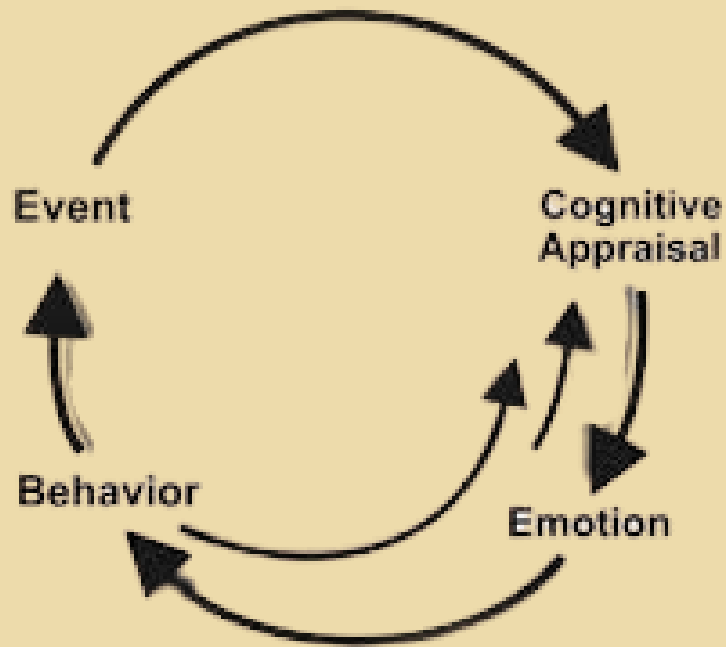


Basic Cognitive Behavior Model



Wright JH, Basco MR, Thase ME.
"Learning Cognitive-Behavior Therapy: An Illustrated Guide."
Washington, DC: American Psychiatric Publishing; 2006.



GITAM
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In collaboration with

**GOVERNMENT HOSPITAL FOR MENTAL CARE (GHMC),
VISAKHAPATNAM**

Organizes

Module Based Training for Sem VI BSc (N) Students

COGNITIVE BEHAVIORAL THERAPY

**Venue: Godavari Auditorium
Academic Block, GHMC, Visakhapatnam**

August 4&7, 2025

10:00am-1:00pm

**Organized by
Dept of Psychiatric Nursing,
GITAM Institute of Nursing**

Our Inspiration

Dr. Gitanjali Batmanabane

Pro VC Medical Sciences, GITAM (Deemed to be University)

Our Motivation

Dr. SP Rao

Dean (Academics), GIMSR

Special Thanks

Dr. K. V. Rami Reddy

MD (Psy), MBA (HA)

Superintendent, Professor of Psychiatry, GHMC, Visakhapatnam

Dr. D. Vijaya Lakshmi

MD (Psy)

Professor & HOD of Psychiatry, GHMC, Visakhapatnam

Organizing Chairperson

Dr. Venkatesan Balu

Principal, GITAM Institute of Nursing

Organizing Team

Dept of Psychiatry Nursing, GITAM Institute of Nursing

Mrs. G. Rohini Guruswamy
Associate Professor

Ms. Sananda Chakraborty
MSc N Tutor

Ms. Sudha Blessy K
Assistant Professor

Mr. Srikanth
MSc N Tutor

Speakers

Department of Psychiatry,

Government Hospital for Mental Care, Visakhapatnam

For Aug 4 2025

Dr. Pragna Mitra

M.A. (Psy), M.Phil. (M&SP), Ph.D (Psy), FIACP
Clinical Psychologist

For Aug 7 2025

Dr. Ravikumar,

MD , DPM (Psy)
Associate Professor

Dr. Swathi P

MD (Psy)
Assistant Professor, AMC

Dr. Anuhya Guyton

MD (Qualified) (Psy)
Assistant Professor

Cognitive Behavior Therapy (CBT)

Learning Outcomes

- Explain the concept and techniques of CBT
- Use techniques to develop a therapeutic alliance based on CBT
- Discuss cognitive conceptualization - automatic thoughts and alternative explanations based on cognitive model
- Describe strategies to identify and respond to cognitions including dysfunctional cognitions
- Formulate thought records and action plans

UNIT	CONTENT
I	Concepts and Techniques of CBT
II	The Cognitive Model
III	Identifying, Evaluating and Responding to Cognitions
IV	Designing Effective Action Plans nd Thought Records