

Expert Talk on TEAM CBT: A New Model for Psychotherapy

About the Event:

An expert talk on TEAM CBT: A New Model for Psychotherapy was delivered by Dr. Dipti Joshi, MA, PhD at the Schools of Liberal Studies (SLS), Pandit Deendayal Petroleum University, Gandhinagar. Dr. Joshi is a Psychologist and Cognitive Behavioural Therapist with 18 years of experience for helping patients to live happier and self-fulfilling lives. She has attended her trainings from Salford University Manchester under Dr. Andrew Beck and Feeling Good Institute California, under Dr. David Burns. She is currently a level 1 TEAM CBT therapist Certified by Feeling Good Institute. The event was conducted for students to have insights about TEAM CBT. Around thirty to forty students from Section A, B and C, Batch 2017; Psychology Major and Minor students of 2015 and 2016 along with the MA Psychology students of 2018 attended the session.

About the Guest Talk:

TEAM stands for T-Testing, E-Empathy, A- (Paradoxical) Agenda Setting and M-Methods. CBT stands for C- Cognitive, B-Behavioural and T- Therapist. T.E.A.M. includes CBT and much more. One way to think about it is to think of a small circle inside of a big circle, where the small circle would be CBT, and the big circle would be T.E.A.M.

There are two goals of T.E.A.M. Therapy. The first goal is to help you develop intimacy, confidence, and self-esteem as rapidly as possible, along with a crystal clear understanding of why you've had to struggle with these problems in the first place. This is called '*feeling better*'.

The second goal is to help you master powerful relapse prevention techniques so that you won't have to struggle with months or years of despair, loneliness and self-doubt in the future. Of course, no one is entitled to feel happy all the time, and we all fall into black holes of misery from time to time. But if you have the proper tools, you can quickly climb back out of that hole and experience joy again. This is called '*getting better*'.

Dr. Joshi took a very interactive and interesting session and gave information on TEAM CBT. She showed a video of Mr. Daniel Mintie's interaction with her about his opinion on TEAM CBT. After attending the session, the students were interested to know more on this topic. Dr. Ritu Sharma concluded the session by conveying vote of thanks and encouraging students to explore more on this topic through additional reading.

Student Coordinators
Shreyanshi and Sanskruti

Photos:



