

ICCBI 2018 Pre-Conference Workshop 10

Brief CBT for Depression in School set up

Depression is one of the most prevalent psychological problems in the school youth. It is known to have an adverse impact on school performance, family relations, socialization and increase vulnerability to future depressive episodes, substance abuse, and suicidal attempts. However, help seeking is very poor in youth suffering from depression due to lack of awareness, availability of resources and stigma. Thus, a brief group intervention carried out in the school set up is a viable and cost effective option.

Learning Objectives:

1. Identification and assessment of depression and factors contributing to depression in school going youth
2. A-B-C analysis of depression and identification of negative thinking patterns
4. Methods of changing the thinking patterns and skills to cope with depression.
5. Structure and method of Group CBT sessions.

Who can participate?

Psychologists/mental health professionals working in educational institutions.
Psychologists doing interventional research on youth depression and CBT practitioners interested in working with youth.

Workshop Resource Person:



Dr. M. Manjula has been working as a faculty at NIMHANS since 2007. Currently she is a Professor at the Department of Clinical Psychology and is a consultant at Behavioural medicine unit of the department. Her areas of research interest include community based interventions in youth, and application of cognitive behavior therapies and third wave therapies in anxiety, mood and personality disorders. She has guided a number of M.Phil and PhD research work and carried out funded projects in the above said topics.