

TARGET AUDIENCE

Psychologists, Counsellors, Social Workers

Key Learning Objectives

1. To understand Concepts That Underpin CBT Theory and its application in palliative care
2. To apply CBT for managing pain, anxiety, and insomnia

Sub - topics

Revisiting the domains of palliative care : Psychological care

CBT based approaches in improving psychosocial care for the stakeholders involved along the trajectory of cancer

Faculty

Dr. Savita Goswami Psycho-Oncologist Tata Memorial Hospital, Mumbai	Dr. K.V. Ganpathy PhD & Clinical Psychology Volunteer Counsel or Dept of Palliative Medicine Tata Memorial Centre Mumbai
Dr. Sravanthi Maya Founder - The Raft, Adjunct faculty at Karunashraya, Mental health consultant	Dr. Arati Hota Senior Psycho-Oncologist Medical Oncology Department Mahatma Gandhi Medical College and Hospital, Jaipur

Duration: 4 hours | **Number of participants:** 18 - 25

Methodology : Cognitive behavior therapy workshop

January 30, 2025 (Thursday)

Detailed Schedule

Time	Topic being covered	Covered by
09:00 - 09:15AM	Welcome and Introduction - Setting the Stage	Dr. Jayita Deodhar
09:15 - 09:45AM	Core concepts in Cognitive Behaviour Therapy	Dr. K.V. Ganpathy
09:45 - 10:15AM	Formulation & Questioning Technique	Dr. Sravanthi Maya
10:30 - 10:50AM	Identifying CBT tenets through role play	Dr. Savita Goswami Dr. Arati Hota
10:50 - 11:00AM	ENERGY BREAK	
11:00 am onwards (Breakout sessions for insomnia, Pain & Anxiety) (Breakout room - 1)	11:00 am to 11:45 am: CBT for Insomnia. 11:45 am to 12:30 am: CBT for Pain 12:30 pm to 1:15 pm: CBT for Anxiety	Dr. Savita Goswami Dr. Ganapathy Dr. Sravanthi Maya Dr Arati Hota
(Breakout room - 2)	CBT for Insomnia CBT for Pain CBT for Anxiety	Dr. Savita Goswami Dr. Ganapathy Dr. Sravanthi Maya Dr. Arati Hota
1:15 pm - 1:30 pm	Reassemble in main room Key Learning Points Wrap up Participants and Facilitators	Dr. Jayita Deodhar

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