



# INDIAN ASSOCIATION FOR COGNITIVE BEHAVIOUR THERAPY (IACBT)

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[www.iacbt.org](http://www.iacbt.org)

**Permanent Member of Asian CBT Association (ACBTA)**



**MISSION STATEMENT:** *“To place India on the Global Mental Health map through evidence based practice, high quality training and supervision, socially meaningful research, development of indigenized models of Mental Health practice and extensive professional networking”*

## ***'Towards A New Movement in Psychological Health...'***

Cognitive Behavioral therapy had its beginnings in the 1960's when Aaron Beck outlined the theoretical structure and basic method for CBT. With its pragmatic, action-oriented treatment approach CBT has become a widely used psychotherapy for major mental disorders as well as other disorders associated with our lifestyles. It has continued to flourish as an indispensable tool in the Mental Health Practitioner's armamentarium but has not obtained the clinical status and advancement it deserves.

There are now close to 300 meta-analyses on CBT demonstrating that CBT is effective for a wide range of psychological problems and disorders. Additionally, Eastern philosophy has overwhelmingly influenced the latest advances in cognitive behavioural approaches. Constructs such as mindfulness, dialectical thinking, and acceptance are no longer waves that ebb and flow but are steady streams that influence how cognitive behavioural therapists approach treatment (McGinn, 2014).

In the current times, the burden of mental illness and psychological suffering is immense in India but still remains largely 'invisible' and un-catered to. The mental health workers and professionals in India across all major professional groups have often felt and identified an unmet need for formal training and supervision in cognitive Behaviour therapy (CBT). However, no substantial gains have been made as efforts to systematize and develop the field have not taken the right path or momentum.

The Indian Association for Cognitive Behaviour Therapy (IACBT) is a unique and much-needed platform for students, professionals and the consumers of mental health services which will work towards the achievement of evidence-based Practice, Research and Supervised Training in CBT in India, as well as initiatives for realization and incorporation of the indigenous fund of knowledge that exists in this great Country. The IACBT is committed to work towards the establishment of a 'network' of trained CBT experts in India and also endeavor to play a strategic role in networking with CBT professionals all over the world. The Association also aims towards the dissemination of indigenous adaptations of the CT model worldwide through its engagement with the Asian Cognitive Behavioral Therapy Association (ACBTA).



# COGNITIVE THERAPY



EMPOWERING  
INSTRUCTIONAL  
EFFECTIVE  
INSIGHTFUL  
SHORT TERM

## OBJECTIVES OF THE ASSOCIATION

- To advance the theory, evidence based practice and research of CBT in India.
- To promote ethical practices and high professional standards for clinical practice, training, supervision and research in Cognitive Behavior Therapy by the members of the IACBT.
- To develop and maintain a register of all psychotherapists in India using CBT techniques in their area of work.
- To convene conferences, seminars, workshops and to organize training courses, study circles, meetings and lectures useful for exchange of thoughts and the spread of knowledge pertaining to Cognitive Behavior Therapy.
- To serve as a forum for exchange of ideas, knowledge, skills and applications as well as a resource and information center for matters related to Cognitive Therapy in India.
- To promote Indigenous research in Cognitive Behavior Therapy and enhance the status of CBT as a specialized area of expertise in India.
- To convene meetings, camps, organize lectures, seminars, publish literatures in order to educate the general public about CBT.



# IACBT GENESIS



## IACBT GENESIS

The Indian Association for Cognitive Behavioural Therapy (IACBT) was formally registered as a society in January 2016. It was born out of the vision and efforts of many like-minded people, particularly Dr. Nimisha Kumar, its Founder President. Dr. Kumar had formally been trained in CBT in the UK and was established as a CBT therapist and trainer in Delhi. In March 2015, Dr. Kumar organized the first ever CBT conference in India – the International Conference on Cognitive Behavioral Interventions (ICCBI) at the AIIMS, New Delhi, in collaboration with the Dept. of Clinical Psychology headed by Prof. (Dr.) Manju Mehta. The Conference was extremely successful and the idea of IACBT was formally floated and inaugurated during the Conference.

Dr. Lata McGinn, a New York based licensed Clinical Psychologist and CBT therapist and then the President of the International Association for Cognitive Therapy (IACP) provided her expert guidance and support in establishing the IACBT. A draft of the memorandum and rules was circulated among like-minded during the ICCBI 2015 and with the signatures of ten founder members, the foundation for the IACBT was established.





## IACBT EXECUTIVE COUNCIL

**Dr. LATA K. McGINN**  
**HONORARY PRESIDENT**

Licensed Clinical Psychologist, Tenured Professor of Psychology  
at Yeshiva University, New York & President, WCCBT



**Dr. NIMISHA KUMAR**  
**FOUNDER & PRESIDENT**

Senior Consultant Psychologist & CBT Therapist  
Founder & Director, Ascend-PsyCare



**Dr. RITU SHARMA**  
**VICE PRESIDENT**

Dean, SLS, PDEU, Gandhinagar



**Dr. SUJATA SATAPATHY**  
**GENERAL SECRETARY**

Additional Prof., Dept. of Clinical Psychology, AIIMS, New  
Delhi



**NAMITA KAITH**  
**TREASURER**

Counseling Psychologist  
Delhi & Gurugram



**PARUL GUPTA**  
**EC MEMBER**

Child & Adolescent Psychologists  
Owner, Potentials Therapy Center for Autism, New Delhi



**PURNIMA SAHAI**  
**EC MEMBER**

Counseling Psychologist, New Delhi



**Dr. SUSMITA HALDER**  
**EC MEMBER**

Associate Prof., Dept. of Psychology  
St. Xaviers College, Kolkata



# MEMBERSHIP

The membership of the IACBT is open to professionals (i.e., practitioners, academicians, trainers, researchers) and students from such disciplines as Psychology, Psychiatry, Child Development, Nursing and Social Work in addition to institutions/corporates; whose area of work as well as professional interests are conducive to the objects of the Association and have implications for furthering them. The IACBT is primarily an interest group and its membership alone does not infer any professional status/license to practice.

MEMBERSHIP TYPE	INITIAL REGISTRATION FEE	ANNUAL SUBSCRIPTION FEE
1. LIFE	<i>Rs. 10,000/-</i>	<i>Rs. 5000/- (every 5 years)</i>
2. PROFESSIONAL	<i>Rs. 5000/-</i>	<i>Rs. 1500/-</i>
3. ASSOCIATE	<i>Rs. 3500/-</i>	<i>Rs. 1000/-</i>
5. CORPORATE	<i>Rs. 10000/-</i>	<i>Rs. 5000/-</i>
6. STUDENT	<i>Rs. 2000/-</i>	<i>Rs. 1000/-</i>

## MEMBERSHIP BENEFITS

- Become part of the official professional network of CBT therapists, counselors, trainers, researchers In India.
- Opportunities to connect with Cognitive Therapy organizations and their members around the world.
- Instant information on a wide range of training and supervision opportunities being organized by IACBT.
- Opportunities to share your work, experiences and concerns related to CBT practice.

- Stay updated on the latest CBT and Mental healthcare related happenings and events from around the world.
- Attractive discounts on workshops, training events and IACBT publications.
- Discounted registration rates on the IACBT Conference (to be held every two years).
- Keep abreast of possible job and research opportunities and positions in the field.
- Get a chance to register yourself on the IACBT online CBT therapist referral directory (only for members).
- Get free copy of the IACBT newsletter (published online quarterly).
- Get trained in evidence based psychotherapy practice, research methodology and CB models of training and supervision.
- Get a unique registration ID along with membership certificate.





## **CBT SUPERVISION & TRAINING**

The IACBT is committed to providing high quality Internationally at-par CBT training and supervision services. In 2021, we have launched a six month Professional CBT training program on the lines of the BABCP guidelines. It is a multi-disciplinary CBT course with a good mix of theoretical input, skills development, as well as supervised training.

### **Objectives of the Program:**

1. To provide international standard structured CBT training across discipline.
2. To establish a systematized structure for curative, preventive and promotive cognitive behavioral practice, training and supervision in India.
3. To work towards capacity building by establishing a network of trained multi-disciplinary CBT therapists in the country.
4. To establish high quality ethical and professional standards in intervention.

### **Eligibility:**

- Master's in Psychology / Clinical Psychology / Counseling / Forensic Psychology / MD Psychiatry / Nursing / Child Development / Social Work
- Basic Training in Counseling / Psychotherapy
- Access to patients/cases preferred

### **Course Structure:**

- The course structure focuses on 34x3 = 99 hours of on-line training + 64 hours of self-study (2 hours per workshop) = 163 hours
- Group Supervision Sessions – 1-hour session (frequency to be decided) in groups of 5 to be delivered by BABCP accredited / trained supervisors.

**Along with this course, IACBT has a collaboration with Beck Institute, USA for their Certification Course offered at heavily discounted rates for IACBT members.**

We also offer individual and group supervision services at highly affordable rates. We also periodically organise workshops and webinars on latest topics in CBT.

**\*For details write to [iacbtmembers@gmail.com](mailto:iacbtmembers@gmail.com)**



**Phone Numbers:**

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**Dr. Sujata Satapathy, General Secretary, IACBT - 9868397141**

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**Webpage**

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