



ACBTA 2024 NEW DELHI SCIENTIFIC PROGRAM

**CONGRESS DAY 3 -
2ND MARCH 2024 (SATURDAY)**

08:30 – 09:00 AM	REGISTRATION & MORNING TEA	FOYER AREA
09:00 – 10:00 AM	<p>OPEN PAPER SESSION 19 – Cultural Adaptations in CBT Practice.</p> <p>Developing A Suicide Prevention Training Manual for Dhaka University Students Based on Cognitive Behavior Therapy. - <i>Tahmida Nusrat. Bangladesh</i></p> <p>What makes the caregiver keep accommodating? Understanding the interplay of patient, caregiver, and family factors in family accommodation of OCD. - <i>Archana Gupta, Ajay Kumar, Jaisoorya T.S.NIMHANS, Bengaluru, India.</i></p> <p>Cognitive Behavioral Therapy and Satvavajaya Chikitsa in Ayurveda. – <i>Deepika. All India Institute of Ayurveda, New Delhi</i></p> <p>Ashtanga Yoga - Taking Ayurveda wisdom of Cognitive Behavioural Therapy from classics to clinic. - <i>Swati Verma. Department of Kriya Sharir, AIIA, New Delhi</i></p> <p>A Qualitative Study to Explore Cognitive Components of Meaning in Life Among Elderly. - <i>Meenakshi Gupta, RINPAS, Ranchi, India.</i></p>	<p>CONFERENCE HALL</p> <p><i>Chair: Dr. Vaibhav Patil, AIIMS</i></p>
09:00 – 10:00 AM	<p>OPEN PAPER SESSION 20 – Challenges in CBT Practice in Asian Countries.</p> <p>The Challenges of Practicing CBT Intervention as a part of Mental Health Services in Indonesia. - <i>Fitri Fausiah Universitas Indonesia</i></p> <p>The dissemination of cognitive behavior therapies in Japan; two examples of exposure therapy and motivational interviewing. - <i>Hiroaki Harai, Ayaka Matsuura. Harai Clinic, Harai Consulting & Training Inc., Japan.</i></p>	<p>CMET HALL 1 (EDUCATION HALL)</p> <p><i>Chair: Dr. Nishtha Chawla, AIIMS</i></p>

	<p>Training and Education of CBT in Pakistan - the educational initiatives of PACT: A One Year CBT Diploma. - Sadia Abid. Research Assistant, PACT, Pakistan.</p> <p>Redefining Rehabilitation: The Role of Forensic CBT in India's Correctional System through Samarth. - Reena Sharma. The Mind Practice, India.</p> <p>Transformation of Self-talk to Improve Well-being of Young Adults: A Pilot Study: Arya Aravind</p> <p>Transforming Self-Talk of Women with Premenstrual Syndrome: A Pilot Analysis: Sayma Ayyub, Dr Prof Manju Agarwal</p>	
<p>09:00 – 10:00 AM</p>	<p>OPEN PAPER SESSION 21 - Current Status and Training Models of CBT in Asia.</p> <p>An Empirical Study of the Experiences of Clinical Psychologists Practicing Marital Therapy in India. - Kamna Chhibber, Anjali Midha Sharan G. D. Goenka University, Gurugram.</p> <p>Therapist Preferences in Cognitive-Behavioral Therapy Among Early Career Psychologists: A Quantitative and Qualitative Investigation. - Chinu Agrawal. Feeling Minds, Agra, India.</p> <p>Developing and validating the youth mental health literacy scale for Malaysian youth. - Siti Raba'ah Hamzaha, Firdaus Mukhtar, Siti Nur Syuhada Musac, Mohammad Nur Wafid. University Putra Malaysia</p> <p>Extending Our Understanding of the Association between Symptoms of Emotional Disorders and Emotional Awareness, Beliefs about Emotions, and Emotional Control: A Network Analysis Approach. - Razvan Predatu, Daniel David. Babes-Bolyai University, Romania.</p> <p>Effectiveness of Cognitive Behavioural Therapy on Irritable Bowel Syndrome: A Systematic Literature Review Varsha, Priyanshu Dagar and Shivani Tokas</p> <p>Cognitive Behavioural Therapy (CBT) on Post-Traumatic Stress Disorder Incurred by Childhood Trauma in Young Adulthood- A Case Study Analysis Zahbiya Joozer Ceyloni</p>	<p>CMET HALL 2 (TECHNOLOGY HALL)</p> <p><i>Chair: Dr. Preethy K., AIIMS</i></p>
<p>09:00 – 10:00 AM</p>	<p>OPEN PAPER SESSION 22 – Miscellaneous Topics</p>	<p>SET STUDIO 1</p>

	<p>Improving Life with Vitiligo Through Cognitive Behavior Therapy - Rachna Sharma, Fatima Shahnawaz. AIBAS, Amity University Haryana, India.</p> <p>Neuropsychological consequences of Substance use among Females. - Israt Jahan.University of Dhaka, Bangladesh.</p> <p>Assessing family accommodation in relation to severity and dimensions of obsessive- compulsive disorder. - Rahul Sharma. Ranchi Institute of Neuro-Psychiatry & Allied Sciences, Ranchi, India.</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. Babeş-Bolyai University, Cluj-Napoca, Romania.</p> <p>The Moderating Role of Grit in the Relationship Between Perfectionism and psychological distress among Ph.D scholars. - A. R. Rakshena, Pujitha. M, Aadhithya. M University of Madras, India.</p> <p>Exploring The Role of Dyadic Coping in marital adjustment. Sazzad Chowdhury, Bangladesh</p>	<p>(CONVERGENCE BLOCK)</p> <p><i>Chair: Dr. Gagan Hans, AIIMS</i></p>
<p>09:00 – 10:00 AM</p>	<p>OPEN PAPER SESSION 23 – Mental Health Issues and Interventions for LGBTQ Community.</p> <p>Cognitive distortions of cisnormativity among family members of queer individuals. - Gayathri. S Lifespace Institute of Mental Health.</p> <p>Enhancing parents’ understanding of their non-binary youth. - Meghna Singhal. Raising Family Academy.</p> <p>Influence of early childhood experiences on the current world views of Hijras. - Rati Khurana, Nimisha Kumar IILM University, Gurugram</p> <p><i>Moving towards an interoceptive model: trauma mind body connections and interoceptive awareness as predictors of dissociative disorders: Amandeep Sigh Garaya, Pooja Mahour, Bandana Gupta, Pawan K Gupta, Manjistha Dutta</i></p> <p>Exploring the Effectiveness of Transdiagnostic CBT for PTSD in Adolescents and Adults: A Systematic Literature Review. Piyush Aggarwal, Dr. Anviti Gupta</p>	<p>SET STUDIO 2 (CONVERGENCE BLOCK)</p> <p><i>Chair: Dr. Vandana Choudhary, Swyam, Delhi</i></p>

	<p>Investigating challenges and strategies in context of cognitive behavioural therapy practices with children and adolescents- a qualitative study <i>Karishma Malhotra, Chinu Agarwal</i></p>	
09:00 – 10:00 AM	<p>OPEN PAPER SESSION 24 – Diverse Applications of CBT</p> <p>CBT in Obsessive-Compulsive Disorder Comorbid with Depression. - <i>Nudrat Jahan, Shadma Jahan, Deoshree Akhouri, Mohammad Amir Usmani.</i> <i>SOHS, KR Mangalam University, Gurugram, India.</i></p> <p>CBT interventions in Work Settings. - <i>Chinu Agrawal</i> <i>Feeling Minds, India</i></p> <p>Application of CBT in School Mental Health: Challenges and Prospects in Bangladesh. - <i>Zohora Parveen.</i> <i>Bangladesh Clinical Psychology Society.</i></p> <p>Public Performance Anxiety Among Young Adults - Role of CBT. - <i>Kaustav Ghosh. St. Xavier's University, Kolkata, India.</i></p> <p>Integrating Therapeutic Approaches for Addressing Psychological Traumatic Life Events in Individuals with Multiple Disabilities - <i>Sharma Suman Balrambhai, AIPMR, Mumbai, India</i></p>	<p>LECTURE THEATRE 5 (CONVERGENCE BLOCK BASEMENT)</p> <p><i>Chair: Prof. Chinu Agarwal, Feelings Mind</i></p>
10:00 – 10:45 AM	<p>KEYNOTE TALK 9 CBT Training and Supervision: A SWOT analysis.</p> <p><i>Prof. Firdaus Mukhtar</i> <i>University Putra Malaysia</i> <i>President, ACBTA</i></p> <p><i>Chair: Prof. Keith Dobson</i></p>	JLN AUDITORIUM
10:45 – 11:30 PM	<p>KEYNOTE TALK 10 Standards and Ethics in CBT Training and Supervision.</p> <p><i>Krish Nath</i> <i>Standards & Ethics Chair, BABCP</i> <i>Consultant Psychologist, Practitioner, Supervisor & Lecturer, London.</i></p> <p><i>Chair: Associate Prof. James Courtney</i></p>	JLN AUDITORIUM

<p>11:30 – 12:30 PM</p>	<p>INVITED SYMPOSIUM 6 50 years of CBT and beyond—Lessons learned from dissemination of CBT in Japan.</p> <p><i>Yasuko Togasaki, Faculty of Education, University of Miyazaki, Japan</i> <i>Satoko Sasagawa (Faculty of Psychology, Mejiro University, Japan</i> <i>Miki Matsunaga (Department of Psychology, Rikkyo University, Japan</i> <i>Tomu Ohtsuki (Faculty of Human Sciences, Waseda University, Japan</i></p>	<p>JLN AUDITORIUM</p>
<p>11:30 – 12:15 PM</p>	<p>KEYNOTE TALK 11 (Recorded) Cultural adaptation of CBT in preventing anxiety and depression in young people.</p> <p>Prof. Cecilia Essau Professor of Developmental Psychopathology School of Psychology, University of Roehampton, UK</p>	<p>CONFERENCE HALL</p>
<p>12:30 – 01:00 PM</p>	<p>INVITED TALK 22 Place of CBT in medical psychotherapy training & practice.</p> <p><i>Prof. Pratap Sharan</i> <i>Head, Dept. of Psychiatry</i> <i>AIIMS, New Delhi</i></p> <p><i>Chair: Prof. Naoki Takamatsu</i></p>	<p>JLN AUDITORIUM</p>
<p>12:30 – 01:00 PM</p>	<p>INVITED TALK 23 Therapy for All or just the Elite? Recommendations to improve access and engagement for all.</p> <p><i>Deepak Dhuna</i> <i>Senior Cognitive Behavioral Psychotherapist, Lecturer & Clinical Tutor, Sanctuary Wellbeing, UK</i></p> <p><i>Chair: Prof. Rachel Tribe</i></p>	<p>CONFERENCE HALL</p>
<p>01:00 – 01:45 PM</p>	<p>LUNCH</p>	<p>FOYER AREA</p>
<p>01:45 – 02:30 PM</p>	<p>KEYNOTE TALK 12 CBT for Body Dysmorphic Disorder.</p> <p><i>Prof. David Veale</i> <i>Consultant Psychiatrist and Visiting Professor, Cognitive Behavioural Therapies at the Institute of Psychiatry, King's College, London.</i></p>	<p>JLN AUDITORIUM</p>

	<i>Chair: Prof. Peter Norton</i>	
02:30 – 03:00 PM	<p>INVITED TALK 24 Standards in CBT Practice, Training & Supervision in Nepal: An Overview.</p> <p><i>Dr. Mita Rana</i> <i>Dept. of Psychiatry & Mental Health</i> <i>Institute of Medicine, TUTH, Kathmandu, Nepal</i></p> <p><i>Chair: Prof. Firdaus Mukhtar</i></p>	JLN AUDITORIUM
02:30 – 03:00 PM	<p>INVITED TALK 25 Empowering Mental Health Professionals in Nepal: Creating a Basic CBT Training Model.</p> <p><i>Dr. Suraj Shakya</i> <i>Dept of Psychiatry & Mental Health/ MMC Institute of Medicine Tribhuvan University, Kathmandu, Nepal</i></p> <p><i>Chair: Prof. Alvin Ng Lai Oon</i></p>	CONFERENCE HALL
03:00 – 03:30 PM	<p>INVITED TALK 26 Role of AI and IoT in Mental Health.</p> <p><i>Dr. S. Sundar Manoharan</i> <i>DG, PDEU, Gandhinagar, India</i></p> <p><i>Chair: Prof. Rajesh Sagar</i></p>	JLN AUDITORIUM
03:00 – 03:30 PM	<p>INVITED TALK 27 A Cognitive Behavioural approach in a non-clinical population: Addressing employee well-being at the workplace.</p> <p><i>Prof. Ritu Sharma</i> <i>Dean, School of Liberal Studies, PDEU, Gandhinagar, India</i></p> <p><i>Chair: Prof. N.K. Chadha</i></p>	CONFERENCE HALL
02:30 – 03:30 PM	<p>OPEN SYMPOSIUM 24 Cognitive Neurophysiology assessments & advanced computing to inform practice of CBT.</p> <p><i>Kanwal Preet Kochhar, Suman Jain, Sujata Satapathy & Lakshmi Kalyani. AIIMS, New Delhi</i></p> <p><i>Chair: Dr Hardeep Singh, ICMR, Delhi</i></p>	CMET HALL 1 (EDUCATION HALL)

<p>02:30 – 03:30 PM</p>	<p>OPEN SYMPOSIUM 25 Out of the closet: a trauma lens on queer affirmative therapy practices.</p> <p><i>Sunita Purty (Chair), Andree, Sheeba Shamsudeen & Gayathri S.</i> <i>Mahatma Gandhi Univ. of Medical Sciences & Technology, Jaipur AIBHAS, Amity Univ, Noida</i> <i>Lifespace Institute of Mental Health, Cochin.</i></p>	<p>CMET HALL 2 (TECHNOLOGY HALL)</p>
<p>02:30 – 03:30 PM</p>	<p>SKILL CLASS 7 Training in COGNITIVE THERAPY RATING SCALE-REVISED (CTRS-R).</p> <p>Dr. Swati Karve SwastiVishwa Behavioral and Social Sciences Institute Foundation, USA.</p> <p><i>Chair: Dr. Allen Miller</i></p>	<p>SET STUDIO 1 (CONVERGENCE BLOCK)</p>
<p>02:30 – 03:30 PM</p>	<p>OPEN SYMPOSIUM 26 Scheme of Schemas.</p> <p><i>Debaleena Ghosh, Anindita Ghosh, Aditi Usha Tigga, Aditi Dubey.</i> <i>Central Institute of Psychiatry, Ranchi.</i></p>	<p>SET STUDIO 2 (CONVERGENCE BLOCK)</p>
<p>02:30 – 03:30 PM</p>	<p>SKILL CLASS 8 CBT for procrastination.</p> <p><i>Dr. Shishir Palsapure</i> <i>Morphic Minds, Nagpur, India</i></p> <p><i>Chair: Prof. Alvin Ng Lai Oon</i></p>	<p>LT 5 (CONVERGENCE BLOCK)</p>
<p>02:30 – 03:30 PM</p>	<p>OPEN SYMPOSIUM 27 Moving towards an Indigenous CBT- Integrating Technology and Indian Thoughts for Community based CBT in India.</p> <p><i>Vibha Sharma; Shahzadi Malhotra; Manisha Jha, Shahzadi Malhotra; Manisha Jha. IHBA, Delhi.</i></p>	<p>PHYSIOLOGY SEMINAR ROOM (2013) TEACHING BLOCK</p>
<p>03:30 – 04:30 PM</p>	<p>INVITED PANEL DISCUSSION 3 Role of Yoga and Alternative Therapies (AYUSH) in Mental Health.</p> <p><i>Prof. Tanuja Manoj Nesari (Chair), Director, All India Institute of Ayurveda.</i></p>	<p>JLN AUDITORIUM</p>

	<p><i>Prof. Keishin Kimura, President, Japan Yoga Therapy Society.</i></p> <p><i>Dr. Raghavendra Rao, Director, Central Council for Research in Yoga & Naturopathy, Delhi.</i></p> <p><i>Prof. Kanwalpreet Kochhar, Head, Dept. of Physiology, AIIMS, New Delhi Prof. Meera Bhojnani, AIIA</i></p>	
03:30 – 04:30 PM	VIRTUAL PAPER SESSION 3	CONFERENCE HALL
03:30 – 04:30 PM	<p>OPEN SYMPOSIUM 28 Current and Future Perspectives of Interdisciplinary Psychological Consultation and Liaisoning in General Medical Hospitals.</p> <p><i>Sheeba Shamsudeen, Sunita Purty, Gargi Chauhan Mehta, Mahak Mathur. Mahatma Gandhi Medical College and Hospital, Jaipur, India</i> <i>Chair: Dr Manisha Jha</i></p>	CMET HALL 1 (EDUCATION HALL)
03:30 – 04:30 PM	<p>OPEN SYMPOSIUM 29 CBT interventions in Work Settings.</p> <p>Chinu Agrawal, Nithya Sriram, Sai Sudha Saini. Feeling Minds, India.</p> <p><i>Chair: Prof. Ritu Sharma</i></p>	CMET HALL 2 (TECHNOLOGY HALL)
03:30 – 04:30 PM	<p>SKILL CLASS 9 Using exposure to treat phobias.</p> <p><i>Krish Nath</i> <i>Senior CBT Therapist, Tutor and Supervisor, UK</i></p> <p><i>Chair: Prof. Paul Salkovskis</i></p>	SET STUDIO 1 (CONVERGENCE BLOCK)
03:30 – 04:30 PM	<p>OPEN SYMPOSIUM 30 Parents-mediated Intervention for children with ADHD: Designing & Implementing.</p> <p><i>Vibha Sharma (Chair) Sujata Satapathy, Vidhi Khanna, Mansi Chadha, Rachana Maurya and Usha Devi</i> <i>AIIMS, New Delhi, India.</i></p>	SET STUDIO 2 (CONVERGENCE BLOCK)

03:30 – 04:30 PM	SKILL CLASS 10 CBT with Cognitive training for children & adolescents with ADHD. <i>Dr. Susmita Halder, St. Xavier's University, Kolkata, India.</i>	LT5 CONVERGENCE BLOCK
03:30 – 04:30 AM	OPEN SYMPOSIUM 31 First 25 years of Academic Clinical Psychology Research at the University of Dhaka. <i>Hazera Khatun.</i> <i>University of Dhaka, Bangladesh.</i> <i>Chair: Prof. Shahzadi Malhotra</i>	LECTURE THEATRE -5 (CONVERGENCE BLOCK BASEMENT)
02:00 – 04:30 PM	OPEN POSTER SESSION 4 P – 87, 88, 89, 93, 94, 95, 99, 101, 102, 103, 104, 106, 107, 108, 109, 114 and P - 1, 43, 81, 96	FOYER AREA 1ST FLOOR
04:30 – 06:00 PM	VALEDICTORY / CLOSING CEREMONY	JLN AUDITORIUM
06:00 – 06:30 PM	HIGH TEA	FOYER AREA