

Virtual workshop on Cognitive Behavior Therapy: Basic principles and applications
Behavioural Medicine Unit, Department of Clinical Psychology, NIMHANS, Bengaluru-560029

26th and 27th November 2021

About the workshop

The Behavioural Medicine Unit of the Department of Clinical Psychology, NIMHANS, is organizing a two-day online workshop on Cognitive Behaviour Therapy: Basic principles and applications on 26th and 27th November 2021.

Cognitive Behaviour Therapy (CBT) is recognized as evidence-based therapy for a variety of emotional disorders and clinical problems. The workshop is intended to provide an introduction to the basic principles and skills involved in the practice of CBT and its application to emotional disorders. Further, this workshop also provides a good foundation for further training. The workshop will cover basic theoretical aspects of CBT, case formulation, therapeutic techniques for anxiety and depressive disorders. The workshop will include presentations, case-based discussions and role plays.

Who can attend?

The workshop is open for mental health professionals with post-graduation in Clinical Psychology, Psychiatry or Social work and other health care professionals who intend to apply cognitive behavioural therapeutic framework in their clinical practice.

Registration

Registration is limited to 50 participants on a first come first served basis. The registration fee is Rs. 500/-. The confirmation of registration will be communicated after verification of the eligibility by the coordinator of the workshop. Please make payment for registration only after getting confirmation by the workshop coordinator.

Mode of payment

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

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

Details of steps to be followed in using SBI collect to pay registration fees in given in the next page.

Please complete the registration form using the Google form link given below. Fill all the information asked in the form including the payment details. Please contact the coordinator for any clarifications before making your payment for the workshop.

<https://forms.gle/MKXCDR7N73bzvESd7>

Workshop coordinator:

Dr. M. Manjula, Professor, Department of Clinical Psychology, NIMHANS, Bangalore -560029.

Email: nimhanscbt2021@gmail.com Contact number: 80-26995182; 9632603597

Disclaimer: The workshop aims to enhance the knowledge on CBT and it may not give you expertise in practicing psychotherapy. Attending the workshop 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.

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/sbcollect/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, Click the Submit button.
6. The State Bank Collect Payment page of the Corporate/Institution will appear. Payer inputs the **data**, Click the Submit button.
7. 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.
8. 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.
9. Choose the desired option and makes the payment.
 10. **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 Online SBI, Select 'SB Collect' link on the home page, Accept the 'terms and conditions' by clicking on the box. Click on 'proceed'. 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 'ddmmyyy'. 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: . / @ - _ &