIES REGISTRATION ACT XXI OF 1860 (REG. NO. 1951)**  
**Permanent Member of Asian Cognitive Behaviour Therapy Association (ACBTA)**

[www.iacbt.org](http://www.iacbt.org)



[iacbtmembers@gmail.com](mailto:iacbtmembers@gmail.com)

# 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)**



**ONLINE**

**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**  
**FOUNDE R & PRESIDENT**  
Senior Consultant Psychologist & CBT Therapist  
Founder & Director, Ascend-PsyCare



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



**Dr. SUJATA SATAPATHY**  
**GENE RAL SECR ETA R Y**  
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 10<sup>th</sup> 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:

Abstract Submission deadline	31 <sup>st</sup> October 2021
Full paper submission deadline	10 <sup>th</sup> November 2021
Registration Opens	1 <sup>st</sup> September 2021
Early Bird Registration ends	31 <sup>st</sup> October 2021

## ABSTRACT SUBMISSION GUIDELINES

1. Abstracts must be submitted to [4thICCBI@gmail.com](mailto:4thICCBI@gmail.com) on/before 31<sup>st</sup> 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.



## PRE-CONFERENCE / IN-CONFERENCE WORKSHOPS

(separate registration is required)

WORKSHOP TITLE	RESOURCE PERSON	DAY/TIMING	FEE (INR)* FEE (USD)** *Indian delegate ** Foreign delegate
<b>WS 1</b> CBT for OCD	Dr Michael Townend Univ. of Derby, UK	13 <sup>th</sup> November 05:00-07:00 pm IST	Rs. 1000/- USD 50/-
<b>WS 2</b> Positive CBT	Dr Fredrike Bannink International Trainer, Speaker, Amsterdam	12 <sup>th</sup> November 2:00-3:30 pm IST	Rs. 1000/- USD 50/-
<b>WS 3</b> Using CBT to treat Tics and Tourettes Disorder	Dr. Andrew Beck President, BABCP	12 <sup>th</sup> November 04:00-06:00 pm IST	Rs. 1000/- USD 50/-
<b>WS 4</b> CB intervention for synchronizing work-life balance	Dr. Ritu Sharma Dean, SLS, PDEU Vice-President, IACBT	12 <sup>th</sup> November 10:00–12:00 am IST	Rs. 00/- USD 50/-
<b>WS 5</b> Managing self-harm through DBT in adolescents	Mansee Gupte Accredited DBT Therapist, CAMHS, UK	13 <sup>th</sup> November 02:30 - 4:30 pm IST	Rs. 1000/- USD 50/-
<b>WS 6</b> Basic skills in Compassion Focussed Therapy	Kam Gillar Certified CBT & EMDR therapist, BABCP, UK	12 <sup>th</sup> November 04:00-06:00 pm IST	Rs. 1000/- USD 50/-
<b>WS 7</b> CBT management of Oppositional Defiance Disorder (ODD) during Covid-19 pandemic	Dr. Siddiqua Hussain & Mindworks bait team, Udaipur	14 <sup>th</sup> November 10:00-12:00 pm IST	Rs. 1000/- USD 50/-
<b>WS 8</b> Communication Skills for Youth using TEAM CBT Interpersonal Model	Dr. Dipti Joshi Team CBT Therapist & Trainer, Ahemdabad	12 <sup>th</sup> November 10:00 – 12:00 pm IST	Rs. 1000/- USD 50/-

## REGISTRATION INFORMATION

CATEGORY	EARLY BIRD (upto 31/10/2021)	ADVANCED (01/11/21 to 11/11/21)	ON SPOT
IACBT members	Rs. 800/-	Rs. 900/-	Rs. 1000/-
Non-members	Rs. 1000/-	Rs. 1100/-	Rs. 1200/-
UG & PG students	Rs. 300/-	Rs. 400/-	Rs. 500/-
Foreign delegates	\$ 50/-	\$ 60/-	\$ 70/-

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



## NATIONAL SPEAKERS



**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

**WhatsApp:** 9953681570

**Website:** [www.iacbt.org](http://www.iacbt.org)

**e-mail:** [4thICCBI@gmail.com](mailto:4thICCBI@gmail.com)