

ICCBI 2018

PRE CONFERENCE WORKSHOP 4 DIALECTICAL BEHAVIOUR THERAPY (DBT)

WORKSHOP AIM

This workshop attempts to cover the key components of Dialectical Behavior Therapy. The various skills of Mindfulness, Distress Tolerance, Interpersonal effectiveness and Emotion regulation will be discussed in

Dr. Vandana Tara

Dr. Vandana Tara is a renowned Clinical Psychologist practicing in Delhi. She has a brilliant academic record with two gold medals in M.A. in Applied Psychology and M.Phil in Clinical Psychology from NIMHANS, Bangalore. She completed her Ph.D from All India Institute of Medical Sciences and Delhi University. She worked in the Department of Psychiatry at AIIMS as Clinical Psychologist and thereafter, she was a Senior Consultant in the Department of Mental Health at VIMHANS and Moolchand Medcity. Currently she has her own private practice and is associated with Spring Meadows Hospital, East of Kailash. She has received specialized training in administration of Rorschach Inkblot Test, a personality assessment test from North Carolina, USA. She has also done an observer ship on Dialectical Behavior Therapy for Borderline Personality Disorder from Centre for Addiction and Mental Health, Canada. She is an expert in Cognitive Behavior Therapy and has successfully treated clients with a wide range of psychological problems, including depression, anxiety, anger, marital problems, stress, personality disorders, attention deficit disorders and behavior problems. She also has expertise in the area of psychological testing personality assessment and intelligence testing. She conducts workshops on various psychological issues like emotional problems, anger management, stress management, psychological testing and psychotherapy.

25th September
2018

9 am to 12:30 pm

FEE

Rs. 1500/-



WORKSHOP DESCRIPTION

Over the past two decades, Dialectical Behavior Therapy has emerged as the most effective treatment for Borderline Personality Disorder. It is a cognitive behavioral treatment which was modified by Marsha M. Linehan in the late 1980s to use with people who had histories of chronic suicide attempts, suicide ideation and deliberate self-harm. The term Dialectics refers to the therapist's goal of establishing a balance between acceptance and change and effectively integrating these two fundamental principles of successful therapy.