

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY (UGC Approved)

Gurugram, Delhi-NCR

Budhera, Gurugram-Badli Road, Gurugram (Haryana) – 122505 Ph.: 0124-2278183, 2278184, 2278185

Name of the Event Cognitive Behaviour Therapy for OCD



SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY (UGC Approved) Gurugram, Delhi-NCR

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Faculty of Behavioural Sciences

Expert Lecture

On

Cognitive Behaviour Therapy for OCD

27 April 2022, 10 AM -12 PM, Room No 308, E Block

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Brief Profile of Speaker: Dr Ajay Kumar is an Associate Professor of Clinical Psychology at the National Institute of Mental Health and NeuroScience (NIMHANS), Bangaluru, India. He has completed his M.Phil and PhD in Clinical Psychology from NIMHANS in 2009 & 2012 respectively. His areas of specialization include Cognitive Behaviour therapy, third generation behavior therapies, mindfulness and Obsessive compulsive disorder. He is engaged with various research programmes and published extensively in reputed research journals.

Organizers:
Dr Vikas Sharma

Report of the Webinar/ Event / FDP Program:

Introduction

A very informative and useful seminar on CBT for OCD was conducted by Dr. Ajay Kumar, Associate Professor at NIMHANS, Bengaluru on 27th April, 2022.

- a) Objective of the webinar/ Event / FDP:
- 1. Understanding the recent advances in the management of OCD
- 2. Understanding the cognitive behavioural case formulation for OCD
- 3. Application of Cognitive behavior therapy in the management of OC
- b) Brief content of lecture-

The seminar began with overview of Obsessive Compulsive Disorder, associated faulty appraisals & beliefs and theories behind emergence of symptoms. The two main approaches for psychological management of Obsessive Compulsive Disorder i.e. Exposure and Response Prevention and Cognitive Restructuring were discussed at length. Dr. Ajay explained the process of conducting Exposure and Response Prevention (ERP) session and very concisely covered the treatment components, psycho-education regarding OCD, hierarchy making and strategies to optimize outcomes.

c) <u>Screenshots of Webinar/ Picture of Event:</u> Good quality picture with legends is mandatory



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List of participants

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1	191902002	BHOOMIKA BHATT	Bachelor of Science (Clinical Psychology)	III	
2	191902003	VARSHA	Bachelor of Science (Clinical Psychology)	111	
3	191902004	TINA	Bachelor of Science (Clinical Psychology)	111	
4	191902005	PRERNA RAGHAV	Bachelor of Science (Clinical Psychology)	111	
5	191902006	PRATIBHA RAGHAV	Bachelor of Science (Clinical	III	
6	191902007	NIKITA VATSA	Psychology) Bachelor of Science (Clinical	111	
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13		KABEER BATRA	Bachelor of Science (Clinical Psychology)	111	
14	191902015	BHAVYA BAJAJ	Bachelor of Science (Clinical Psychology)	Ш	
15	191902016	AYUSHI SINGH	Bachelor of Science (Clinical Psychology)	111	
16	191902017	NANDINI AGRAWAL	Bachelor of Science (Clinical Psychology)	III	
16	191902019	ARVIND KUMAR	Bachelor of Science (Clinical Psychology)	111	
	191902020	POOJA KUMARI	Bachelor of Science (Clinical	111	
18	191902021	IPSHITA JAIN	Bachelor of Science (Clinical	III	
20	191902022	ANNIE SAKHUJA	Bachelor of Science (Clinical Psychology)	-	
	191902024	SOUMI JANA	Bachelor of Science (Clinical Psychology)	III	
21	191902025	SANYA KAPUR	Bachelor of Science (Clinical Psychology)	111	
22	191902026	ANTIM KHATRI	Bachelor of Science (Clinical	111	Sanga
23	191902027	GRACY BHATEJA	Psychology) Bachelor of Science (Clinical	111	
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34	191902040	PRIYANSHU DAGAR	Bachelor of Science (Clinical Psychology)	111	
35	191902041	JIYA BHATOA	Bachelor of Science (Clinical Psychology)	111	
6	191902042	SHRISTI MISHRA	Bachelor of Science (Clinical Psychology)	Ш	
7	191902043	SIYA CHAUDHARY	Bachelor of Science (Clinical Psychology)	III	
8	191902045	TANU PRIYA SHARMA	Bachelor of Science (Clinical Psychology)	III	
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5	191910007	KUMARI MANSHI	Bachelor of Arts (Hons.) (Psychology)	111	
16	191910009	SHIVANI TOKAS	Bachelor of Arts (Hons.) (Psychology)	m	Hanshi
17	191910010	SIMRAN DALAL	Bachelor of Arts (Hons.) (Psychology)	111	
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2	211909002	RIYA BANSAL	Master of Science (Psychology (Cimical Counseling Forensic		lisa.
3	211909003	SAKSHI MALIK	Master of Science (Psychology (Climical Counseling Fovensic)		Jakou
4	211909004	AARUSHI VASHISHT	Master of Science (Psychology) (Climical Counseling Science)	1	Ranish
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6	211909006	SANIGDHA SINGH	Master of Science (Psychology Climical Counseling Forensy)	12	Rigar
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9	211909009	CHHAVI SHARMA	Master of Science (Psychology) (Chinical Counseling Forence)	1	1009
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23	21190902	GRACE JOHNS	Master of Science (Psychology) (Climical Counseling Forensic)	t	Char
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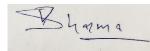
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75	Registration Number	Name	Course	Year	Signature
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