

1. Workshop details

Title of the programme	COGNITIVE BEHAVIOUR THERAPY WORKSHOP
Organized by	Department of Psychology
In association with (if any)	
Date of the event	26 th and 27 th September 2017
Venue (if online specify Google meet/ Zoom)	Christ college auditorium
Total no of attendees	30

Brief report of the event (minimum 75 words)

CBT therapy was a two-day programme, organized by the Department of Psychology on 26th and 27th September 2017. Program was conducted in college auditorium. The resource person was **Mr. Mohammad Abeer**. Program was conducted with an aim to train our students how to apply different techniques in cognitive behavioral therapy. Program started with an inaugural function by our respected ;principal .During the session, core beliefs, negative thoughts and how to change the negative thoughts were discussed. The students were trained how to fill the CBT Scoring Sheet. The workshop was more focused on practical sessions with theoretical background. Second day was made fruitful by the resource person by different sessions including his experience as a psycho therapist.

WORKSHOP/SEMINAR/CONFERENCES

Photographs of the event:

