

## Department of Clinical Psychology

### National Institute of Mental Health & Neuro Sciences (NIMHANS), Bangalore Symposium on

#### Autobiographical Approaches to Therapy for Depression

Memory difficulties are a common complaint in depression. Autobiographical memories have been characterized as a subset of long-term memories comprised of episodic and semantic details that are viewed as highly central to one's self-narrative and life story. Cognitive models [Self-Memory-System (SMS)], propose that past knowledge along with one's current and future goals influence the accessibility and content of autobiographical memories. The SMS model emphasizes that the working self (current self-views and goals) inhibit autobiographical memories that are discrepant or may threaten current self-views.

Autobiographical approaches like cognitive-remembrance therapy and the Memory Specificity Training (MEST) are brief treatments for depression that integrates cognitive-behavioral techniques into a broader narrative approach. In the background of the growing numbers of studies have found that impairments in problem solving in among depressed have been predicted by greater overgeneralized autobiographical memories (OGM). Furthermore, OGM has been found to be a risk factor for the onset, course, and prognosis of depression and traumatic distress. The symposium will offer an introduction to autobiographical approaches, the structure, process of the therapy, evidence for processes of change and outcomes, current status of evidence based psychotherapeutic intervention in depression, trauma and technology addiction current status of evidence based psychotherapeutic intervention in depression, trauma and technology addiction and how to flexibly integrate cognitive behavioral techniques with the upcoming autobiographical memory therapeutic interventions

**Course Faculty:** Dr. David Hallford (Deakin University, Australia), Dr. Manoj Kumar Sharma (NIMHANS) Dr. L. N. Suman (NIMHANS) & Dr. Nitin Anand (NIMHANS)

**Number of Seats:** 30

**Date:** 8<sup>th</sup> March 2019 from 9AM to 5PM

**Registration charges:** 500/- (non-refundable) in the form of draft in favour of "The Director, NIMHANS", payable at Bengaluru.

**Who can attend:** Professionals with MA/MSc (Psychology)/M.Phil degree in Psychology/Clinical Psychology/M.Phil (Psychiatric Social work/MD (Psychiatry) & other professionals who are interested in this area

**Selection Process:** Selection will be based on First come first served basis for the symposium.

**Accommodation:** The candidates need to make their own accommodation arrangements as there is only limited accommodation available and it is on first-cum-first-serve basis. Limited hostel accommodation may be offered only on prior request and is subject to availability at the time of the training program.

**Venue:** Lecture Hall 1, Department of Clinical Psychology, 3<sup>rd</sup> Floor, Dr. MV Govindaswamy Block, NIMHANS, Bengaluru, Karnataka.

#### **Procedure for Application:**

The interested candidates should send their participation request by **2<sup>nd</sup> March 2019** to Dr. Manoj Kumar Sharma, Professor of Clinical Psychology, SHUT clinic (Service for Healthy Use of Technology, NIMHANS, Hosur Road, Bangalore-560029. Email: [shutclinic@gmail.com](mailto:shutclinic@gmail.com)