



## College of Physicians and Surgeons Pakistan "Psychiatry Academic/Training Activity"

Faculty of Psychiatry CPSP plans to hold a *Psychiatry Academic/Training Activity* on 6<sup>th</sup> May, 2016 from 09:00am to 01:00pm for fellowship trainees in psychiatry at CPSP regional center Peshawar.

**Workshop Topic:** Cognitive Behaviour Therapies (CBT)

**Moderators:**

1. Professor Mowadat Rana (Sitara e Imtiaz)  
MBBS, MCPS, FCPS, MRCPsych (UK), FRCPsych(UK), D-CBT(Oxford)
2. Dr Bashir Ahmad  
MBBS, FCPS, PgDip CBT (king's College London),Pg Cert. Medical Education ( oxford University)
3. Dr Savera Mansoor  
MBBS, FCPS

**Goals and objectives:**

- To enhance trainee's understanding of the following CBT concepts;
- CBT model of Depression
- Dysfunctional belief system

**Duration: 03 hours**

**Workshop format:**

- Current Evidence - A meta-Analysis on the effectiveness of CBT -15 minutes
- Basic principles of CBT-30minutes
- CBT and Depression, including understanding depression in CBT terms using Beck's cognitive Triad, understanding the link between thoughts, feelings and behaviour using Hot Cross Bun model
- Short break of 10-15mis
- CBT based case formulation (conceptualization) – 60 minutes
- (A case scenario would be presented and the participants would be asked to identify Core Beliefs, Intermediate Beliefs and Automatic Thoughts in that scenario.
- 30 minutes question and answer session
- Conclusion.

**For further details Pls. contact:**

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### "Psychiatry Academic/Training Activity"

6<sup>th</sup> May, 2016

CPSP regional centre Peshawar

#### REGISTRATION FORM

Name (capital letters): \_\_\_\_\_

Father's Name: \_\_\_\_\_ Gender: \_\_\_\_\_ CNIC #: \_\_\_\_\_

Institution: \_\_\_\_\_

Postal Address: \_\_\_\_\_

Cell No. (mandatory): \_\_\_\_\_ E-mail (mandatory): \_\_\_\_\_

**Workshop Fee: Rs. 1000/-**

Please mention UBL Challan/Pay-order/Demand draft No:

Bank: \_\_\_\_\_ No.: \_\_\_\_\_ Dated: \_\_\_\_\_

#### Disclosure information:

- The activity does not have any commercial support, and its organizers, planners and speakers do not have any relevant financial relationship.

Signature of Applicant: \_\_\_\_\_

Date: \_\_\_\_\_

The registration will be on first come first served basis till the required number is achieved. Last date for registration: 5<sup>th</sup> May, 2016