

**National Institute of Mental Health and Neuro Sciences (NIMHANS)
NIMHANS Centre for Well Being (NCWB)**

Title: Workshop on Couple and Family Therapy

Dates : 4th November 2019 (Monday)

Time: 9.00 am to 5.00 pm

Venue & Registration:

Ms. Padmavathy NIMHANS Centre for Well Being, 1/B. 9th Main, 1st stage, 1st phase, BTM layout, Bangalore- 560 076

Telephone: (080) 26685948, 9480829670 (M)

Email- nimhans.wellbeing@gmail.com

Participants: clinical psychologists/psychotherapists/ M.A & M.Sc psychology students/psychiatrists/ /psychiatric social workers

Number of seats : 50

Last Date for Registration : 30th October 2019 (Wednesday)

Registration fee : Rs.500 (students Rs300/-)

Workshop facilitators:

Dr. Anisha Shah (Professor), Dr. Snigdha Bhattacharya (Clinical Psychologist)
Department of Clinical Psychology, NIMHANS

Program Details

Aim: To promote couple (marital) and family therapy conceptual and behavioral skills

Content: The department of clinical psychology receives many individual requests for training in couple and family therapy that we are unable to meet due to various constraints. This structured program will address those needs and will offer training in basic concepts and skills for couple and family therapy practice. Emphasis will be on couple and family interview skills, assessment of family and marital quality, structural, cognitive and behavioral techniques in couple and family therapy. This will be done using psychotherapy training videos from American Psychological Association, case vignettes, presentations, and interactive discussions.

Thank you

Professor Anisha Shah, Department of Clinical Psychology, NIMHANS, Bangalore