

**NATIONAL WORKSHOP ON
COGNITIVE BEHAVIOR THERAPY
FOR EMOTIONAL DISORDERS
(27th & 28th October 2015)**

The workshop is organized by the Department of Psychology, Periyar University, Salem on *Cognitive Behavior Therapy for Emotional Disorders*. The organizing committee invites P.G. Students, Research Scholars, Teachers, Professionals and Practitioners, to participate in the workshop.

The Periyar University

The Periyar University, named after great social reformer E.V Ramasamy, is located about 7 kilometres North of the Salem, Bangalore National Highway, Tamil Nadu, India with beautiful landscape and serene atmosphere. The University has been awarded 12B status by UGC and reaccredited with A (CGPA-3.15) by NAAC. The Periyar University was established in September 1997 as a State owned university and it imparts Value Based Education in four districts of Tamil Nadu namely Salem, Namakkal, Dharmapuri and Krishnagiri. There are Twenty Six Departments in the University.

Department of Psychology

It is the youngest Department of Psychology in Tamilnadu with a good Psychological Laboratory, Infrastructure and Faculty. It offers PG, M.Phil. and Ph.D. degrees in Psychology.

Topics

Day 1

- The CBT model and how to explain it to clients
- CBT assessment and formulation

Day 2

- Cognitive and behavioural interventions
- Life coaching using cognitive behavioural processes
- Cognitive behavioural hypnosis

The Resource Person

Jini K Gopinath is a Clinical Psychologist and Clinical Hypnotherapist. Currently he is working as the Director and Chief Consultant at Mind Matters Clinic, Bangalore and a faculty member in the Department of Psychology, Indian Institute of Psychology and Research, Bangalore. He is the executive editor of the International Journal of Transformation of Consciousness and the Vice President of Indian Society of

Clinical and Experimental Hypnosis. He has presented and published numerous research papers and conducted workshops in national and international fora of mental health. To his credit he has authored four books.

Organizing Committee:

Chief Patron:

Prof. Dr. C. Swaminathan
Vice Chancellor
Periyar University

Patron:

Dr. M. Manivannan
Registrar
Periyar University

Convenor:

Prof. S. Kadhiravan
Professor & Head
Dept. of Psychology

Organizing Secretary:

Dr. D.V. Nithyanandan
Assistant Professor
Dept. of Psychology

Members:

Prof. J.Venkatachalam
Professor

Mrs. J.Parameswari
Mr.K.N. Jayakumar
Mr.N.Selvaraj
Assistant Professors
Dept. of Psychology

Registration

For Students: Rs.600/-

For Faculty & Others:

Rs.1000/-

Last date for Registration:

On or before **19th October** 2015.

Registration fee includes workshop kit, lunch and tea for two days (excluding accommodation). There will be no spot registration. Registration form may be photo copied if required. DD should be drawn in favour of *D.V.Nithyanandan, Organizing Secretary, Periyar University* payable at Salem.

Accommodation

Accommodation may be provided on request in Salem city on a twin sharing, first come first serve basis for a fee of Rs. 750/- per head for two days.

Registration forms may be sent to Dr. D.V. Nithyanandan, Assistant Professor and Organizing Secretary, Department of Psychology, Periyar University, Salem 636011.

Mobile: **9994620123**

Email: **nittyvel@gmail.com**

Registration Form

Name:_____

(In CAPITALS)

Gender:_____

Designation:_____

Organization:_____

Postal Address: _____

Pincode:_____

Mobile No:_____

Email:

Accommodation:

Required/Not Required

Payment Details:

DD No:

Amount: Rs.____

Date:

Place:

Date: Signature