



ACBTA 2024 NEW DELHI SCIENTIFIC PROGRAM

CONGRESS DAY 2 -
1ST MARCH 2024 (FRIDAY)

08:30 – 09:00 AM	REGISTRATION & MORNING TEA	FOYER AREA
09:00 – 10:00 AM	<p>OPEN PAPER SESSION 13 - CBT treatment for substance abuse and addictive behaviors.</p> <p>Driving Towards Change: Evaluating the Efficacy of Brief Cognitive Behavioral Therapy for Mitigating Reckless Driving in recreational Drug Users. - <i>Stella Yangzee Sherpa, Guwahati University, India.</i></p> <p>Efficacy of Compassion Focused Therapy in individuals with Alcohol Dependence. - <i>Tenzin Dolma, Amool Ranjan Singh, Ranchi Institute of Neuro-Psychiatry & Allied Sciences, India.</i></p> <p>Exploring the Psychosocial Factors of Persons Who Inject Drug (PWID) Experienced by the Counselors in Drop-in Centers (DIC). - <i>Saima Akther, Better Work, International Labour Organization, Bangladesh.</i></p> <p>Navigating Risky Waters: Unraveling the Impact of Brief Cognitive Behaviour Therapy on High-Risk Sexual Behavior Among Recreational Substance Users. - <i>Stella Yangzee Sherpa, Guwahati University, India.</i></p> <p>Contemporary Significance of CBT for Behavioural Addiction: A Systematic Literature Review. - <i>Akshita Agarwal, Anita Manglani, Indu Bela, SGT University, Gurugram, India.</i></p> <p>Cognitive Behavior Therapy VS Motivation Enhancement Therapy in Prevention of Relapse among Alcohol Use Disorder Patient: Hospital-Based Intervention Study. - <i>Deoshree Akhouri, Tabassum Bashir, Hamza, Aligarh Muslim University, Aligarh, India.</i></p>	<p>CONFERENCE HALL</p> <p><i>Chair: Prof. Ravindra Rao, NDDTC, AIIMS</i></p>
09:00 – 10:00 AM	<p>OPEN PAPER SESSION 14 - Current trends & challenges in high-tech, digital & AI based CBT interventions.</p> <p>Serious Games: The First Interactive Computerized Cognitive Behavioral Therapy Product for Depression in China. - <i>Sijia Chang, Jie Yang, Beijing Wispirit Technology Co. Ltd, China.</i></p> <p>Computerized Cognitive Behavior Therapy for Managing Panic Disorder in Bangladesh. - <i>Saima Akther, Nazma Khatun.</i></p>	<p>CMET HALL 1 (EDUCATION HALL)</p> <p><i>Chair: Prof. Nand Kumar, AIIMS</i></p>

	<p>Better Work, International Labour Organization. Bangladesh</p> <p>Stress Control Online (SCO)- An Online CBT Program: A Viable Option for Enhancing Workplace Mental Health. - Ann Xavier Choolackal, Varsha Giridhar, Ivy Banerjee, Charvi Pareek. Silver Oak Health. India</p> <p>The Effect of Online Short-Term Integrated Psychotherapy on Individuals with Mood or anxiety disorder using Outcome Measures. - Supriya Malik, Palkee Baruah. eMbrace, India</p> <p>Affective Neuroscience Personality Traits and Schema Modes in Borderline Personality Disorder: Implications for Therapy. Rhea Dhir, Shweta Singh, Amit Arya King George Medical College, Lucknow, India.</p> <p>A qualitative study to explore cognitive-behavioural components associated with internet addiction from perspective of youths with internet addiction. - Bachaspatimayum Deeparani Devi. Ranchi Institute of Neuro-Psychiatry and Allied Sciences, Ranchi, India.</p>	
<p>09:00 – 10:00 AM</p>	<p>OPEN PAPER SESSION 15 - Efficacy of third wave CBT approaches & way forward.</p> <p>Efficacy of Brief Integrated Schema and Mindfulness-Based Intervention on Social Cognition in Adolescents with Internalizing Behavioural Problems- A Pilot Study. - Debaleena Ghosh, Basudeb Das, Madhumita Bhattacharyya. Central Institute of Psychiatry, Ranchi, India</p> <p>Enhancing Psychological and Cognitive Flexibility: A Manual-Based ACT Intervention for Generalized Anxiety Disorder (GAD). - Madhurima Dey Sarkar, Susmita Halder. University of Calcutta, India</p> <p>Efficacy of Integrated Yoga Nidra based Comprehensive Intervention as measured by Autonomic Nervous System Functions in Adolescents with Substance Use Disorders: A proof of concept, open-label study. - Andree. Central Institute of Psychiatry, Ranchi, India.</p> <p>Exploring the Lived Experiences of Participants with Anxiety Disorders after Undergoing an Individually Tailored Mindfulness Based Intervention Program: A Case Series. - Suvosree Bhattacharya, Pritha Mukhopadhyay, Anindita Choudhury. University of Calcutta, India</p> <p>Network Analysis of Obsessive-Compulsive Disorder (OCD) Following the COVID-19 Pandemic. - Roxana Cardoso-Oltean. Babes-Bolyai University, Romania.</p>	<p>CMET HALL 2 (TECHNOLOGY HALL)</p> <p><i>Chair: Prof. Manju Agarwal, KGMC</i></p>

<p>09:00 – 10:00 AM</p>	<p>OPEN PAPER SESSION 16 - Role of CBT in stress management, lifestyle medicine & promoting wellness.</p> <p>Effectiveness of Cognitive Behavioral Therapy (CBT) in Reducing Anxiety Levels among College Students. - Venkateswar Pujari. <i>Body Brain Behaviour Foundation. India</i></p> <p>Differences in stressors, perceived stress, and coping strategies of students of applied psychology courses of University of Dhaka. Farzana Ahmed, Farah Deeba <i>ADD International Bangladesh, Bangladesh</i></p> <p>Investigating the Influence of Dysfunctional Attitude on the Quality of Life of Nurses: The Moderating Role of Coping Strategies. - Chinu Agarwal. <i>Feeling Minds. Agra, India</i></p> <p>Role of CBT in stress management & promoting wellness among gen Z in Chennai: a thematic analysis of therapists' experience. - Anisa Sadaf <i>University of Madras, Chepauk, Chennai, India</i></p> <p>Group Cognitive-Behavioral Therapy for Community-Dwelling Young Adults with Social Isolation and Social Anxiety During the Post-COVID-19 Pandemic: A Feasibility Study. – Juhee Choi, Minjung Kang, Euntaek Hong, Yong-Chun Bahk, Seowon Yoon, Ye-Seul Kim, Jaehee Jeong & Kee-Hong Choi. <i>Korea University.</i></p>	<p>SET STUDIO 1 (CONVERGENCE BLOCK)</p> <p><i>Chair: Prof. Rajkumar Yadav, AIIMS</i></p>
<p>09:00 – 10:00 AM</p>	<p>OPEN PAPER SESSION 17 - Role of CBT in stress management, lifestyle medicine & promoting wellness.</p> <p>Reciprocal Relationships between Positive Expectancies and Positive Emotions during the COVID-19 Pandemic: A Cross-Lagged Panel Study. Petronela Predatu, Daniel David, Irving Kirsch, Stelian Florean, Răzvan Predatu <i>Babeş-Bolyai University, Cluj-Napoca, Romania</i></p> <p>Brief Cognitive Behavioural Intervention for managing Cognitive Distortion among college students. - Mehr Akhtar, Smit Soni, Susmita Halder <i>St. Xavier's University, Kolkata, India</i></p> <p>Implications of Spiritually Oriented Cognitive Behavioral Intervention to enhance the Subjective Well-Being in Adults. - Sabhya Tibrewal, Susmita Halder, Akash Kumar Mahato <i>Amity University, Kolkata, India</i></p> <p>Gender Role Orientation as a Predictor of Marital Adjustment. - Priyanka Sarkar. <i>University of Dhaka, Bangladesh.</i></p> <p>The Role of Learning Strategies on False Memory Formation. - Sanjida Rahman Shova.</p>	<p>SET STUDIO 2 (CONVERGENCE BLOCK)</p> <p><i>Chair: Prof. Meera Bhojnani, AIIA</i></p>

	<p>Department of Clinical Psychology, University of Dhaka, Bangladesh.</p> <p><i>Mapping Emotional Health in School Students: From Challenges to Solutions. - Ruchi Parihar, Tanvi Kothiwale</i></p>	
09:00 – 10:00 AM	<p>OPEN PAPER SESSION 18 - Cultural Adaptation of CBT and Current trends.</p> <p>Effects of Communication Savoring on State Optimism and Affective Well-being- <i>Alima Akter Methila, Sumiya Pervin, Akib Ul Huque, University of Dhaka, Bangladesh</i></p> <p>Translation, Adaptation, and Validation of the Patient Health Questionnaire-15 for Use in Bangladesh. - <i>Ashik Mahmud University of Dhaka, Bangladesh</i></p> <p>Challenges in Implementing Cognitive Behavioral Therapy (CBT) with the Indian Population: A Thematic Analysis of Experienced Practitioners' Perspectives. - <i>Chinu Agrawal, Ambika Warriar, Sri Abinaya Balasubramanian. Feeling minds, India</i></p> <p>Assessing Family Accommodation in Relation to Severity and Dimensions of Obsessive- Compulsive Disorder. - <i>Rahul Sharma. Ranchi Institute of Neuro-Psychiatry and Allied Sciences, India</i></p> <p>Use of CBT in a community-driven approach to promoting mental health and preventing suicide in Bangladesh. - <i>Abdullah Al Harun. ADD International</i></p>	<p>LECTURE THEATRE 5 (CONVERGENCE BLOCK BASEMENT)</p> <p><i>Chair: Prof. Swati Patra, IGNOU</i></p>
10:00 – 10:45 AM	<p>KEYNOTE TALK 5</p> <p>Five decades of research on CBT for depression: Lessons learned and challenges for the future.</p> <p><i>Prof. Pim Cuijpers Vrije Universiteit Amsterdam</i></p> <p><i>Chair: Prof. Keith Dobson</i></p>	JLN AUDITORIUM
10:45 – 11:30 PM	<p>KEYNOTE TALK 6</p> <p>Cognitive-Behavioural Therapy: The cognitive-behavioural revolution is over, long live the cognitive-behavioural revolution.</p> <p><i>Prof. Paul Salkovskis Professor of Clinical Psychology, University of Oxford.</i></p> <p><i>Chair: Prof. Pim Cuijpers</i></p>	JLN AUDITORIUM
11:30 – 12:30 PM	<p>INVITED SYMPOSIUM 3</p> <p>Training & Supervision of CBT Practitioners in Asian countries.</p>	JLN AUDITORIUM

	<p><i>Firdaus Mukhtar (Chair), President, ACBTA</i> <i>Allen Miller, Director of CBT Programs, The Beck Institute</i> <i>Nimisha Kumar, President, IACBT</i> <i>Joe Nuttorn, President, Cognitive Therapy Alliance Thailand</i> <i>Yasue Mitamura, Research Fellow, National Center for Cognitive Behavior Therapy and Research, National Center of Neurology and Psychiatry, Tokyo, Japan</i></p>	
11:30 – 12:00 PM	<p>INVITED TALK 14 Integration of Psychotherapy with non-invasive interventional psychiatry: scope and practice in Asian countries.</p> <p><i>Prof. Nand Kumar</i> <i>Dept. of Psychiatry</i> <i>AIIMS, New Delhi</i></p> <p><i>Chair: Dr. Joe Nuttorn</i></p>	CONFERENCE HALL
12:00 – 12:30 PM	<p>INVITED TALK 15 Harnessing the potential of personalised mental health treatment for children with anxiety disorders.</p> <p><i>Prof. Jennie Hudson</i> <i>Black Dog Institute, New South Wales, Australia</i></p> <p><i>Chair: Shin-ichi Ishikawa</i></p>	CONFERENCE HALL
11:30 – 12:30 PM	VIRTUAL TALKS	CMET HALL 1
11:30 – 12:30 PM	<p>OPEN SYMPOSIUM 18 Implementation and scaling-up lessons from Khushee Mamta, Sri Ganganagar, Rajasthan — a locally adapted version of the Thinking Healthy Programme.</p> <p><i>Abhijit Nadkarni.</i> <i>London School of Hygiene & Tropical Medicine, UK & Addictions and related Research Group, Sangath, India.</i></p>	CMET HALL 2
11:30 – 12:00 PM	<p>INVITED TALK 16</p> <p>Behavioral activation: effectiveness and dissemination in South Korea.</p> <p><i>Kee Hong Choi</i> <i>Professor & Dean, School of Psychology, Korea University, Seoul</i> <i>Director, Korea University Mind Health Institute</i></p> <p><i>Chair: Krish Nath</i></p>	SET STUDIO 1 (CONVERGENCE BLOCK)
11:30 – 12:00 PM	INVITED TALK 17	SET STUDIO 2

	<p>Expressive cultural adaptation in CBT for children & adolescents in Asia.</p> <p>Prof. Shin-ichi Ishikawa, Doshisha University, Japan</p> <p><i>Chair: Prof. Rachna Bhargava</i></p>	(CONVERGENCE BLOCK)
11:30 – 12:00 PM	<p>INVITED TALK 18 Unusual experiences in CBT for anxiety and depression.</p> <p>Dr. Elizabeth Graves <i>Research Fellow</i> <i>University of Southampton</i> <i>Southern Health NHS Foundation Trust, UK.</i></p> <p><i>Chair: Dr. Jong-Sun Lee</i></p>	LECTURE THEATRE 5 (CONVERGENCE BLOCK BASEMENT)
12:00 – 12:30 PM	<p>INVITED TALK 19 Culturally adapted CBT: The Evolution of psychotherapy adaptation frameworks and evidence.</p> <p>Dr. Peter Phiri <i>Director of Research & Innovation at Southern Health NHS Foundation Trust, Visiting Fellow, University of Southampton</i></p> <p><i>Chair: Prof. Mita Rana</i></p>	SET STUDIO 1 (CONVERGENCE BLOCK)
12:00 – 12:30 PM	<p>INVITED TALK 20 Sabai Sabai: what do Thais think about CBT?</p> <p>Dr. Joe Nuttorn Pityaratstian <i>Assistant Professor in Child and Adolescent Psychiatry at Faculty of Medicine, Chulalongkorn University</i> <i>President of CBT Alliance of Thailand (CAT)</i></p> <p><i>Chair: Prof. Firdaus Mukhtar</i></p>	SET STUDIO 2 (CONVERGENCE BLOCK)
12:00 – 12:30 PM	<p>INVITED TALK 21 Working with Interpreters in Mental Health.</p> <p>Professor Rachel Tribe <i>UEL & Queen Mary, University of London, Careif trustee</i></p> <p><i>Chair: Dr. Dmitrii Kovpak</i></p>	LECTURE THEATRE 5 (CONVERGENCE BLOCK BASEMENT)
12:30 – 01:15 PM	<p>KEYNOTE TALK 7 The Treatment of Depression: Integrating Current Models of Risk and Resilience.</p> <p>Prof. Keith S. Dobson <i>Faculty Professor Emeritus, Clinical Psychology</i> <i>University of Calgary, Canada.</i></p>	JLN AUDITORIUM

	<i>Chair: Prof. Shanaya Rathod</i>	
01:15 – 02:00 PM	LUNCH	FOYER AREA
02:00 – 02:45 PM	<p>KEYNOTE TALK 8 Empowering Youth: Celebrating Culture and the Art of Cultural Adaptation of Cognitive Behaviour Therapy</p> <p><i>Prof Shanaya Rathod Consultant Psychiatrist Southern Health NHS Foundation Trust, Research and Innovation Department, Tom Rudd Unit, Moorgreen Hospital, Southampton, UK</i></p> <p><i>Chair: Prof. Jenny Hudson</i></p>	JLN AUDITORIUM
02:45 – 05:45 PM	<p>IN-CONGRESS WORKSHOP – WS 11 CBT for Hoarding Disorder</p> <p><i>Prof. Melissa Norberg Macquarie University, Australia</i></p> <p><i>Chair: Prof. David Veale</i></p>	SET STUDIO 2 (CONVERGENCE BLOCK)
02:45 – 05:45 PM	<p>IN-CONGRESS WORKSHOP – WS 12 Addiction: a motivational problem with a cognitive solution.</p> <p><i>Dr. Frank Ryan Faculty of Medicine Imperial College, London, UK.</i></p> <p><i>Chair: Prof. Tomohiro Nakao</i></p>	LECTURE THEATRE 5 (CONVERGENCE BLOCK BASEMENT)
02:45 – 03:45 PM	<p>INVITED SYMPOSIUM 4 Beyond Covid-19 – lessons in preparedness – implications for CBT.</p> <p><i>Keith Dobson, Univ. Of Calgary, Canada (Chair) Naoki Takamatsu, The National Center of Neurology and Psychiatry, National Center for CBT and Research, Japan. Peter Phiri, Southern Mental Health Trust, Southampton, UK Akash Mahato, Head, Amity Institute of Behavioural Health & Allied Sciences, Amity University, Kolkata.</i></p>	JLN AUDITORIUM
02:45 – 03:45 PM	<p>OPEN SYMPOSIUM 19 Designing and evaluating cognitive behavioral interventions for non-specialist delivery in India.</p> <p><i>Kanika Malik, Urvita Bhatia, Miriam Sequeira, Bindiya Chodankar. Op Jindal Global University, Sangath.</i></p>	CONFERENCE HALL

	<i>Chair- Uday K Sinha</i>	
02:45 – 03:15 PM	SPONSOR SESSION -Dr. Reetesh Riku, Conscious Mind Solutions. <i>Introduction to Digital Psychology - Equipment for Clinical & Neuropsychology, Sports Psychology, Military Psychology, Traffic Psychology & Organizational Psychology.</i>	CMET HALL 1 (EDUCATION HALL)
03:15 – 03:45 PM	SPONSOR SESSION - Dr. Reetesh Riku, Conscious Mind Solutions. <i>Role of Digital testing, cognitive intervention and Neurofeedback therapy in Neuropsychology & Sports.</i>	
02:45 – 03:15 PM	SPONSOR SESSION – Sandeep Aryan, Avec You	CMET HALL 2 (TECHNOLOGY HALL)
03:15 – 03:45 PM	SPONSOR SESSION- Pooja Jha Nair and Swagatika Samantray, BBIT. <i>Advances in Intelligence testing: BBIT.</i>	
02:45 – 03:45 PM	SKILL CLASS 4 Dialectical Behavior Therapy for Non-suicidal Self-injury. <i>Prof. Dr. Chun Wang & Dr. Sichu Wu Nanjing Brain Hospital, Nanjing, China.</i>	SET STUDIO 1 (CONVERGENCE BLOCK)
03:45 – 04:45 PM	INVITED SYMPOSIUM 5 Mental Health Legislation & implications for CBT practice across the globe: Facts and Perspectives. <i>Lata McGinn (Chair), Yeshiva University, USA Hironori Kuga, Japan Aditya Gupta (Discussant), Advocate, India James Courtney, Associate Professor, Monash Univ., Australia</i>	JLN AUDITORIUM
03:45 – 04:45 PM	VIRTUAL PAPER SESSION 2	CONFERENCE HALL
03:45 – 04:45 PM	OPEN SYMPOSIUM 20 Advances in Cognitive Behavioral Therapy (CBT) for obsessive-compulsive disorder. <i>Y.C. Janardhan Reddy, Sreenivas Balachander, Mareena Thampy. NIMHANS, Bengaluru, India</i>	CMET HALL 1 (EDUCATION HALL)
03:45 – 04:45 PM	OPEN SYMPOSIUM 21 Exploring ADULT ADHD: Phenomenology, Psychopathology, and Psychotherapy. <i>Susmita Halder (Chair), Shreya Bhattacharya, Sneha Das, Sampurna Chakraborty. Salt-lake Mindset & Caring Minds, Kolkata.</i>	CMET HALL 2 (TECHNOLOGY HALL)

03:45 – 04:45 PM	SKILL CLASS 5 CBT for Vaginismus. <i>Prof. Firdaus Mukhtar</i> <i>University Putra Malaysia</i> <i>Chair: Prof. K.P. Kochhar</i>	SET STUDIO 1 (CONVERGENCE BLOCK)
04:45 – 05:45 PM	INVITED PANEL DISCUSSION 2 Sports, Fitness & Mental Health- Scope for CBT – A Roundtable <i>Krish Nath, Senior CBT Therapist, Tutor and Supervisor, UK</i> <i>(Chair)</i> <i>Anuradha Solanki, Sports Authority of India</i> <i>Ankita Jain, Sports Psychologist, Hyderabad, India</i> <i>Shatarupa Chakraborty, High Performance Analyst, Sports</i> <i>Authority of India</i>	JLN AUDITORIUM
04:45 – 05:45 PM	OPEN SYMPOSIUM 22 Integration of CBT in Treatment of Psychosis - Indian Experience, Challenges and Innovations. <i>Vivek Kirpekar, Anupama Gadkari, Mona Sharma, Sunila</i> <i>Dingankar</i> <i>NKP Salve Medical College Nagpur.</i>	CONFERENCE HALL
04:45 – 05:45 PM	OPEN SYMPOSIUM 23 Creative Adaptation of CBT for Children at Risk: Possibilities and Challenges. <i>Sonia Puar, Rashmi Pandey and Reema Gupta</i> <i>AIBHAS, Amity University Uttar Pradesh</i> <i>Master Your Brain Pvt. Ltd.</i>	CMET HALL 1 (EDUCATION HALL)
04:45 – 05:45 PM	SPONSOR SESSION	CMET HALL 2 (TECHNOLOGY HALL)
04:45 – 05:45 PM	SKILL CLASS 6 Spiritual Psychology: How to engage clients with religious beliefs. <i>Deepak Dhuna</i> <i>Senior Cognitive Behavioral Psychotherapist, Lecturer &</i> <i>Clinical Tutor, Sanctuary Wellbeing, UK.</i>	SET STUDIO 1 (CONVERGENCE BLOCK)
02:00 - 05:30 PM	OPEN POSTER SESSION 3 (OP – 2, 5, 6, 12, 13, 14, 18, 19, 21, 25, 27, 28, 29, 32, 33, 36, 37, 38, 40, 44, 46, 52, 55, 57, 61, 65, 69, 75, 76, 78, 83, 84, 90, 97, 98, 105)	FOYER AREA 1st FLOOR
05:45 - 6:00 PM	HIGH TEA	FOYER AREA

6:30 PM onwards

**MUSICAL EVENING & DINNER AT INDIA HABITAT CENTRE
(For Invited guests / On payment only)**