

TARGET AUDIENCE - Psychologists, Counsellors, Social Workers

Key learning Objectives

1. To understand concepts that underpin CBT theory and its application in palliative care
2. To apply CBT for managing pain, anxiety, and insomnia

Sub-topics

Revisiting the domains of palliative care: Psychological care

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

Faculty

Dr. Savita Goswami savitata@yahoo.co.in	Dr. K.V. Ganpathy ganpathykv3@gmail.com
Dr. Sravanthi Maya drsavanthimaya@gmail.com	Dr. Arati Hota arati.hota5@gmail.com

Duration: 4 hours | **Number of participants:** 18 - 25

Methodology: Cognitive behavior therapy workshop
January 30, 2025 (Thursday)

Time	Topic being covered	Covered by
9:00 am - 9:15 am	Welcome and Introduction- Setting the stage	Dr. Jayita Deodhar
9:15 am - 9:45 am	Core concepts in Cognitive Behaviour Therapy	Dr. K.V. Ganpathy
9:45 am - 10:15 am	Formulation & Questioning technique	Dr. Sravanthi Maya
10:30 am - 10:50 am	Identifying CBT tenets through role play	Dr. Savita Goswami Dr. Arati Hota
10:50 am - 11:00 am	ENERGY BREAK	-
11:00 am onwards (Breakout sessions for Insomnia, Pain & Anxiety) (Breakout room - 1)	11:00 am to 11:45 am: CBT for Insomnia. 11:45 am to 12:30 am: CBT for Pain 12:30 pm to 1:15 pm: CBT for Anxiety	Dr. Savita Goswami Dr. Ganapathy Dr. Sravanthi Maya
(Breakout room - 2)	CBT for Insomnia CBT for Pain CBT for Anxiety	Dr. Savita Goswami Dr. Ganapathy Dr. Sravanthi Maya
1:15 pm - 1:30 pm	Reassemble in main room Key Learning Points Wrap up Participants and Facilitators	Dr. Jayita Deodhar