



लोकप्रियगोपीनाथ बरदलौ क्षेत्रीय मानसिक स्वास्थ्य संस्थान
तेजपुर: असम: पिन:784001

LGB REGIONAL INSTITUTE OF MENTAL HEALTH
(An Autonomous body under Ministry of Health and Family Welfare, Govt. of India)
Website: www.lgbrimh.gov.in, e - Mail: mail@lgbrimh.gov.in
Post Box No. 15:: FAX No. (03712) 233623
TEZPUR:: 784001 :: ASSAM

No. LGB/ACA/CP/RCI Workshop/3079/15/167

Date: 08/01/2026

NOTIFICATION

The competent authority is pleased to announce a two-day Rehabilitation Council of India (RCI) accredited **Continuing Rehabilitation Education (CRE)** programme for **Clinical Psychologists** titled "**Workshop on Cognitive Behaviour Therapy for Obsessive Compulsive Disorders**" organized by the Department of Clinical Psychology scheduled on **19.01.2026 and 20.01.2026**.

The following eminent resource persons in the field of Clinical Psychology and mental health to conduct relevant sessions:

1. Dr. Paulomi M. Sudhir
Professor, Dept. of Clinical Psychology
NIMHANS, Bengaluru
2. Dr. Manjula M.
Professor, Dept. of Clinical Psychology
NIMHANS, Bengaluru
3. Dr. Mahashweta Bhattacharya
Assistant Professor,
Dept. of Clinical Psychology
CIP, Ranchi

Dr. P. Abhishek, Assistant Professor, Department of Clinical Psychology, will be the coordinator for the program.

Venue: 6th floor Seminar Hall, Academic Building, LGBRIMH, Tezpur

Time: 9.00 am-1.15 pm and 2.00 pm -5.00 pm.

Program Schedule:

Inauguration of the Workshop at 9.15 AM

Day 1 : 19th January 2026

Timings	Topic	Resource Persons
10.00-10.45 AM	Clinical profile, course and outcome of OCD	Dr. Mahashweta Bhattacharya
10.45-11.30 AM	Cognitive behavioural perspectives of OCD: An overview	Dr. Manjula M.
Tea break (11.30-11.45 AM)		
11.45 -1.15 PM	Cognitive behavioural assessment in OCD: Assessing symptoms, beliefs, family accommodation (with case example). Video demonstration followed by discussion on Behavioural analysis	Dr. Manjula M.
Lunch (1.15-2.00 PM)		
02.00-02.45 PM	Exposure and response prevention I: Overview	Dr. Paulomi M. Sudhir
02.45-4.00 PM	Exposure and response prevention II:	Dr. Paulomi M. Sudhir

	Practical aspects of ERP and common pitfalls. Video demonstration followed by discussion on preparing for ERP	
	Tea break (04.00-04.15 PM)	
04.15-5.15 PM	Group work: Eliciting information and case conceptualization	Dr. Mahashweta Bhattacharya
Day 2: 20th January 2026		
09.30-10.30 AM	Cognitive therapy in OCD followed by Cognitive restructuring: Video and discussion	Dr. Manjula M.
10.30-11.30 AM	Variations in delivering exposure	Dr. Paulomi M. Sudhir
Tea break (11.00-11.15 AM)		
11.45-12.30 PM	Metacognition based CBT for OCD	Dr. Mahashweta Bhattacharya
12.30-1.15 PM	Mindfulness approach to CBT for OCD	Dr. Mahashweta Bhattacharya
Lunch 1.00 pm to 1.45 pm		
02.00-3.00 PM	Group activity I: planning management for OCD (Case presentation by a trainee)	Dr. Manjula M.
03.00-4.00 PM	Group activity II: planning management for OCD (Case presentation by a trainee)	Dr. Paulomi M. Sudhir
04.00-4.45 PM	Closing remarks and feedback	All faculty
04.45 -05.00 PM	--Vote of thanks--	

All concerned officials are requested to support the organizing team for successful execution of the program.

This is issued as per the approval of the Competent Authority.


 Dr. H. Dutta
 (OSD, Deputy Director)
 LGBRIMH, Tezpur

Copy to-

1. MS/DMS/AMS, LGBRIMH, Tezpur
2. All HoDs/In-charges
3. CF & AO
4. PA to Director-for the kind information of the Director
5. All Unit In-charges
6. Estate Officer
7. Engineering Cell
8. File Copy


 Dr. H. Dutta
 (OSD, Deputy Director)
 LGBRIMH, Tezpur