

# NATIONAL SYMPOSIUM ON PSYCHOTHERAPY

**Venue:** Auditorium, Gujarat Institute of Mental Health,  
Delhi Darwaja, Shahibaug, Ahmedabad

Sunday, August 4, 2019

Time: 9 am to 5 pm

## **INDIAN PSYCHIATRIC SOCIETY**

President: Dr. Mrugesh Vaishnav

Hon. General Secretary: Dr. Vinay Kumar

## **IPS - GUJARAT STATE BRANCH**

President: Dr. Parag S. Shah

Hon. State Secretary: Dr. Bhaveshkumar M. Lakdawala

## **INDIAN PSYCHIATRIC SOCIETY PSYCHOTHERAPY SUBCOMMITTEE**

Chairperson – Dr. Rakesh K Chadda

Co-Chairperson - Dr. P. N. Shukla

Convener - Dr. Darshan Shah

**Organising chairman:** Dr. Mahesh Chudgar

**Organising secretary:** Dr. Parth Vaishnav

Psychodynamic treatment facilitates the rapid resolution of a broad spectrum of emotional disorders. Evidence-based psychotherapy is strongly supported by current clinical research studies. Psychotherapy interventions are specifically designed to resolve anxiety, depression, somatization and personality disorders, as well as, to alleviate a variety of self-defeating behaviours, many of which derive from unstable or troubled early life attachments.

### Description of the Workshop

Most workshops focus on theory. This one will show you how to put theory into practice. To become expert in psychotherapy, research shows that you must engage in focused, directed practice. This workshop will help you develop key skills so you can develop and maintain an effective focus in therapy for better outcomes.

The model of psychotherapy has often been criticised for being a western model of treatment. Here you will have a chance to see the masters in Indian Psychotherapy field alongside one of the most skilled western psychotherapist in action in the discussions and via video-taped sessions leaving nothing to ambiguity. The variations in the cultural dimensions as well as the adaptations for Indian context for maximum effectiveness will be showcased.

The format of the workshop will involve presentation of 3 different types of psychotherapy techniques along with videotapes of patients which we will analyze moment by moment, lectures and PowerPoint presentations. Our goal is that you not only know more but be able to do more as a therapist.



Dr. Nitin Gupta, Currently Professor of Psychiatry in Government Medical College & Hospital (GMCH), Chandigarh, India with additional charge of Medical Superintendent, Mental Health Institute, Chandigarh.

Areas of special interest have been in the specialty of Community & Rehabilitation Psychiatry, Liaison Psychiatry, Clinical Psychopharmacology, and Risk Management.

Dr. Pratap Sharan is currently a Professor with the Department of Psychiatry, All India Institute of Medical Sciences (AIIMS), New Delhi; where he also officiates as the Professor-in-Charge of Student Welfare Services. His main areas of interest are public mental health, psychotherapy, cultural issues in psychiatry, and classification of mental disorders



Jon Frederickson, MSW, is on the faculty of the Washington School of Psychiatry. He is the author of *Co-Creating Change: Effective Dynamic Therapy Techniques*, which just won the International Book Award, and *Psychodynamic Psychotherapy: Learning to Listen from Multiple Perspectives*. His latest book: *The Lies We Tell Ourselves* is a top seller. He is the founder of the ISTDP Institute.



Time	Topic	Speaker
8.30 to 9.00	<b>Registration</b>	
9.00 to 10.30	<b>Dynamic Therapy</b>	<b>Dr. Nitin Gupta</b>
10.30 to 11.00	<b>Inauguration</b>	
11.00 to 11.15	<b>Tea</b>	
11.15 – 12.45	<b>Intensive Short-term Dynamic Therapy</b>	<b>Jon Frederickson</b>
12.45 – 1.15	<b>Lunch</b>	
1.15 – 2.45	<b>Video vignette supervision</b>	<b>Dr. Darshan Shah</b>
2.45 – 3.00	<b>Tea</b>	
3.00 – 4.30	<b>Client centred therapy</b>	<b>Dr. Pratap Sharan</b>
4.30 – 5.00	<b>Summary and take home message</b>	<b>Dr. Rakesh K Chadda</b>
5.00	<b>Vote of thanks</b>	<b>Dr. P. N. Shukla</b>

**THIS PROGRAM CARRIES CME CREDIT POINTS AND CERTIFICATE OF ATTENDANCE**

**NO REGISTRATION FEE BUT PRIOR REGISTRATION MANDATORY**

For registration SMS/Whatsapp : Dr. Darshan Shah

+91 9824037887 Mail: [darshang\\_1@yahoo.com](mailto:darshang_1@yahoo.com)

### **REGISTRATION FORM**

Name:	Age:	Gender:
Address:		
E-mail:		
Telephone/ Mobile:		
IPS Membership Number		
Designation: Consultant / Resident / Psychologist / Psychotherapist		

