

Virtual workshop on CBT for obsessive compulsive and related disorders
Organized by faculty Behavioural Medicine Unit, Department of Clinical Psychology,
NIMHANS, Bengaluru-560029
28th and 29th October, 2021

About the workshop

The Behavioural Medicine Unit of the Department of Clinical Psychology, NIMHANS, is organizing a two day workshop on Cognitive Behaviour Therapy: for obsessive compulsive and related disorders on **28th and 29th October 2021 in a virtual mode**. The focus of this workshop will be on the cognitive behavioural management of Obsessive Compulsive Disorder and related disorders. The workshop will help participants develop skills in carrying out cognitive behavioural assessment and case conceptualization, Exposure and Response Prevention, and handling dysfunctional beliefs, management of OC spectrum disorders and application of mindfulness based interventions.

Eligibility: The workshop is open to practitioners, clinicians with post-graduation, working in the field of mental health.

Overview of topics in the workshop:

- Essential principles of Cognitive Behaviour therapies and an introduction to the CBT model for OCD and OC Spectrum disorders
- Assessment in CBT for OCD and OC spectrum disorders: steps and strategies
- Using case formulation to plan treatment
- Planning exposure and response prevention- strategies and challenges
- Planning interventions for OC spectrum disorders, including Trichotillomania, Body dysmorphic disorder.

When and where: 28th and 29th October, 2021 in an online mode

Mode of training: The workshop will include presentations, case based discussions and role plays

Key resource persons:

Dr. Mahendra P. Sharma, Professor, Department of Clinical Psychology, NIMHANS

Dr. Y.C.J. Reddy, Professor and Head, Department of Psychiatry

Dr. Paulomi M.Sudhir, Professor, Department of Clinical Psychology, NIMHANS

Dr. Manjula M. Professor, Department of Clinical Psychology, NIMHANS

Dr. T.S. Jaisoorya Additional Professor, Department of Psychiatry

Dr. Ajay Kumar Associate Professor, Department of Clinical Psychology, NIMHANS

Who can register and attend? The workshop is open for registration to professionals working in the field of mental health, and would be of particular relevance to clinicians working with clients with OCD and or OC Spectrum disorders.

Applications can be submitted online, with complete details of eligibility. A digital certificate will be provided for participation,

Registration fees: Rs.1000/-

There is a limited number of seats available and seats will be filled on a first come first served basis.

Mode of payment:

The registration fee has to be paid through Online- SBI collect.

All payments should be made by online using the following link.

Copy and paste the link given to the browser, in drop down options select “**Seminar registration fees**” and in the remarks/note section mention “CBT workshop for OCD”

Please review the steps in using SB Collect shared below, for more details

<https://www.onlinesbi.com/sbicollect/icollecthome.htm?corpID=215458>

Please complete the registration form using the google form link given below and include details of your payment along with qualifications and reasons for enrolling for workshop (copy and paste this link, if you are not able to access through hyperlink)

https://docs.google.com/forms/d/e/1FAIpOLSc2Avdi0okj9jYKeOZ95aLF_Zmy75O-DbN_ptoBwylxo60s7A/viewform?usp=pp_url

Workshop coordinator:

Dr. Paulomi M.Sudhir,

Professor, Department of Clinical Psychology,

NIMHANS, Bengaluru.

[Email: matampaulomi@gmail.com](mailto:matampaulomi@gmail.com) or paulomisudhir@yahoo.com

Contact number: 80-26995184; 9448083521

Disclaimer: The two days’ workshop is an online training that is designed to enhance knowledge and applications of CBT for OCD and OC spectrum disorders. The workshop attendance does not entitle the candidate to consider himself/herself as a Clinical Psychologist, unless they have completed M.Phil. in Clinical Psychology from a RCI recognized Institute. Further being a virtual workshop further skill development must be ensured under supervision.

National Institute of Mental Health and Neuro Sciences, Bangalore.

How to make Payment through SB Collect.

1. The payers can go to **NIMHANS website**, www.nimhans.ac.in, click **Payments** Tab to reach 'SB Collect' or
2. Click or copy paste to browser the link below for directly connecting to NIMHANS-SB collect. <https://www.onlinesbi.com/sbicollect/icollecthome.htm?corpID=215458>
3. One can also Select SB Collect from the Online banking page of SBI, www.onlinesbi.com, Select State 'Karnataka', Type of Institution "Educational", search and select the Institution "**THE DIRECTOR, NIMHANS**"
4. Reads Disclaimer Clause and clicks on check box to proceed for payment.
5. **Select Payment Category from the drop down menu (Seminar registration fees and mention CBT workshop for OCD in remarks section)**
6. Click the Submit button.
7. The State Bank Collect Payment page of the Corporate/Institution will appear. Payer inputs the **data**, Click the Submit button.
8. The State Bank Collect payment verification page will appear where the payer has to click on the 'Confirm' button after verifying the payment details to proceed further.
9. The SBMOPS (State Bank Multiple Option Payment System) page is displayed with following options for payments.
 - a. Net Banking State Bank of India. Other Banks including Associate Banks.
 - b. Card Payments State Bank ATM-cum- Debit Card Other Banks Debit Cards. Credit Cards
 - c. Other Payment Modes - SBI Branch.
10. Choose the desired option and makes the payment.
11. **Print/Save the receipt online for your reference.** (Submit to the respective sections, as required)

Subsequent Generation of payment receipt in SB Collect Page:

Login to OnlineSBI, Select SB Collect' link on the home page, Accept the 'terms and conditions' by clicking on the box. Click on 'proceed' button. Select Payment History on the left side. Two options i.e. date range for previous payments (if you do not remember reference number) or remembered reference number. Enter the date of birth and mobile no. in boxes provided will appear. Enter the 'Start Date and End Date', Enter the text as shown in the message. Click on 'Go' button.

The Payment status 'Paid' will be displayed. Click on 'PRINT'

Payment receipt will be displayed - Click on 'PRINT'

Note.

- Mandatory fields are marked with an asterisk (*)
- The payment structure document if available will contain detailed instructions about the online payment process.
- Date specified (if any) should be in the format of 'ddmmyyyy'. Eg., 02082008
- For Amount fields, only numbers are allowed (fill not applicable fields with 0 (zero) and for free text fields (mandatory), following special characters are allowed: **. / @ - _ &**

