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BANGALORE · INDIA

DEPARTMENT OF PSYCHOLOGY
PRESENTS A WORKSHOP ON

COGNITIVE BEHAVIOUR THERAPY

FACILITATOR:
DR BRIAN BURKE

19 JULY 2016
10AM- 4PM C715, CENTRAL
BLOCK



Contact Dr Aneesh Kumar
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Department of Psychology **Workshop on Cognitive Behaviour Therapy**

Dr. Brian Burke, Professor of Psychology, Fort Lewis College, Colorado conducted a brief workshop on cognitive behaviour therapy (CBT) on 19 July, 2016 for the final year students of Masters in Counselling Psychology. Brian Burke is a clinical psychologist whose principal academic interests include motivational interviewing, college teaching, and terror management theory. Dr. Burke has published several meta-analyses of studies evaluating the efficacy of motivational interviewing. The workshop was rooted in theory and his clinical experience and had practical elements which made the content more relatable.

During the session, Dr. Burke spoke about how cognitive behaviour therapy (CBT) is one of the most empirically supported therapies which has a strong research base established via randomized controlled trials. He took the students through the basic tenets of cognitive behaviour therapy (CBT) and its theoretical framework which is comprised primarily of the ABC(DE) model. He conducted and supervised few practice sessions in dyads to help students familiarize with the process. The students were very involved in the exercises and asked pertinent questions in light of their experiences at various internship sites. Dr. Burke iterated the importance of carrying out the learning in session to the world outside. The safe space and referred to this application as being instrumental in bringing about lasting cognitive and behavioural change. Throughout the session, Dr. Burke kept drawing parallels between Rational Emotive Behaviour Therapy (REBT) and CBT and highlighted the subtle differences between the two just to paint a more holistic picture of the two schools. The session was helpful for counsellor trainees to enhance their skills and knowledge. Dr. Burke engaged the students in the activities and responded to their queries patiently.

T-Sseer

Head of the Department


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**DEPARTMENT OF PSYCHOLOGY
PSYCHOLOGY ASSOCIATION
Attendance Sheet - List of Students**

S.NO.	NAME	SIGNATURE
1	RANJANI SEETHARAMAN	Ranjani
2	NISCHAY JOSHUA JOSEPH	Nischay
3	RHIONA NIKITHA LEWIS	Rhiona
4	SMITA GUPTA	Smita
5	ANWES CHAKRABORTY	Anwes
6	S SEBASTIAN VELANKANNI	Sebastian V
7	MOTIKAR PRATIK MOHAN	Motikar Pratik
8	SANJANA NAIR	Sanjana
9	ANJU V DEV	Anju V
10	SANJANA SUSAN JOHN	Sanjana
11	LISA VARUN SHUKLA	Lisa Varun Shukla
12	JUSTIN JOHNSON DAVID	Justin
13	SABAH	Sabah
14	SUSHMITA V	Sushmita
15	CHINTAN A GUPTA	Chintan
16	ABINEETHI RANGAPPA MOORAMATTI	Abineethi
17	JOSHI PRASHANT MOHAN	Joshi
18	S PAVITHRA	Pavithra
19	SRI VYSHNAVI	Sri Vyshnavi
20	APRATIM RAY	Apratim
21	GINU EAPEN	GINU


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