

CBT Approaches in Palliative Care

WORKSHOP SCHEDULE

S.No.	Agenda	Resource Person	Duration
1	Welcome Address	Dr KV Ganpathy	9.00 am to 9.10 am
2	Understanding CBT – The core concepts Schema Core beliefs Cognitive distortions Automatic Negative thoughts Cognitive Restructuring	Dr KV Ganpathy	09.10 am to 10.10 am
3	Formulations and Questioning Technique	Dr Sravanthi Maya	10.10. am to 11.10. am
4	Role Play – Questioning Technique	Sr Savita Goswami & Dr Sravanthi Maya	11.10 am to 11.30 am
	Energy Break		11.30 am to 11.45 am
5	CBT & pain	Dr KV Ganpathy	11.45 am to 12.45 am
6	CBT & Anxiety	Dr Sravanthi Maya	
7	CBT & Insomnia	Sr Savita Goswami	

