

# NARAYANA COLLEGE OF NURSING

CHINTHAREDDYPALEM :: NELLORE - 524 003. A.P.

Recognized by Indian Nursing Council vide letter No. 18-916/2002/inc dated : 08.11.2002, Affiliated to NTR University of Health Sciences, A.P. Vijayawada

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## DEPARTMENT OF MENTAL HEALTH NURSING

### WORKSHOP ON “COGNITIVE BEHAVIOUR THERAPY”

Department of Mental Health Nursing has organized a **Workshop on “Cognitive Behaviour Therapy”** from 13/09/2019 to 14/09/2019 in 3<sup>rd</sup> Floor, Auditorium at Narayana College of Nursing.

#### **DAY 1: INAUGURATION OF THE WORKSHOP (9AM-10.00AM)**

At 9am-9.10am, Pre - test was conducted for all the participants who enrolled for the workshop, The program started at 9.11 am with the prayer song by Ms. Denma, Ms. Alpha, Ms. Annmary, III Year B.Sc(N) students and welcome song by Ms. Sneha Saji, Ms. Simi, Ms. Sneha varghese III Year B.Sc(N) students. Welcome address was proposed by Mrs. Smitha P.M, Professor, Department of Mental Health Nursing, Narayana College of Nursing

Dr. Indira S, Principal, Narayana College of Nursing, Dr. Rajeswari, HOD, Department of Mental Health Nursing, Vice Principal, Narayana College of Nursing, Resource Persons Ms. Abi Shankari, Neuro linguistic programming professional trainer, Dr. S.Senthil, Corporate Trainer and Psychologist, Mrs. Vanaja kumari, HOD, Department of Community Health Nursing, Mrs. A. Latha, HOD, Department of Medical and Surgical Nursing, Mrs. Latha. P, HOD, Department of Obstetrical and Gynaecological Nursing, Ms. Ramya, Department of Child Health Nursing, Mrs. K. Kantha, HOD, Department of Nursing Research, and Ms. Elizabeth, Department of Fundamentals of Nursing, lightened the lamp and inaugurated the Workshop. A total of **137** participants including faculties and students got enrolled for the Workshop.



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## **DAY 1:**

Dr. Rajeswari, HOD, Department of Mental Health Nursing, Vice Principal, Narayana College of Nursing, gave brief information about workshop on CBT.

### **SESSION I (10.01AM-11.00AM) INTRODUCTION AND HISTORICAL PERSPECTIVES OF BEHAVIOUR THERAPY**

Ms. AbhiShankari, Neuro linguistic programming professional trainer, explained on Meaning, Definition of Behaviour Therapy, application of Principles and procedures of CBT, Historical perspectives of CBT, Overt and covert behaviour, CBT based on classical conditioning like flooding, systematic desensitization, aversion therapy and operant conditioning like token economies, contingency management, modelling, extinction etc. Basic Concepts of Cognition, Cognitive Vulnerability, Cognitive Distortions, cognitive models like Cognitive Model of Depression, Anxiety disorders, Anger, Distressed Couples Relationships and Therapeutic Goals also was discussed with examples. Activities related to “**Brain training**” was exercised. A video on “**thought process**” was played.

### **TEA BREAK(11.01 AM-11.15AM)**

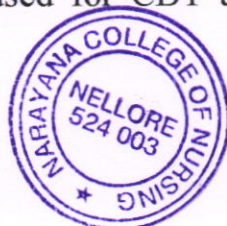
### **SESSION II (11.16 AM-1.00PM) Basic Concepts of CBT**

Dr. Senthil, Corporate Trainer and Psychologist, enlightened on the Basic principles of CBT developed by Aaron Beck, Working Model of CBT, Three Levels of thinking in CBT, Automatic Thoughts, schemas, Origins of schemas, three schema processes, types of schemas. He also discussed helpless, worthless and unlovable core beliefs with examples, ABC model, difference in thinking pattern, vicious cycle of Thoughts and Behaviour were also discussed.

### **LUNCH BREAK(1.00PM-2.00PM)**

### **SESSION III (2.01PM-3.30PM) Assessment for Cognitive-Behavioral Therapy**

Ms. AbhiShankari, Neuro linguistic programming professional trainer, presented on many types of assessment techniques like structured and semi structured interviews, Tools used for CBT assessment like Self rated tools,



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Diaries – Self Monitoring, Questionnaires / outcome measures, physiological responses.

**TEA BREAK(4.01PM-4.15PM)**

**SESSION IV (4.16PM-5.00PM): CASE FORMULATION IN CBT**

Dr. Senthil, Corporate Trainer and Psychologist, recited on complete case formulation, how current problems are being precipitated (and how they actually make sense in the light of the hypothesised underlying beliefs and current triggers), and will also suggest origins of the underlying beliefs in the client's early life. He also spoke on Steps in Case Formulation.

Dr. Rajeswari H, HOD, Department of Mental Health Nursing, Vice Principal, Narayana College of Nursing, rewinded the whole day.

**DAY 2:**

**Day 1** topics were recalled by Dr. Rajeswari H. HOD, Department of Mental Health Nursing, Vice Principal, Narayana College of Nursing, between **9.00 AM-9.10 AM**

**SESSION I (9.11AM-11 AM) Essential skills for CBT therapist**

Dr. Senthil, Corporate Trainer and Psychologist, narrated on orienting the Patient to Brief CBT, Goal Setting, Agenda Setting, Homework assignments between-session activities, Behavioral Activation, and Problem Solving. Described the other skills like listening, identifying problem, giving emotional support and aware of the problem. Stimulated the session by interacting with the participants.

**TEA BREAK(11.01AM- 11.15 AM)**



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## **SESSION II (11.16 AM -1.15 PM) TREATING CHRONIC MEDICAL CONDITIONS THROUGH CBT**

Ms. T. AbhiShankari, Neuro linguistic programming professional trainer, explained on, Importance of CBT, treating chronic medical conditions through CBT like Cancer, chronic pain, Diabetes, Cardiac problems, pre and post-surgical problems. Discussed case level formulation for interventions for above chronic medical conditions.

## **LUNCH BREAK(1.15 PM-2.15 PM)**

## **SESSION III (2.16 PM-3.15PM) MINDFULNESS BASED COGNITIVE BEHAVIOR THERAPY (MBCBT)**

**Ms. AbhiShankari**, Neuro linguistic programming professional trainer, discussed on introduction and stages of (MBCBT). Explained on MBCBT techniques like Self Hypnosis, Guided Visual Imagery, and imagination. Demonstrated **“Mindful walk, mindful eating was exercised, emotional empowerment techniques and white out techniques”**. Following statement of **Emotional Empowerment Technique** was demonstrated, **“Even though I have this ----- (Problem) and a part of me is holding on to this discomfort. I got it or suffer from it, still I choose to love and accept, heal and integrate that part of me that is feeling”**, and re demonstrated by all the participants.

## **SESSION IV (3.16 PM -4.15 PM): CBT FOR PARENT TRAINING**

Dr. Senthil, Corporate Trainer and Psychologist, recited on need and importance of CBT for parents, exercised attention enhancement techniques. He also interacted with the students to find out the problems between the parents and children to suggest solutions. He explored the **Model of 3C and R**. Motivational videos played to inspire the participants.

Second day session highlights were discussed and doubts were clarified and post test was conducted between 4.16 PM-4.30 PM.

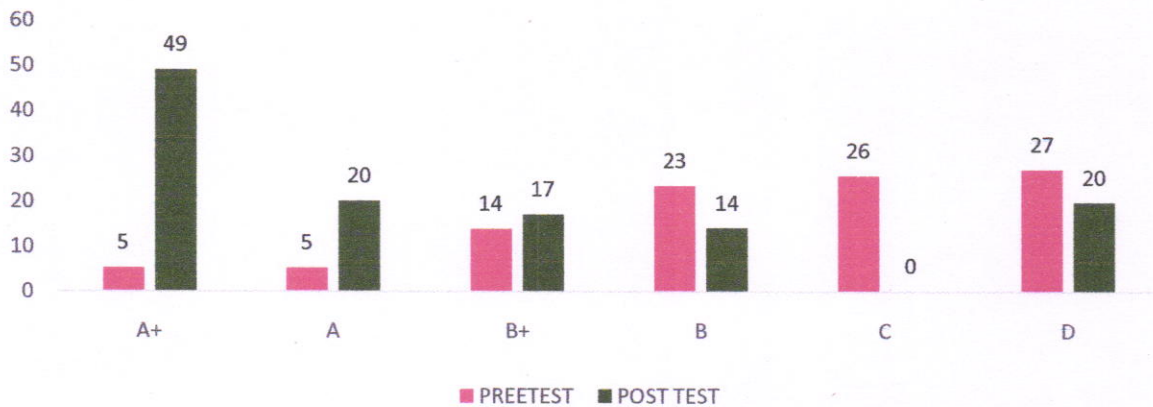


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**Table 1: Frequency and Percentage distribution of participants Grades on CBT (N=137)**

GRADE	PREETEST		POST TEST	
	F	%	F	%
A+	7	5	67	49
A	7	5	28	20
B+	19	14	23	17
B	32	23	19	14
C	35	26	0	0
D	37	27	0	0
<b>TOTAL</b>	<b>137</b>	<b>100</b>	<b>137</b>	<b>100</b>

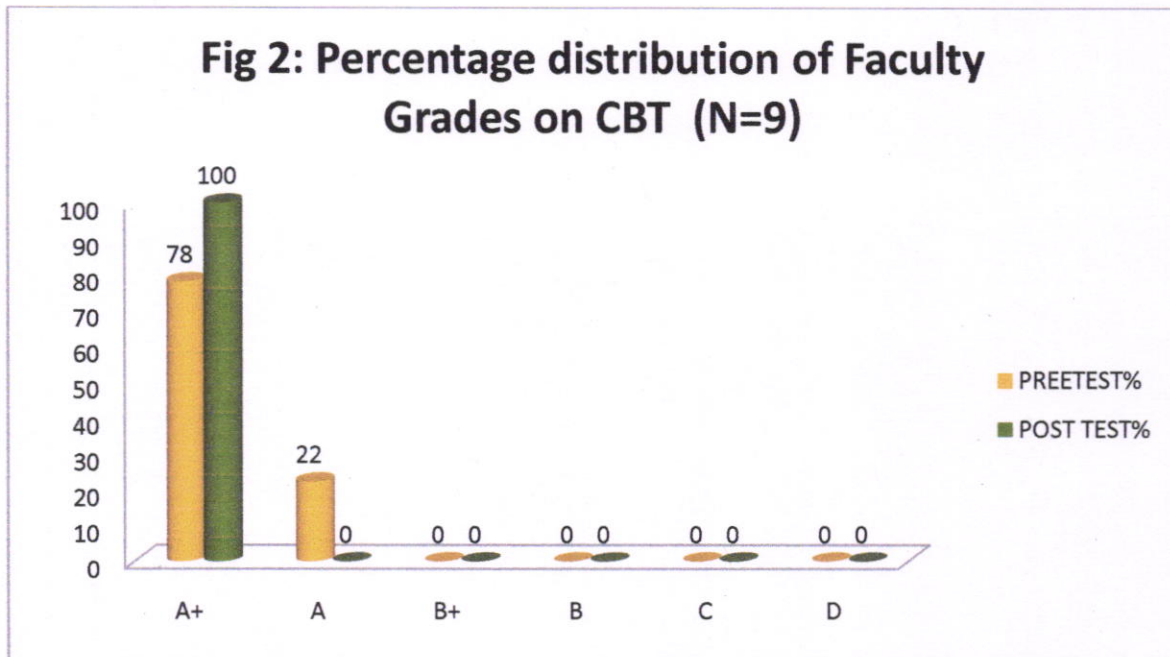
**Fig 1:Percentage distribution of Grades on CBT (N= 137)**



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**Table 2: Frequency and Percentage Distribution of Faculty Grades on CBT (N=9)**

GRADE	PREETEST		POST TEST	
	F	%	F	%
A+	7	78	9	100
A	2	22	0	0
B+	-	-	-	-
B	-	-	-	-
C	-	-	-	-
D	-	-	-	-
<b>TOTAL</b>	<b>9</b>	<b>100</b>	<b>9</b>	<b>100</b>

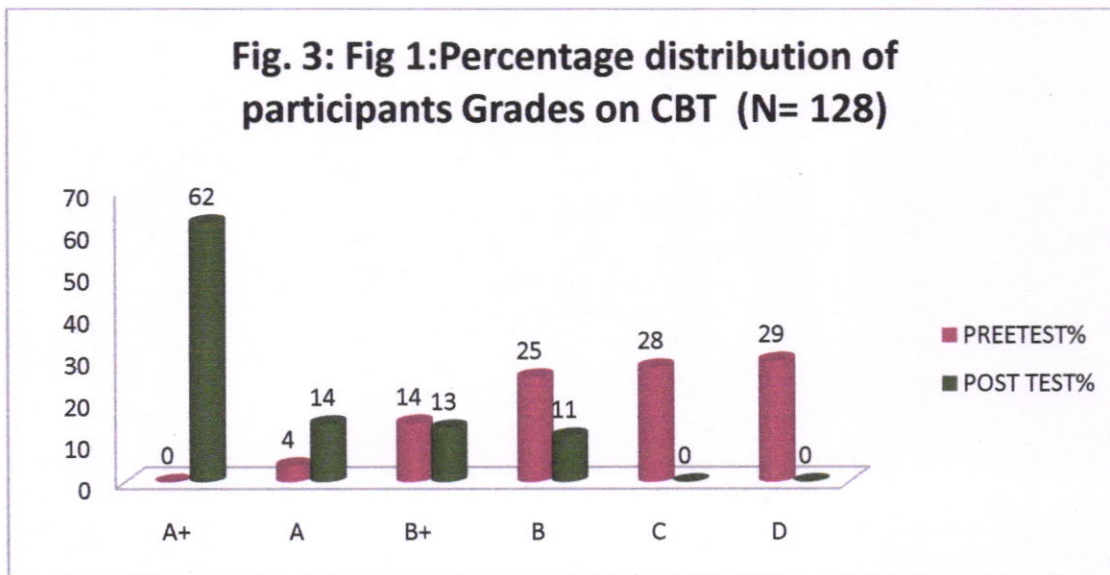


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**Table 3: Frequency and Percentage distribution of Students Grades on CBT**

(N=128)

GRADE	PREETEST		POST TEST	
	F	%	F	%
A+	0	0	79	62
A	5	4	18	14
B+	18	14	17	13
B	32	25	14	11
C	36	28	0	0
D	37	29	0	0
<b>TOTAL</b>	<b>128</b>	<b>100</b>	<b>128</b>	<b>100</b>



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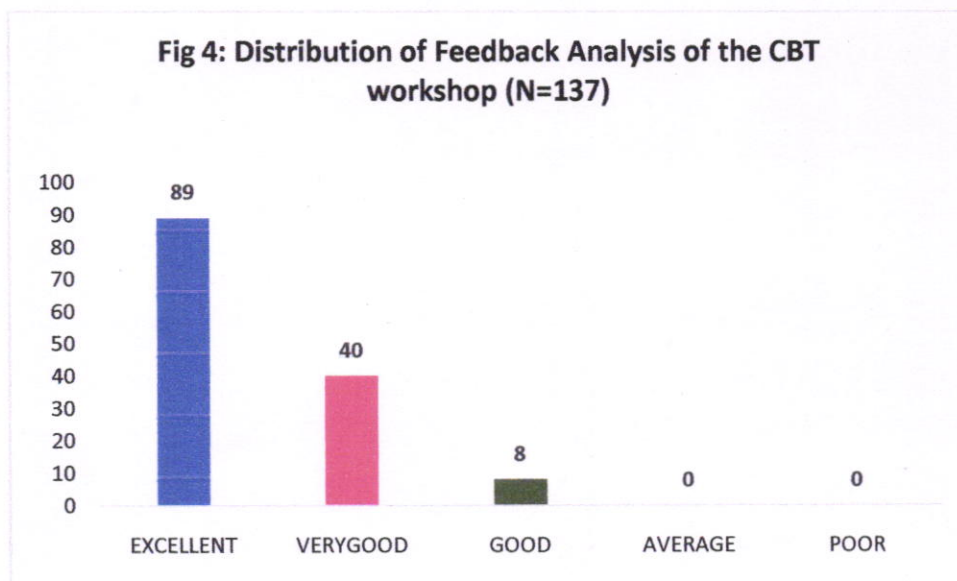


## VALEDICTORY (4.31PM-5.00PM)

The program started at **4.31 PM** with the prayer song by Ms. Denma, Ms. Alpha, Ms. Annmary, III Year B.Sc (N) students, and welcome song by Ms. Anjali Mohanan, Ms. Abiyamol, Ms. Rosemariya III Year B.Sc(N) students. Welcome address was proposed by Mrs. T. Lalitha, Assistant Professor, SNNC.

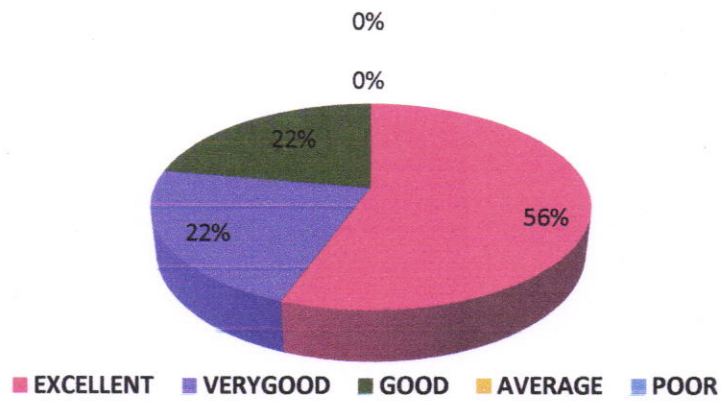
Dr. Indira A, Principal, Narayana College of Nursing, Dr. Rajeswari, HOD, Department of Mental Health Nursing, Vice Principal, Narayana College of Nursing, Resource Persons Ms. Abi Shankari, Neuro linguistic programming professional trainer, Dr. S. Senthil, Corporate Trainer and Psychologist, Mrs. Vanaja kumari, HOD, Department of Community Health Nursing, Mrs. A. Latha, HOD, Department of Medical and Surgical Nursing, Mrs. Latha. P, HOD, Department of Obstetrical and Gynaecological Nursing, Ms. Ramya, Department of Child Health Nursing, Mrs. K. Kantha, HOD, Department of Nursing Research, and Ms. Elizabeth, Department of Fundamentals of Nursing, lightened the lamp

Report of work shop was presented by Dr. Rajeswari, Professor & HOD, NCON. Participants gave the feedback on workshop. Certificates were distributed to all the participants. Finally, the vote of thanks was delivered by Mrs. Anjani Devi. N, Asst. Professor and the program ended with National Anthem.

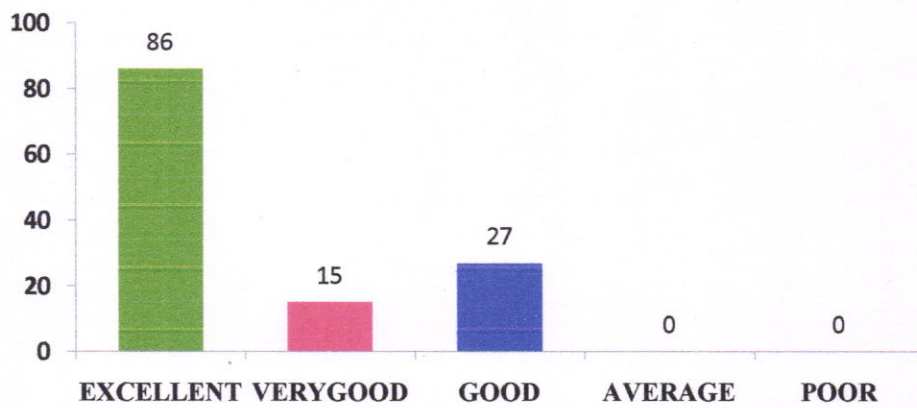


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**Fig 5: Distribution of Faculty Feedback Analysis of the CBT workshop (N=9)**



**Fig.6: Distribution of Students Feedback Analysis of the CBT workshop (N=128)**



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**Signature of the HOD**

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**Principal**

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