

CONGRESS DAY 1 -29TH FEBRUARY 2024 (THURSDAY)

08:30 - 09:30 AM	REGISTRATION & MORNING TEA	FOYER AREA
09:30 - 10:30 AM	OPEN PAPER SESSION 4 - CBT for Child & Adolescent issues.	CONFERENCE HALL
	How do Teachers Experience an Infographic Loneliness Toolkit About Supporting Adolescents to Overcome Loneliness? - Helena Adam, Maria Loades, Vuokko Wallace. University of Bath, Malaysia.	Chair – Dr. Bichitra Patra, AIIMS
	Predictors on the Effectiveness of Group Cognitive Behaviour Therapy for Adolescents Living in Sheltered Homes <i>Ding Wai Eng, Firdaus Mukhtar, Lye Munn Sann, Hamidin Awang. Universiti Putra Malaysia, Malyasia.</i>	
	Psychological Interventions for Adolescents and Young Adults with self-harm: A Systematic Review. Akanksha Yadav , Satapathy , S Patra B , et al.	
	Efficacy of an Expressive-Cognitive Intervention (ECI) in addressing self-perception and global level of functioning in adolescents with internalizing problems Asmita Dalvi. Central Institute of Psychiatry, Ranchi, India.	
	Non-Specific Factors in a manual-based CBT for Non-Suicidal Self-Injury in Adolescents: An Interpretative Phenomenological Analysis. - Osheen Saxena. National Institute of Mental Health & Neuro Sciences (NIMHANS), Bangalore, India.	
	Motivational factors enhancing effective emotion regulation among adolescents Rehnuma Pervin Nijhum. General Hospital Rangamati, Bangladesh.	
09:30 - 10:30 AM	OPEN PAPER SESSION 5 - CBT for Child & Adolescent issues.	CMET HALL 1 (EDUCATION
	The Fortress Game: a pilot study of a therapeutic board game in promoting mental health in children and adolescents <i>Roxana Cardos (Oltean).</i>	HALL)

	Dahos Dolygi University Domania	Chair – Dr. Rachna
	Babes-Bolyai University, Romania.	Bhargava, AIIMS
	Cognitive Behavioural Therapy as A Preventive Measure in Subclinical Depression Among Young Adults: Considering Gender Differences Sharmistha Basu, Susmita Halder. Clinical Psychologist	
	A Cross-Sectional Study on Cognitive Emotion Regulation, Anxiety and Depression among Early Adolescents <i>Jaimathisa. A. University of Madras, India.</i>	
	An Exploration of Automatic Thoughts and Emotional Regulation among Government Boarding School Students <i>Jaimathisa. A, Siva. B, Sanjay. R. University of Madras, India.</i>	
	Effectiveness Of Solution Focused Brief Therapy on Behavioral and Emotional Problems, Self-Efficacy and Well Being Among Children of Alcoholics Kudrat Sachdeva, Priyanka Samuel. Central Institute of Psychiatry, Ranchi, India.	
09:30 - 10:30 AM	OPEN PAPER SESSION 6 - Mental Health issues in young adults.	CMET HALL 2 (TECHNOLOGY HALL)
	The Level of Dispositional Mindfulness and Its Correlation with Perceived Stress and Psychological Distress Among Undergraduate Students Rysul Islam Mahmud, Md. Shariful Islam. University of Rajshahi, Bangladesh	Chair –Prof. Paulomi Sudhir, NIMHANS
	Psychometric properties of the self-compassion scale for youth (SCS-Y) -Thai version Kongsonthana, A., Permpoonputtana, K., Ularntinon, S., Tangjittiporn, T. National Institute for Child and Family Development, Mahidol University, Thailand.	
	Social Anxiety as Related to Academic Achievement of the Students at the Higher Secondary Level of Rajshahi Metropolitan City Alpona Karmakar. University of Rajshahi, Bangladesh.	
	Beliefs about procrastination and Self-regulation: The Way Forward <i>Jemimah A. Johnson, Paulomi M Sudhir, NIMHANS, Bangalore</i>	
	Cognitive Distortions and Their Mediating Role on Loneliness among University Students: A Mixed Research Study <i>Siva B.</i>	

	University of Madras, India.	
	Integrating CBT Skills For Alleviating Depressive Traits in College Students: A Preliminary Analysis Using the Big Five Personality Traits Vasundhra Verma, Poonam Phogat. Gargi College, University of Delhi, India.	
09:30 - 10:30 AM	OPEN PAPER SESSION 7 - CBT for chronic and specific medical conditions.	SET STUDIO 2 (CONVERGENCE BLOCK)
	Challenges and recommendations of psychosocial support and medical care in pediatric cancer care: Perception of nurses and caregivers Nahida Sultana, Madhurima Saha, Zannat Ara, Mohammad Zayeed Bin Alam. University of Dhaka, Bangladesh.	Chair – Dr. Kaushik Sinha Deb, AIIMS
	Mitigating Fear of Falling in Stroke Survivors through Mindfulness-integrated Cognitive Behavioural Therapy: A Case Series Study- Vikas Kumar, Rajesh Kumar, Shuvabrata Poddar. Kazi Nazrul University, Asansol, India.	
	Exploring the Relationship between self-compassion, coping strategies along with its effects on well-being of Cancer patients Kanan Pathak. Pandit Deendayal Energy University, Ahmedabad, India.	
	CBT-I to Manage Insomnia: A Group Therapy <i>Yasmin Othman Mydin. Universiti Sains Malaysia</i>	
	Trauma Focussed Acceptance & Commitment Therapy: Practical Applications - <i>Dr Vandana Choudhary, Swayam Psychotherapy Centre</i>	
	A Quantitative Study on The Relationship Among Cognitive Distortion, Chronic Pain and Somatic Symptoms in IT Employees in Chennai Vidhya S. University of Madras, Chepauk, Chennai, India.	
09:30 - 10:30 AM	OPEN PAPER SESSION 8 - Trends in CBT Intervention of Psychosis & Personality Disorders.	SET STUDIO 1 (CONVERGENCE BLOCK)
	Executive Functions among People with Self-Harm Behaviors in Bangladesh <i>Marzia Al-Hakeem, Mohammad Zayeed Bin Alam. Bangladesh Psychiatric Care Ltd., Bangladesh.</i>	Chair – Prof. Raman Deep, AIIMS
	Characteristics of cognitive control function in patients with non-suicidal self-injury and the role of dialectical behavior therapy <i>Nan Lang.</i>	

09:30 - 10:30 AM	OPEN PAPER SESSION 10 - Advances in treatment of mood disorders and suicidal behavior.	PHYSIOLOGY SEMINAR ROOM
	The efficacy of emotional freedom technique and cognitive behavioural therapy in reducing anxiety in young adults: A comparative study Afreen Qureshi, Rati Khurana. IILM University, Gurugram, India.	
	CBT for Health Anxiety among College students Mavis Lilian Henriques, K. John Vijay Sagar, M. Thomas Kishore. Dnyanprassarak Mandal's College and Research Centre, Goa, India.	
	Effectiveness of Mindfulness based Exposure and Response Prevention Therapy in Patients with Obsessive Compulsive Disorder <i>Asem Babina Devi, RK Lenin Singh.</i>	
	Effectiveness of group cognitive behavioral intervention for test anxiety among undergraduate students of Maharajgunj medical campus: single group pretest-posttest study. – <i>Sulav Raj Upreti, Suraj Shakya, Khem Bhatta. TPO Nepal.</i>	
	Exploring illness specific positive beliefs and their influence among patients with anxiety disorder <i>Madhurima Saha, M. Kamruzzaman Mozumder. University of Dhaka, Bangladesh.</i>	BLOCK BASEMENT) Chair – Dr. Rohit Verma, AIIMS
09:30 - 10:30 AM	OPEN PAPER SESSION 9 - New trends in CBT for Anxiety disorders.	LECTURE THEATRE 5 (CONVERGENCE
	DNA methylation changes post-DBT in NSSI patients <i>Pengyu Du. Nanjing University, China.</i>	
	Cognitive-Behavioral Therapy for Adult ADHD with Overlapping Clinical Presentations <i>Shinjini Samajdar, Susmita Halder. St. Xavier's University, Kolkata, India.</i>	
	Efficacy of Dialectical Behavioral Therapy for Non-suicidal Self-injury Behaviors: A Multicenter Randomized Clinical Trial Zhengyi Li, Jieni Guo, Yumin Zhang, Xuelian Bai, Chun Wang. The Affiliated Brain Hospital of Nanjing Medical University, Nanjing, China.	
	The Effectiveness of Individualized Schema Therapy in Adults with Borderline Personality Disorder. – <i>Hamza & Deoshree Akhouri. AMU, Aligarh, India.</i>	
	The Affiliated Brain Hospital of Nanjing Medical University, Nanjing, China	

	Rumination in Depression: A neuropsychological intervention-based fMRI study Anindita Ghosh. Central Institute of Psychiatry, Ranchi, India. Neural Correlates of Emotional Regulation and Rumination in Response to Brief Cognitive Behavior Therapy among Patients with Depression: An ERP Study Aparna Verma. Central Institute of Psychiatry, Ranchi, India. Development and pilot testing of Comprehensive Psychological Autopsy: Structured Interview Schedule Sanya Gaur, Satapathy S, Behera C, Department of Anthropology, Panjab University, Chandigarh, India. Effect of COVID-19 Pandemic on suicidal Deaths in South and South-East Districts of Delhi, India Kumkum Singh. Centre for Community Medicine, AIIMS New Delhi, India. Integrating CBT and IPT Therapies to enhance treatment for Depression: A Case Series Mubashra Tayyaba. Young Psychologists Association, National College of Business Administration & Economics (NCBAE), Tanveer Ahmed Medical Center, Pakistan. Preliminary validiation of a clinical measure for evaluation and treatment planning in adult ADHD. Sharon Suganthi, Caroline S. NIMHANS, Bengaluru, India.	Chair - Prof. M. Manjula, NIMHANS
10:30 - 12:00 AM	CONGRESS INAUGURATION	JLN AUDITORIUM
12:00 - 12:45 PM	KEYNOTE TALK 3 Stabilizing Chaos: Fostering Psychological Resilience in the Wake of Crises, Adversity, and Trauma. Prof. Lata K. McGinn Yeshiva University, New York, USA President, WCCBT Chair - Prof. Firdaus Mukhtar	JLN AUDITORIUM
12:45 - 01:45 PM	LUNCH	FOYER AREA
01:45 - 02:30 PM	KEYNOTE TALK 4 What we Got Wrong about Depression: An Evolutionary Perspective.	JLN AUDITORIUM

	Prof. Steven D. Hollon	
	Gertrude Conaway Vanderbilt, USA	
	Chair – Prof. Paul Salkovskis	
02:30 - 05:30 PM	IN-CONGRESS WORKSHOP – WS 10 CBT for OCD: Helping people with OCD to choose to change. Prof. Paul Salkovskis	SET STUDIO 1 (CONVERGENCE BLOCK)
	University of Oxford and Oxford Health NHS Foundation Trust, Warneford Hospital, UK Chair Prof. Lata K. Ma Cinn	
	Chair – Prof. Lata K. Mc Ginn	
02:30 - 03:30 PM	INVITED SYMPOSIUM 1 Digital Interventions, AI & CBT.	JLN AUDITORIUM
	Prof. Kyong Mee Chung, Yonsei University, South Korea (Chair) Prof. Jennie Hudson, Black Dog Institute, Australia Dr. JongSun Lee, Kangwon National University, South Korea Dr. Masatsugu Sagata, Kyoto University School of Public Health, Japan	
02:30 - 03:30 PM	INVITED SYMPOSIUM 2 Enriching CBT by Neuroscience: Cross Cultural Perspectives	CONFERENCE HALL
	Prof. Ashima Nehra, Dept. of Neurology, AIIMS (Chair) Prof. Tomohiro Nakao, Kyushu University, Japan Dr. Susmita Halder, St. Xavier's University, Kolkata Dr. M. Mahmudur Rahman, Bangladesh Dr. Navkiran Kalsi, SGT University, Gurugram, India	
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02:30 - 03:30 PM	OPEN SYMPOSIUM 9 Mindfulness Based Cognitive Therapy (MBCT) for Female Psycho-Sexual Dysfunction.	CMET HALL 1 (EDUCATION HALL)
	Dr. Prasanta Kumar Roy, Dr. Doyel Ghosh, Ms. Shruti Puri Dept. of Clinical Psychology, Institute of Psychiatry Kolkata, India.	
02:30 - 03:30 PM	OPEN SYMPOSIUM 10 Dialectical Behavior Therapy on Non-Suicidal Self-Injury Behavior: Effectiveness and Mechanisms.	CMET HALL 2 (TECHNOLOGY HALL)
	Chun Wang, Prof. Ning Zhang (Chair), Zhengyi Li, Nan Lang, Zixin Chen, Pengyu Du, The Affiliated Brain Hospital of Nanjing Medical University, China.	
	Chair – Prof. Chinu Agrwal, Feelings Mind	

02:30 - 03:30 PM	SKILL CLASS 1 Cognitive diffusion skills in ACT Dr. Prerna Sharma Institute of Human Behavior and Allied Sciences (IHBAS), Delhi. Chair - Prof. Tomohiro Nakao	SET STUDIO 2 (CONVERGENCE BLOCK)
02:30 - 03:30 PM	OPEN SYMPOSIUM 11 Symposium on Parent Mediated Low-Intensity CBT Intervention for Autism- spectrum disorders: Research and Practice. Renu Sharma, Sujata Satapathy, Rajesh Sagar, Rachana Maurya, Usha Devi, Mansi Chadha, Vidhi Khanna. AIIMS, New Delhi Chair: Prof Rajesh Sagar, AIIMS	LECTURE THEATRE 5 (CONVERGENCE BLOCK BASEMENT)
02:30 - 03:30 PM	OPEN PAPER SESSION 11 – CBT for chronic and specific medical conditions. Effects of CBT on self-esteem, body dissatisfaction and psychological distress on females with PCOD - Aadhithya. M University of Madras, India. Challenges and recommendations of psychosocial support and medical care in pediatric cancer care: Perception of nurses and caregivers - Nahida Sultana, Madhurima Saha, Zannat Ara, Mohammad Zayeed Bin Alam, Department of Clinical Psychology. University of Dhaka, Bangladesh. An Analysis of the Lived Experience and Felt Needs of Persons with Multiple Sclerosis, and their Preferred Targets for a Cognitive-Behavioral Intervention Sindhura Lakshmikanth, Paulomi M Sudhir, Geetha Desai, Netravathi M. NIMHANS, Bengaluru, India. Cognitive Behavioural Therapy (CBT) on Post-Traumatic Stress Disorder Incurred by Childhood Trauma in Young Adulthood- A Case Study Analysis - Zahbiya Joozer Ceyloni Mind Works Buddy, India	PHYSIOLOGY SEMINAR ROOM (TEACHING BLOCK) Chair - Prof. M. Kamruzzaman Mozumder, Bangladesh Clinical Psychology Society
03:30 - 04:00 PM	INVITED TALK 6 CBT Beyond DSM: Recent Advances in Transdiagnostic Approaches to the Cognitive Behavioural Treatment of Anxiety and Depressive Disorders.	JLN AUDITORIUM

	Prof. Peter J. Norton	
	The Cairnmillar Institute, Melbourne, Australia.	
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	Chair – Prof. Pratap Sharan	
03:30 - 04:00 PM	INVITED TALK 7 The puzzle of adolescent depression and some solutions.	CONFERENCE HALL
	The puzzle of adolescent depression and some solutions.	
	Prof. Shirley Reynolds Director of Psychosocial Interventions The Stavros Niarchos Foundation Global Center for Child and Adolescent Mental Health at the Child Mind Institute, UK	
	Chair – Prof. Steven Hollon	
04:00 - 05:00 PM	ACBTA Board Meeting (ACBTA Exco members only)	Committee Room Convergence Block 6 th Floor
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04:00 - 04:30 PM	INVITED TALK 8	JLN AUDITORIUM
	Advances in Digital therapeutics in Asia.	
	Prof. KyongMee Chung	
	Yongsei University, Seoul, South Korea.	
	Chair – Prof. Jenny Hudson	
04:00 - 04:30 PM	INVITED TALK 9 Conceptualization in Cognitive Behavioral Therapy focused on needs.	CONFERENCE HALL
	needs.	
	Dr. Dmitrii Kovpak Associate Professor Department of psychotherapy, Medical Psychology and Sexology North-West Medical State University, Saint-Petersburg, Russia	
	Chair – Dr. Allen Miller	
03:30 - 04:30 PM	OPEN SYMPOSIUM 12 Low-intensity (LI) Digital CBT for Suicide Risk Prevention Among Paramilitary Forces of India.	CMET HALL 1 (EDUCATION HALL)
	Mandeep Kaur, Dharaa Gupta, Rekha Patel, Pratap Sharan, Sukhjinder Singh. AIIMS, New Delhi & BSF	
03:30 - 04:30 PM	OPEN SYMPOSIUM 13	CMET HALL 2
	Management of Non-Suicidal Self-Injury in Adolescents: Scope for CBT.	(TECHNOLOGY HALL)

03:30 - 04:30 PM	M. Thomas Kishore, K. John Vijay Sagar, Osheen Saxena. NIMHANS, Bangalore, India. Chair: Dr. Renu Sharma, AIIMS, New Delhi SKILL CLASS 2 Positive CBT skills for caregiver stress. Dr. Rati Khurana IILM University, Gurugram Chair – Kam Gillar	SET STUDIO 2 (CONVERGENCE BLOCK)
03:30 - 04:30 PM	OPEN SYMPOSIUM 14 Advancements in CBT for Borderline Personality Disorder (BPD): An Indian Perspective. Pratibha A. Singh, Swati Kedia Gupta, Drishte Madan, Ananya Mahapatra. Amity Institute of Behavioural Health & Allied Sciences, Amity University, Greater Noida.	LECTURE THEATRE 5 (CONVERGENCE BLOCK BASEMENT)
03:30 - 04:30 PM	OPEN PAPER SESSION 12 - Efficacy of third wave CBT approaches & way forward. Exposure and Response Prevention (ERP) and Danger Ideation Reduction Therapy (DIRT) in Long Standing Contamination Obsession Patients in India: An Open-Label Comparative Study Sampurna Chakraborty. Amity Institute of Behavioural Health, and Allied Sciences (AIBHAS), Amity University Uttar Pradesh (AUUP), Noida, India. The Effectiveness of Brief Group Dialectical Behaviour Therapy (DBT) Skills Training as a Stand-Alone Treatment in reducing Borderline Symptoms in for Patients with Borderline Personality Disorder (BPD) Malaysia: A Randomized Controlled Trial - Izzati Mohd Bashir. Universiti Putra Malaysia, Malaysia, Asia Pacific University of Technology and Innovation, Malaysia. Efficacy of Dialectical Behavior Therapy Skills in Children and Adolescents with Dissociative Disorder: A Pre-Post Intervention Study in India Sneha Das, Neha Sayeed, Nishant Goyal. Central Institute of Psychiatry, Ranchi, India.	PHYSIOLOGY SEMINAR ROOM (2013) TEACHING BLOCK Chair - Dr. Susmita Halder, St. Xavier's, Kolkata

	Imagery-Based Cognitive Behavioral Therapy for Homesickness in a New Military Cadet: A Case Report <i>Poomwit Puttakiaw. Royal Thai Armed Forces, Thailand.</i> Young adults' change experience in Trauma-Focused Cognitive Behavioral Therapy with a history of interpersonal trauma: a case series - <i>Arunashree B. National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru, India.</i>	
04:30 - 05:00 PM	INVITED TALK 10 Humanism in CBT. Dr. Allen Miller The Beck Institute, USA Chair – Prof. Keith Dobson	JLN AUDITORIUM
04:30 - 05:00 PM	INVITED TALK 11 Evidence-based interventions for bipolar disorder: A Critical Review. Dr. Raman Deep Department of Psychiatry & National Drug Dependence Treatment Centre (NDDTC), All India Institute of Medical Sciences (AIIMS). Chair - Prof. Peter Norton	CONFERENCE HALL
05:00 - 05:30 PM	INVITED TALK 12 Role of CBT in the management of eco anxiety & promoting sustainable behaviours. Prof. Melissa Norberg School of Psychological Sciences, Centre for Emotional Health (CEH). Macquarie University, Australia Chair - Prof. Kee-Hong Choi	JLN AUDITORIUM
05:00 - 05:30 PM	INVITED TALK 13 Leveraging technology to scale up an end-to-end Pan-India Mental Health Services: Opportunities & Challenges. Dr. Amit Malik Founder, Amaha Healthcare, India.	CONFERENCE HALL

	Chair – Dr. Masatsugu Sakata	
04:30 - 05:30 PM	OPEN SYMPOSIUM 15 Integrating Acceptance and Commitment Therapy with Cognitive Behavioural Interventions in Management of Chronic Medical Conditions. Susmita Halder, Shinjini Samajdar, Chilka Mukherjee, Saranya Banerjee, St. Xavier's University, Kolkata Chair: Dr Prerna Sharma, IHBAS	CMET HALL 1 (EDUCATION HALL)
04:30 - 05:30 PM	OPEN SYMPOSIUM 16 CBT training in India: Five decades of experience and reflections from the Behavioural Medicine Unit, NIMHANS. Paulomi M Sudhir, Manjula M., Ajay Kumar. NIMHANS, Bengaluru, India Chair: Sujata Satapathy	CMET HALL 2 (TECHNOLOGY HALL)
04:30 - 05:30 PM	SKILL CLASS 3 Socratic Dialogue and Guided Discovery in CBT. Dr. Prasanta Kumar Roy Institute of Psychiatry-COE, Kolkata Chair - Prof. David Veale	SET STUDIO 2 (CONVERGENCE BLOCK)
04:40 - 05:30 PM	OPEN SYMPOSIUM 17 Re-envisioning Rumination: A Transdiagnostic Approach. Anindita Ghosh, Sampurna Chakraborty, Sneha Das Central Institute of Psychiatry, Ranchi, India Chair- Prof Shubh Mangal Singh, PGI, Chandigarh	CONVERGENCE BLOCK BASEMENT LECTURE THEATRE-5
04:30 - 05:30 PM	VIRTUAL PAPER SESSION 1	PHYSIOLOGY SEMINAR ROOM (2013)
02:30 - 05:30 PM	OPEN POSTER SESSION 2	FOYER AREA 1st Floor

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05:30 - 06:00 PM	HIGH TEA	FOYER AREA
06:00 - 07:00 PM	CULTURAL PROGRAM	JLN AUDITORIUM
7:00 PM onwards	CONFERENCE WELCOME PARTY (Invited Guests / On payment only)	MOLECULE AIR BAR, GREEN PARK