



Healthy Mind  
Healthy LIFE

FOUNDATION COURSE ON

# COGNITIVE BEHAVIOR THERAPY



GIPS Psychiatric Clinic & De-addiction Center is a premier mental health institute that delivers the highest quality of comprehensive care through its range of psychiatric services in Ahmedabad, Gujarat since its inception in 2007. Along with patient care, GIPS has been actively training students from medical, nursing and psychology background. As part of its educational and training initiatives, GIPS is announcing 6 month Foundation course on CBT.

CBT, or Cognitive Behavioural Therapy, is a time-sensitive, structured, result-oriented therapeutic intervention which aims to help clients successfully understand and handle their problems. It enables clients to look at how they think about a situation and how these thoughts affect their behaviour. It helps them identify dysfunctional patterns of thinking, and modify them leading to the successful resolution of their problems and discomfort. CBT is known to be effective in treatment of a wide range of emotional and physical health conditions like anxiety, depression, obsessive compulsive disorder, chronic fatigue, behavioural difficulties, chronic pain, anger management etc.

### Objectives:

The Course aims to train participants to:

- Conduct detailed patient interview to obtain case history and identify the dysfunctional thinking patterns
- Develop therapeutic alliance and engage the client in treatment
- Describe strategies to modify core beliefs
- Conduct CBT sessions and use appropriate techniques to help them overcome stated problem

### Teaching Methodology:

The curriculum involves a variety of teaching methodologies to provide in-depth knowledge along with hands on clinical experience to participants, with supervision and immediate feedback from experienced and certified CBT specialists. It includes:

- Lectures
- Role Plays

- Paired activities
- Group discussions
- Immediate supervision

### Course Assessment:

- Individual presentation
- Theory examination
- Clinical examination

### Faculty:



Dr. Suhas Doshi M.D. (Psychiatry) is one of the Directors and Consultant Psychiatrists at GIPS Hospital. He has been trained in CBT by Andrew Beck, CBT Specialist, Salford University, U.K. He has a keen interest in areas like anxiety disorders, depression and borderline personality disorder. He has been actively involved in teaching and till date, has been trained over 200 participants in CBT in Gujarat and Maharashtra.



Dr Maitreya Parikh (D.P.M., M.D. Psychiatry) is a Consultant Psychiatrist and Psychotherapist at GIPS Hospital, with over 25 years of experience. He trained himself in psychodynamic psychotherapy and in CBT with trainer Andrew Beck. His areas of interest include psychotherapy, biological psychiatry and child and adolescent psychiatry. He has a keen interest in teaching and held several workshops on CBT and Psychodynamic psychotherapy.



Dr. Punita Grover (MRCpsych, CCST, UK) is a Consultant Child Psychiatrist and CBT Specialist at GIPS Hospital. She was trained and practiced in the U.K. and has extensive experience with interpersonal psychotherapy, MET and CBT to treat both adults and children. She has a keen interest in areas like depression, phobias and anxiety disorders. She has been actively involved in teaching and training through various lectures and workshops.

Starts From  
Mid June 2024

Duration  
6 Months

Timings  
Saturday (4 pm to 6pm)  
Sunday (Morning)

Last date of admission  
June 2024

### Eligibility

1. Graduate & Post graduate students of psychology & psychiatry.
2. Practicing Psychologists and Psychiatrists

Ms. Vidhatri Rathi - 9328385290  
(Only through Whatsapp)

Maximum  
**10**  
Students

Course Fee  
Rs. 40,000/-

### Venue

**HEALTHY MIND HOSPITAL**  
Nr. Metro Pillar No. 192,  
Opp. Terrace Apartment,  
From Commerce Six Roads towards Stadium,  
Navrangpura, Ahmedabad - 9.  
M : 7428 771122, 7428 771133