



# WORKSHOP ON COGNITIVE BEHAVIOUR THERAPY FOR OBSESSIVE COMPULSIVE DISORDER

*Continuing Rehabilitation Education Programme (CRE-25121410293018)*

On 19<sup>th</sup> & 20<sup>th</sup> January 2026 at the Department of Clinical Psychology, LGBRIMH, Tezpur

## MESSAGE FROM THE DIRECTOR Prof(Dr.) Jyoti Hazarika



It gives me immense pleasure to welcome you to this Continuing Rehabilitation Education (CRE) programme focused on 'Cognitive Behaviour Therapy for Obsessive Compulsive Disorder'. Obsessive-Compulsive Disorder is a complex condition that profoundly affects the daily lives of many. As a mental health institution, our priority is to ensure that practitioners are equipped with the most effective, evidence-based tools available to facilitate recovery. This workshop is a step towards bridging the gap between knowledge and practical application. I commend the Department of Clinical Psychology for this initiative and wish all participants a productive and enriching learning experience.

## MESSAGE FROM THE DEPUTY DIRECTOR Dr. Hemanta Dutta



Excellence in mental health care is built on a commitment to lifelong learning. This workshop on CBT for OCD is designed not just to inform, but to equip you with actionable strategies that make a real difference.

I encourage every participant to engage deeply, ask questions, and translate these insights into better care for those we serve. Best wishes for a successful program.

## MESSAGE FROM THE HEAD OF THE DEPARTMENT Dr. Priya Saxena



Our department is pleased to support this specialized workshop on CBT for OCD. The programme integrates scientific knowledge with practical clinical application.

We trust it will strengthen evidence-based psychotherapy practice among clinicians

## MESSAGE FROM THE PROGRAMME COORDINATOR Dr. P. Abhishek

On behalf of the Department of Clinical Psychology, LGBRIMH, we are pleased to organize a two-day CRE workshop on Cognitive Behaviour Therapy for OCD. The workshop emphasizes structured CBT interventions that are highly relevant to clinical practice. We hope this programme will be beneficial for all participants

# ABOUT OUR INSTITUTE

Established in 1876 as the Tezpur Lunatic Asylum, the Lokopriya Gopinath Bordoloi Regional Institute of Mental Health (LGBRIMH) has evolved into a premier autonomous tertiary care center under Ministry of Health and Family Welfare, Government of India. Now a vital neuropsychiatric centre for the North Eastern Region, the institute honors Assam's first Chief Minister through its commitment to clinical excellence.

The institute offers a multidisciplinary approach to mental health issues, offering specialized care in General Psychiatry, Addiction Medicine, Geriatric, and Child and Adolescent Mental Health. These services are integrated with Clinical Psychology, Psychiatric Nursing, and Psychiatric Social Work to provide holistic support, including psychotherapy, rehabilitation, and occupational therapy. As a prominent academic center affiliated with Gauhati University, LGBRIMH addresses the need for well trained professionals through MD, M.Phil, M.Sc., and PhD programs, alongside specialized fellowships and MMLS courses. Beyond its walls, the institute extends its reach via community extension clinics and the Youth Wellness Hub, bridging its rich historical legacy with modern, stigma-free innovation in mental health care.



# ABOUT OUR DEPARTMENT

The Department of Clinical Psychology (DoCP) was established in 2002 and offers specialized services in the field of mental health. Affiliated with Gauhati University, Guwahati, the Department has been offering the Rehabilitation Council of India (RCI) regulated M.Phil. programme in Clinical Psychology since 2011. Recently, the DoCP has also initiated a Ph.D. programme in Clinical Psychology.

In addition to these academic programmes, the Department offers short-term online certificate courses in Cognitive Behaviour Therapy and Clinical Neuropsychology. The DoCP provides evidence-based psychological services, including Cognitive Behaviour Therapy, Narrative Therapy, and Early Behavioural Intervention. Clinical services cater to a wide demographic, encompassing children, adolescents, adults, and geriatric populations. By integrating clinical expertise with academic research, the Department serves as a vital regional hub committed to developing skilled mental health professionals and enhancing the psychological well-being of the community.



# ABOUT THE PROGRAMME

This intensive workshop offers a deep dive into the assessment and management of Obsessive-Compulsive Disorder (OCD) using Cognitive Behavioural Therapy. Over two days, the programme guides participants from foundational clinical profiling and behavioural analysis to advanced intervention strategies. Key focus areas include Exposure and Response Prevention (ERP), Cognitive Restructuring, and addressing Family Accommodation. The curriculum also integrates contemporary approaches such as Metacognition and Mindfulness-based CBT. Designed for practical skill-building, the sessions combine theoretical overviews with video demonstrations, group work, and hands-on case conceptualization to ensure participants are equipped to plan and deliver effective OCD management.

## RESOURCE PERSONS



**Dr. Paulomi M. Sudhir**

Professor, Dept. of Clinical Psychology, NIMHANS, Bengaluru

Dr. Paulomi is a leading expert in Cognitive Behavioural Therapies (CBT) and third-generation interventions. With over two decades of experience, she specializes in the treatment of anxiety disorders and stress-related conditions, contributing significantly to research on mindfulness and transdiagnostic approaches to mental health.



**Dr. Manjula M.**

Professor, Dept. of Clinical Psychology, NIMHANS, Bengaluru

Dr. Manjula has extensive expertise in examining the cognitive behavioural perspectives of anxiety and mood disorders. Her work focuses on "new-wave" behavioural therapies, including the application of Metacognition. She is actively involved in developing integrated behavioural treatment protocols for complex clinical presentations, including OCD.



**Dr. Mahashweta Bhattacharya**

Assistant Professor, Dept. of Clinical Psychology, CIP, Ranchi

Dr. Mahashweta has conducted key studies comparing neurocognitive performance in familial versus sporadic forms of OCD. Her work also includes the validation of the Cognitive Assessment Instrument for Obsessions and Compulsions (CAIOC-13) for the Indian population and systematic reviews on the efficacy of cognitive training interventions for the disorder.

# PROGRAMME SCHEDULE

DAY 1 (19<sup>TH</sup> JANUARY)

## Inauguration of the workshop

9:15 AM - 9:55 AM

- 10:00 AM - 10:45 AM : *Clinical profile, course and outcome of OCD* by Dr. Mahashweta Bhattacharya
- 10:45 AM - 11:30 AM : *Cognitive behavioural perspectives of OCD: An overview* by Dr. Manjula M.

TEA BREAK (11:30 AM - 11:45 AM)

- 11:45 AM - 01:15 PM : *Cognitive behavioural assessment in OCD: Assessing symptoms, beliefs, family accommodation (with case example). Video demonstration followed by discussions on Behavioural analysis* by Dr. Manjula M.

LUNCH (01:15 PM - 02:00 PM)

- 02:00 PM - 02:45 PM: *Exposure and response prevention I: Overview* by Dr. Paulomi M. Sudhir
- 02:45 PM - 04:00 PM: *Exposure and response prevention II: Practical aspects of ERP and common pitfalls. Video demonstration followed by discussion on preparing for ERP* by Dr. Paulomi M. Sudhir

TEA BREAK (04:00 PM - 04:15 PM)

- 04:15 PM - 05:15 PM : *Group work: Eliciting information and Case Conceptualization* by Dr Mahashweta Bhattacharya

DAY 2 (20<sup>TH</sup> JANUARY)

- 09:30 AM - 10:30 AM: *Cognitive therapy in OCD followed by Cognitive restructuring: Video and discussion* by Dr. Manjula M.

- 10:30 AM - 11:30 AM : *Variations in delivering exposure* by Dr. Paulomi M. Sudhir

TEA BREAK (11:30 AM - 11:45 AM)

- 11:45 AM - 12:30 PM : *Metacognition based CBT for OCD* by Dr. Mahashweta Bhattacharya
- 12:30 PM - 01:15 PM : *Mindfulness approach to CBT for OCD* by Dr. Mahashweta Bhattacharya

LUNCH (01:15 PM - 02:00 PM)

- 02:00 PM - 3:00 PM : *Group activity I: Planning management for OCD (Case presentation by a trainee)* by Dr. Manjula M.
- 03:00 PM - 4:00 PM : *Group activity II: Planning management for OCD (Case presentation by a trainee)* by Dr. Paulomi M. Sudhir

Closing remarks and feedback

04:00 PM - 4:45 PM

Vote of thanks

04:45 PM - 5:00 PM

# ACCOMMODATION

We offer institutional accommodation on a first-come, first-served basis. In the event that on-campus rooms are fully booked, we would be happy to recommend alternatives nearby to ensure a comfortable stay. We also want you to make the most of your visit to Tezpur! Please reach out to our Accommodation Team for updates on room availability, lodging recommendations, and tips on local sightseeing.

## Accommodation Team

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## Venue Details

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