

**National Institute of Mental Health and Neuro Sciences (NIMHANS)  
NIMHANS Centre for Well Being (NCWB)**

***Title: Workshop on Couple and Family Therapy***

**Dates : 14<sup>th</sup> May 2019 (Tuesday)**

**Time: 9.00 am to 5.00 pm**

**Venue & Registration:**

Ms. Padmavathy NIMHANS Centre for Well Being, 1/B. 9th Main, 1st stage, 1st phase, BTM layout, Bangalore- 560 076

Telephone: (080) 26685948, 9480829670 (M)

Email- [nimhans.wellbeing@gmail.com](mailto:nimhans.wellbeing@gmail.com)

**Participants:** Counselors/psychotherapists/psychiatrists/clinical psychologists/psychiatric social workers/M.A & M.Sc psychology students

**Number of seats** : 50

**Last Date for Registration** : 9<sup>th</sup> May 2019 (Thursday)

**Registration fee** : Rs.500 (students Rs250/-)

**Workshop facilitators:**

Dr. Anisha Shah (Professor), Dr. Snigdha Bhattacharya (Clinical Psychologist)  
Department of Clinical Psychology, NIMHANS

**Program Details**

**Aim:** To promote couple (marital) and family therapy conceptual and behavioral skills

**Content:** The department of clinical psychology receives many individual requests for training in couple and family therapy that we are unable to meet due to various constraints. This structured program will address those needs and will offer training in basic concepts and skills for couple and family therapy practice. Emphasis will be on couple and family interview skills, assessment of family and marital quality, structural, cognitive and behavioral techniques in couple and family therapy. This will be done using psychotherapy training videos from American Psychological Association, case vignettes, presentations, and interactive discussions.

**Thank you**

*Professor Anisha Shah, Department of Clinical Psychology, NIMHANS, Bangalore*