

## 32<sup>nd</sup> International Conference of Indian Association of Palliative Care

Theme : Evidence-Based Palliative Care

Pre Conference Workshop : 30<sup>th</sup> January 2025 & Main Conference: 31<sup>st</sup> January to 2<sup>nd</sup> February 2025

Pre Conference Workshop Venue : AIIMS Jammu

# PRE-CONFERENCE WORKSHOP

## Cognitive Behavioural Therapy

### Key learning Objectives

- To understand Concepts that Underpin CBT theory and its application in palliative care.
- To apply CBT for managing pain, anxiety, and insomnia

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### Sub- Topics

- CBT based approaches in improving psychosocial care for the stakeholders involved along the trajectory of cancer



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location of  
Workshop Venue

Time : 09:00 AM to 01:30 PM

## Faculty

### Lead Faculty



**Dr. K.V. Ganpathy**

PhD & Clinical Psychology  
Volunteer counselor  
Dept of Palliative Medicine  
Tata Memorial Centre Mumbai



**Dr. Jayita Deodhar**

Professor and Head  
Department of Palliative  
Medicine  
Tata Memorial Hospital

**Dr. Rohit Lahori**  
Organizing Secretary

**Dr. Sunana Gupta**  
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