



IAPCON 2025
**32nd International Conference of
Indian Association of Palliative Care**
Pre-conference Workshops: 30th Jan 2025
Conference: 31st Jan - 2nd Feb 2025



Welcome to CBT Sensitisation Workshop.

Learn to:
**Identify & Address
Dysfunctional Thoughts**

Rationale

Cognitive Behavioral Therapy (CBT) is a form of psychotherapy that helps to identify and challenge unhelpful thoughts and its impact on psychological wellbeing. It is increasingly used for cancer patients to manage the psychological distress associated with cancer diagnosis (anxiety, depression, denial) and treatment (side effects, acceptance, resilience). CBT can help patients develop adaptive coping skills, reduce stress, manage treatment related symptoms, and improve communication with healthcare providers.

Patients can learn relaxation techniques, cognitive restructuring, and pain management strategies to address emotional and physical challenges. CBT can enhance patient well-being and improve treatment outcomes improving Quality of life (QOL) when used in conjunction with standard medical care.

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

Technical assistance: Power point projector, 1 main room- 2 breakout rooms (3 rooms overall)

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

- Breakout room 1 and 2 The participants get to choose from one out of the 3 topics between Insomnia, Pain, and Anxiety in the first session and one in the second session.
- We would require 2 breakout rooms other than the main room in which the session will take place. (total 3 rooms)
- The maximum number of participants in 20-25