



You are cordially invited to the
Mental Health & Wellbeing Enrichment Series - 2026

COGNITIVE BEHAVIOURAL THERAPY

WITH SPECIAL FOCUS ON ADOLESCENTS & YOUTH
DYNAMICS AND PSYCHOPATHOLOGY

Organized by

INSTITUTION OF MENTAL HEALTH & LIFE SKILLS PROMOTION, MOOLCHAND MEDCITY, NEW DELHI

10th & 11th Jan 2026
Sat & Sun

Auditorium, Moolchand Medcity
Lajpat Nagar, New Delhi

► Themes to be covered

- ★ Orientation to the basic Principles of Cognitive Behavioural Therapy
- ★ Cognitive & Behavioural Techniques with Examples and Video Discussion
- ★ Individual Focused Intervention in Managing Emotional and Behavioural Concerns in Adolescence with Case Study Approach

**Hands on
Workshop by
Renowned
Experts**



- 10th Jan, Timings - 9:30 am - 4:00 pm (alongwith Lunch & Tea)
- 11th Jan, Timings - 9:30 am - 12:00 pm followed by Valedictory Ceremony

Certificate of Honour & Completion
Basic Academic Material shall be accorded to all Participants!

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Link for registration <https://forms.gle/ADZZiwws7uTcf5MaA>

Report on CBT Workshop

The Cognitive Behaviour Therapy (CBT) workshop was conducted over two days, on 10th and 11th January 2026. The workshop aimed to provide participants with a comprehensive understanding of CBT, including its theoretical foundations, practical applications, and its relevance in working with children and adolescents.

The session began with an introduction to CBT, covering its definition, core principles, and the historical emergence and development of the approach. The origins of CBT and its evolution as an evidence-based therapeutic modality were discussed, highlighting the integration of cognitive and behavioural principles in understanding and addressing psychological concerns.

Subsequently, the workshop focused on the application of CBT in children and adolescents. The discussions emphasized child and adolescent developmental dynamics from a CBT perspective, including how cognitive processes, emotional regulation, and behavioural patterns manifest differently across developmental stages. The facilitators also elaborated on adapting CBT techniques to suit the needs and cognitive abilities of younger populations.

The session further included detailed discussions on various CBT techniques and tools. Participants were introduced to commonly used therapeutic strategies such as cognitive restructuring, behavioural activation, thought records, and structured worksheets. The use of these tools in clinical practice was explained with reference to different case scenarios.

Case discussions formed an integral part of the workshop, where participants were exposed to practical examples illustrating the application of CBT in real-world situations. These discussions helped in understanding case conceptualization, identification of cognitive distortions, and formulation of appropriate intervention strategies.

In addition, emphasis was placed on treatment planning within the CBT framework. The process of developing structured, goal-oriented intervention plans tailored to individual client needs was discussed, along with considerations for monitoring progress and evaluating outcomes.

Overall, the two-day workshop provided a structured and in-depth understanding of Cognitive Behaviour Therapy, combining theoretical knowledge with practical applications, case-based learning, and therapeutic planning strategies, particularly in the context of working with children and adolescents.