

WORLD CONGRESS OF PSYCHOLOGISTS

Motto : *Train yourself & Train others*

Chief Patron : *Prof. P.V. Ramamurti*
Patron : *Prof. V. Ganesan*
Advisor : *Prof. B. Venkatratnam*
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WORKSHOP ON COGNITIVE BEHAVIOR THERAPY

From 10-09-2021 to 13-09-2021
(Time: 6.30 PM – 8.00 PM)

Chief Guest : **Prof. Girishwar Misra**
Prof. & Head at Delhi University,
V.C. – MGAHV – Wardha.
He is included among the top 10 Psychologists in
the World.

Resource Person : **Prof. V. Ganesan**
Dept. of Psychology
Bharathiar University
Coimbatore, Tamil Nadu

Chair Person of the session : **Dr. T. D. Vimala**
Core Committee Member of WCOP

Asst. Secretary : **Dr. S. Prasanthi**

Asst. Secretary
& Technical Coordinator : **Ms. G. Anupama**

Date – I : 10-09-2021

6.30 PM : Inauguration by Prof. Girishwar Misra
Workshop on : ***“Role of CBT in the prevention of Suicide”*** on the occasion of **WORLD SUICIDE PREVENTION DAY, September 10th, 2021**

Welcome Address : Prof. B. G. Reddy, President, WCOP

Inaugural Address by Prof. Girishwar Misra :

- The prevalence and the reasons for suicides are analyzed, they are like the gap between ideal self and real self; unending materialistic desires, over use of technology, lack of relationship and etc.
- He suggested holistic approach towards life and nourishing life. Explained the characters of (Stitha Pragna) of Bhagwadgita. He insisted the role of Psychologists in improving the quality of the society through their active participation.

Resource Person : Prof. V. Ganesan

Renowned World Behaviour Technologist

Opening Remarks : Introduction was started by quoting Bhagwadgita and the Lord Krishna CBT to Arjuna.

- The earlier theories explained by Philosophers like Confucious and Plato.
- Described the “Gateless gate” and the Art of tightening without tightening.
- The Rational Emotive therapy by Ellis explained.
- The basic concept of CBT i.e., to bring about changes in the Unhealthy feelings, thoughts and behavior of the Client is well described with case studies, and the self help strategies of CBT are well described.

Day – II : 11-09-2021

6.30 PM:

- Prof. Ganesan explained the concepts of cognitive rigidity and cognitive fluidity, convergent and divergent thinking.
- Explained how to bring the Client from cognitive rigidity to cognitive fluidity and from convergent thinking to divergent thinking through “Creativity”.
- “Creativity” as a therapeutic technique was explained with many case studies.

- Brain storming technique and “Out of Box” thinking activities were described as the ways to bring the Client towards better life.
- 8 (eight) cases from the participants discussed in detail.

Day – III : 12-09-2021

- Resource Person Prof. V. Ganesan The third day session began with the concepts of humour and laughing loud as therapeutic techniques.
- The behavior rehearsal of the Client by the opposite emotion with which they are suffering is explained with a case.
- The CBT Group counseling is explained by taking the Afghan Women group suffering with depression.
- Slow breath technique and bit by bit addressing the Schizophrenia (one of the other problem). Case is described.
- He insisted the COMPASSION as the Central ingredient in counseling to find the solutions to the problem.
- The importance of relaxation technique and training in CBT are well focused.
- He concluded training as the future of Psychologists.
- 8 cases from the participants and 3 from the Resource Person are well discussed with appropriate techniques.

Day – IV : 13-09-2021

- The fourth day session started with the explanation of Behaviour Rehearsal technique of CBT by putting the Client to rehearsal the opposite feelings with which he is suffering by taking a case study of a depressed daughter-in-law.
- Many obesity reducing techniques were discussed the Premack principle, looking into mirror and etc.
- Different techniques to address the various deviant (abnormal) sexual behaviours are explained when the cases projected by the Prof. B.G. Reddy, President, WCOP.
- A physical exercise technique to overcome disinterest in sex in women described in detail.
- The Physiological base of suicide the right brain as emotional centre and left brain as cognitive centre and the transferring the right brain content to left brain was well explained with a case.

- The Anger management techniques like Drinking more water, slow breath out and breath in, moving from the place, looking down, taking the cold water head bath, are well discussed.
- 10 case studies with different problems from the participants analysed and suggested CBT to those cases.