

**National Institute of Mental Health and Neuro Sciences**  
***Institute of National Importance***  
**Hosur Road, Bengaluru- 560029**

**Department of Clinical Psychology**

**Workshop on**  
**Psychological Interventions for Children with Internalizing Disorders**

Depressive Disorders, Anxiety Disorders and Somatoform Disorders are collectively called as internalizing disorders. They are common in children but often go unnoticed because they are characterized by quiet, internal distress rather than overtly, socially negative, or disruptive behavior. Such features may also make these disorders more difficult to detect in the very young who have less well-developed verbal skills in general and specifically an even more limited capacity to describe internal feeling states. The impact of these disorders can be seen in the all area of social-adaptive functioning including scholastic performance. But, empirical evidences suggest that there is a great scope for psychological interventions.

**Aim:**

1. To develop hands-on skills on psychological intervention in managing internalizing disorders in children.

**Objectives**

1. To understand the current concepts of internalizing disorders with a developmental perspective
2. To develop competencies to deliver psychological interventions for managing internalizing disorders in children.

**Methods:** Didactics, Case-vignettes, Group discussions.

**Venue:** Department of Clinical Psychology, 3<sup>rd</sup> Floor, Dr. MV Govindaswamy Centre, NIMHANS, Bengaluru - 560029

**Dates:** 20<sup>th</sup> -21<sup>st</sup> September, 2019

**Who can attend:** Clinical Psychologists, Psychiatric Social Workers, and Psychiatrists working with children in various clinical and non-clinical settings.

**Number of participants:** 30

**Fee for Workshop:** Registration fee of Rs. 1500/- will be charged for each participant. The registration payment is made in the form of a demand draft in favour of the Director, NIMHANS and payable at Bengaluru.

Participants are requested to fill-up the registration form and mail it along with the demand draft/ transaction details to the coordinator as mentioned in the registration form. The last date for registration is 12<sup>th</sup> September 2019. Participants will receive folder with writing pad and pen; working lunch and tea with snacks during the workshop. The registration fee does not include accommodation. Accommodation will be provided to a limited number of participants on first-cum-first-serve basis.

**Coordinators:** Dr. M. Thomas Kishore **Joint Coordinators:** Dr. B.N. Roopesh, Dr. Nithya Poornima, Department of Clinical Psychology, NIMHANS.

**Organizing team:** Saswatiak Tripathy, Shweta Narayan, Poornima Viswanath

**For further information, please contact:** Dr. M. Thomas Kishore,  
**Ph:** 080-2699 5196/ 5180  
**Email:** workshop.camh@gmail.com

**National Institute of Mental Health and Neuro Sciences**  
*Institute of National Importance*  
Hosur Road, Bangalore 560029

**Department of Clinical Psychology**

**Registration Form for Workshop**  
**Psychological Interventions for Children with Internalizing Disorders**

Name (in CAPITALS)		
Qualifications		
Designation		
Current Institutional Affiliation		
Present Contact Address		
	Phone:	Email:
Payment details	Amount	
	Demand Draft Number & Date	
	Name of the Bank/ Branch (Code)	
	Place	
Expectation from the workshop (use points)		

Date:

Signature

Place:

-----  
**Mail this along with the demand draft to:** Dr. M. Thomas Kishore, Additional Professor & Workshop Coordinator  
Department of Clinical Psychology, Dr. MV Govindaswamy Centre,  
NIMHANS, Hosur Road, Bengaluru 560029.

**Email :** workshop.camh@gmail.com