



**MANASA EDUCATIONAL FOUNDATION FOR
MENTAL HEALTH**

&

**BHARATHIYA VIDYA BHAVAN, BANGALURU
JOINTLY ORGANIZE**

**National Level Workshop On
COGNITIVE BEHAVIORAL THERAPY
(CBT)**

25 & 26, Nov, 2017



VENUE

**Bharathiya Vidya Bhavan's
H.B. College of Communications and Management
Race Course Road, Bangaluru-560001**

Ph:080-22201959

Manasa Educational Foundation for Mental Health

Manasa Trust was founded with the objective of promoting the concept of positive mental health education and trying to drive away the myths and misconceptions regarding human behavior, thus contributing towards the overall development of the community. It was established in the year 1998 as a charitable trust with multiple aims and soon decided to focus more on the primary objective of imparting education.

Manasa Educational Foundation for Mental Health was established in the year 2003-04 with the sole aim of offering higher education through Distance Mode, another important step taken by Manasa Trust. By helping the student community in their zeal for pursuing postgraduate studies, this institution has successfully provided facilities for students to do post graduate courses in counseling in distance mode. Around 3000 counselors have been qualified because of this programme.



**Change the way you see things,
and the things you see will change.**

Fr. Staney-

Fr. Staney Working as Counselor and psychotherapist at ANUGRAHA Institute of Counseling Psychotherapy and Research , Dindigul, Tamil Nadu and also visiting Professor at St. Agnes College, Mangalore and Professor at St Alphonsus Theological College, Bangalore, Karnataka. Also conducts Seminars on various psychological themes for various groups and institutions. So far he spent over three thousand practice hours as counselor and Therapist. He is known trainer and moderator for Handling Motivation and Soft skill seminars/workshops in various Schools and Colleges for Teachers and Students in Tamil Nadu, Kerala, Andhra Pradesh, Maharashtra and Karnataka. His hands on experience training gives immense learning exposure to participants especially in CBT and NLP.

Cognitive Behavioral Therapy

The CBT model is based on a combination of the basic principles from behavioral and cognitive psychology. It is different from historical approaches to psychotherapy, such as the psychoanalytic approach where the therapist looks for the unconscious meaning behind behaviors and then formulates a diagnosis. Instead, CBT is "problem-focused" and "action-oriented", meaning it is used to treat specific problems related to a diagnosed mental disorder and the therapist's role is to assist the client in finding and practicing effective strategies to address the identified goals and decrease symptoms of the disorder. CBT is based on the belief that thought distortions and maladaptive behaviors play a role in the development and maintenance of psychological disorders, and that symptoms and associated distress can be reduced by teaching new information-processing skills and coping mechanisms.

REGISTRATION INFORMATION

| CATEGORY | UP TO 10TH NOV,2017 | UP TO 17TH, NOV,2017 | ON SPOT |
|-----------------------------------|---------------------------|-------------------------|---------|
| Students and Research Scholars | 1200 | 1500 | 1750 |
| Practitioners/Acad emicians | 1500 | 1750 | 2000 |

How to Register

Fill in the enclosed registration form and send it along with demand draft (DD) or NEFT details. The DD shall be made in the name of "DIRECTOR, MEFFMH" payable at shivamogga.

Account Details for Money Transfer (NEFT)

Account holder Name: MEFFMH, Shivamogga.

Bank: AXIS BANK

Account Number: 362010100011981

Branch Address: SHIMOGA

IFSC Code: UTIB0000362

Branch Code: 362

*Please feel free to contact us for more details

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**CBT-Changes the way the body &
mind react**



REGISTRATION

Name: _____

Designation: _____

Name of Institute: _____

Address: _____ Phone NO: _____

_____ Email: _____

Age: _____

Gender: Male : _____ Female : _____

Professional Experience (if any) _____

Academic discipline: _____

Accommodation Required: Yes No

DEMAND DRAFT DETAILS:

DD Number _____ Date: _____

DD Amount: _____ Issuing Bank: _____

Date:

Place: _____ Signature of applicant

Note: Limited sites are available (Max 50) In order to quicken the process, please correspond through mail or call