



INDIAN ASSOCIATION FOR COGNITIVE BEHAVIOUR THERAPY (IACBT)

A permanent member of the
Asian CBTs association (ACBTA)

**RCI (CRE) APPROVED
2-DAY
INTERNATIONAL
CONFERENCE**

PRESENTS

INTERNATIONAL CONFERENCE ON COGNITIVE BEHAVIOURAL INTERVENTIONS 2026

ICCBi 2026

JANUARY 23-24, 2026

THEME:

**CBT for All: Bridging the gap between clinical
interventions and everyday wellness**

IN COLLABORATION WITH



**CLINICAL PSYCHOLOGY CENTRE,
UNIVERSITY OF CALCUTTA**



**VENUE: RASHBEHARI SIKSHA PRANGAN
(RAJABAZAR SCIENCE COLLEGE), KOLKATA**

ABOUT THE CONFERENCE

OVERVIEW

The central theme of the conference, **“CBT for All: Bridging the Gap between Clinical Interventions and Everyday Wellness,”** highlights the need to extend the reach of cognitive behavioural therapy beyond conventional clinical contexts and to examine its practical relevance in daily life. CBT has established itself as one of the most reliable and empirically supported psycho-therapeutic approaches for a wide range of psychological conditions. At the same time, its role in improving self-regulation, decision-making, and overall psychological adjustment in the wider population is becoming increasingly important. The conference seeks to provide a platform for academics, clinicians, researchers, and students to present their work, exchange ideas, and critically review current trends in CBT.

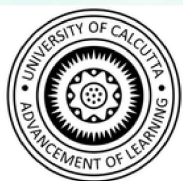
ABOUT THE HOST AND VENUE

INDIAN ASSOCIATION FOR COGNITIVE BEHAVIOURAL THERAPY (IACBT)

The Indian Association for Cognitive Behavioural Therapy (IACBT), established in 2016 is the pioneering non-profit organisation in India dedicated to the development and dissemination of evidence based psychological intervention. It is a permanent member of the Asian CBT Association (www.acbta.org) and the World Confederation of CBT (www.wccbt.org). The IACBT is a professional body which is focused on advancing the practice, training, supervision and research of Cognitive Behavioural Interventions in India.

CLINICAL PSYCHOLOGY CENTRE, UNIVERSITY OF CALCUTTA

The Clinical Psychology Centre of University of Calcutta (CPCUC) was established as an independent Centre of University of Calcutta in 2015-2016. The centre serves as a tertiary mental health care unit, aiming to promote mental health by providing free of cost high-quality mental health care through a multidisciplinary approach. This centre is dedicated to conduct diagnostic psychometric assessments and providing scientific evidence based psychotherapeutic services to individuals referred from various Government hospital set up and from private centres.



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Indian Association for Cognitive Behaviour Therapy (IACBT)

REGISTERED IN 2016 UNDER THE SOCIETIES REGISTRATION ACT XXI OF 1860 (REG. NO. 1951)

ADVISORY COMMITTEE



CHIEF PATRON

Prof. Ashutosh Ghosh
Honorable Vice Chancellor,
Univeristy of Calcutta

DISTINGUISHED ADVISOR

Prof. Dr. Debasis Das
Registrar,
Univeristy of Calcutta

MEMBERS OF ADVISORY COMITTEE

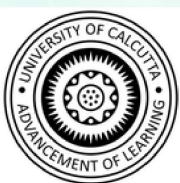
Prof. Pritha Mukhopadhyay,
Retired Professor,
Department of Psychology
University of Calcutta

Prof. Amool Ranjan Singh,
Head , Department of
Clinical Psychology
RINPAS

Prof. Jayanti Basu,
Retired Professor
Department of Applied Psychology
University of Calcutta

Prof. Masroor Jahan
Additional Professor,
Dept of Clinical Psychology, RINPAS

Dr. Amit Ray, Secretary,
Univerisy College of Science technology and agriculture
Rashbihari Sikhsha Prangan
University of Calcutta



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ORGANISING COMMITTEE- IACBT MEMBERS

The membership of the IACBT is open to professionals and students from such disciplines as Psychology, Psychiatry, Child Development, Medicine, Nursing and Social Work

IACBT EXECUTIVE COUNCIL



DR. NIMISHA KUMAR

CHAIRPERSON & CONVENOR,
PRESIDENT - IACBT & ACBTA

DIRECTOR - ASCEND PSYCARE



PROF. SUJATA SATAPATHY

CO-CHAIR & CO-CONVENOR
SECRETARY- IACBT

PROF. OF CLINICAL PSYCHOLOGY
PT. OF PSYCHIATRY, AIIMS, NEW DELHI



PROF. SUSMITA HALDER

CO-CHAIR & CO-CONVENOR
EC MEMBER - IACBT

DEAN, DEPT. OF PSYCHOLOGY,
ST. XAVIERS UNIVERSITY,
KOLKATA



PROF. RITU SHARMA

CO-CHAIR & CO-CONVENOR
VICE PRESIDENT - IACBT

PROFESSOR OF PSYCHOLOGY
SLS, PDEU, GANDHINAGAR



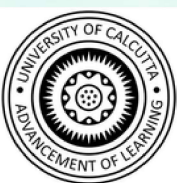
PARUL GUPTA

CO-CHAIR & CO-CONVENOR
TREASURER - IACBT

CHILD & ADOLESCENT
PSYCHOLOGIST, OWNER -
POTENTIALS THERAPY CENTRE

MEMBERS ORGANISING COMMITTEE - IACBT

- Dr. Chinu Agarwal, Dr Siddiqa Hussain, Anupama Gadkari,
- Prof. Vibha Sharma, Dr. Renu Sharma, Dr. Prasanta Roy,
- Dr Vivek Kirpekar, Dr. Rati Khurana, Dr. Nudrat Jahan,
- Dr Ashima Nehra, Dr Mallika Sharma, Dr. Swati Kedia,
- Dr. Vijay Barre, Nicolas Benedict, Dr. Reena Sharma



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ORGANISING COMMITTEE MEMBERS

Organizing secretary: Prof. Sanjukta Das

Convener: Prof. Susmita Halder

RCI Programme Coordinator: Dr. Saranya Banerjee

Treasurer: Parul Gupta / **Joint Treasurer:** Prof. Ushri Banerjee

Scientific committee: Prof. Sujata Satapathy, Prof. Ritu Sharma, Dr. Nimisha Kumar, Prof. Sanjukta Das, Prof. Susmita Halder

Registration and Reception committee: Dr. Soheli Datta, Dr. Saranya Banerjee and Ms. Pallavi Majumder

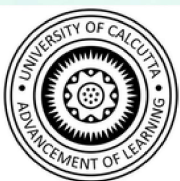
Publication: Dr. Somdeb Mitra, Dr. Soheli Datta, Dr. Saranya Banerjee

Cultural: Ms. Pallavi Majumder, Prof. Sanjukta Das

Transport and accommodation: Dr. Saranya Banerjee

Refreshment: Dr. Somdeb Mitra, Ms. Pallavi Majumder

Members: Dr Surabhi Ghosh, Abhishek Agarwal, Arpita Roy Choudhury, Nilakshi Ghosh, Mehr Akhtar, Shaoni Ghosh, Lopamudra Das Gupta, Shameepatra Banerjee, Shreya Mitra, Prakriti Ghosh Hajra, Yoshita Agarwal, Soumi Dey



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SUBTHEMES

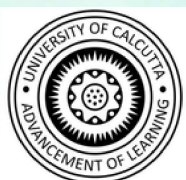


OVERVIEW

- CBT in other medical conditions
- CBT for Children and adolescents
- CBT for adult psychiatric conditions
- CBT for geriatric conditions
- CBT in abuse, violence and trauma related conditions
- Substance and behavioral addictions
- Suicidal conditions
- Couple and family interventions
- CBT for marginalized communities
- Neurodevelopmental conditions
- Positive CBT
- Wellbeing and Community
- Advances in recent research
- Cultural adaptation of intervention and multicultural competence
- Neuropsychological conditions and rehabilitation
- Working with parents and stakeholders in education



IACBT will begin celebrations and commemoration of its 10 Anniversary year with the ICCBI 2026 in Kolkata, also known as the "City of Joy" for its welcoming atmosphere and passionate residents. Furthermore, Kolkata boasts a thriving intellectual and academic environment, with numerous educational institutions and a strong literary tradition. We hope to see you there !



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CALL FOR ABSTRACTS

**SYMPOSIUM.
ORAL PRESENTATION.
POSTER PRESENTATION.**

Inviting Psychologists, Counselors, Psychiatrists, Medical practitioners, Entrepreneurs, Government Representatives, Researchers, Well-being Experts, Business Leaders, Industry Associations, Scholars & Students to contribute abstracts for presentation related to the theme and subthemes to **iccbi2026@gmail.com**.

Publication Opportunity - Accepted to abstracts will be intimated for full paper submission as chapters in an edited book by a reputed International Publisher. The cover page will be released in the Conference Inauguration. Few short-listed papers will also be invited to publish in a special issue of our official Journal published by Medknow Kluvers.

Abstract Submission Guidelines - Word Limit up to 350 words/ Preferred Font: Times New Roman 12PT, 1.5 Line Spacing/ Keywords, Author Names and Affiliations to be mentioned clearly.



**EXTENDED DATE FOR
ABSTRACT
SUBMISSION
20th December, 2025**

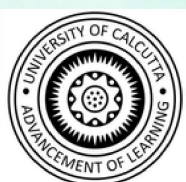
**Online Paper
presentation
opportunity present
for participants
outside West Bengal
ONLY**



IMPORTANT DATES

**Full Paper
Submission-
28th December 2025**

**Early Bird
Registration-
15th December 2025**



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INVITED SPEAKERS

Our Keynote Speaker



DR SAIBAL GUHA

*MBBS, FRANZCP, MD (Psychiatry)
Marsai Clinic, Cleveland, Brisbane*



PROF. S.P.K JENA

*Retired Professor,
Department of Applied Psychology,
University of Delhi*



DR. PRITHA MUKHOPADHYAY

*Retired Professor
Department of Psychology
University of Calcutta*



PROF. SUJATA SATAPATHY

*Professor and Consultant Clinical
Psychologist
Clinical Psychology
Dept. of Psychiatry. AIIMS, New
Delhi*



PROF. (DR.) RITU SHARMA

*Professor of Psychology and Dean of
International Relations
Pandit Deendayal Energy University
(Gandhinagar, Gujarat))*



DR. KEITH STEPHEN DOBSON

*Ph.D., FRSC FCPA, FCAHS. O.C
Full Professor Emeritus
University of Calgary*



DR. HARISHANKAR MOOSATH

*Clinical Psychologist, Senior U/X
Researcher
Infoblox (California, USA))*



PROF. (DR.) FIRDAUS MUKHTAR

*Professor and Consultant Clinical
Psychologist
Hospital Sultan Abdul Aziz Shah
(HSAAS), Department of Psychology,
University Putra Malaysia*



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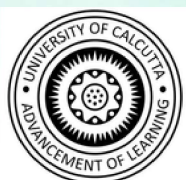


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PARTICIPATE: IN-CONFERENCE WORKSHOPS

<u>S. No.</u>		<u>Resource Person(s)</u>
1	Mindfulness-Based Cognitive Therapy and Cognitive Hypnotherapy for Pain	  Dr Prasanta Kumar Roy Dr Doyel Ghosh
2	Pathways to Change Intervention Skills for Children in Conflict with Law	  Prof (Dr) Sanjukta Das Dr Saranya Banerjee
3	TEAM – CBT Essentials: From Concepts to Practice	 Ms Atreyee Chandra
4	The Therapist as Entrepreneur: How to Launch, Grow, and Sustain a Private Practice	 Dr. Harishankar Moosath



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UPI -

9953681570 / iacbtmembers@okhdfcbank

REGISTRATION

BANK NAME: State Bank of India
ACCOUNT NO: 35617340110
ACCOUNT NAME: IACBT
IFSC CODE: SBIN0001536
BRANCH NAME: Ansari Nagar

REGISTRATION

Registration Category	Early Bird (Upto 15.12.25)	After 15.12.25
Students	1200	1500
Scholars	1500	2000
IACBT Members	2500	3000
Academicians/ Professionals (Non- IACBT Members)	3500	4000
Foreign Delegates	USD 250	USD 300



CONTACT



8287804056



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www.iacbt.org

SPONSORSHIP

FOR CONFERENCE PROCEEDINGS

Hard Back cover	Rs 20,000/-
Inside back cover	Rs 15,000/-
Full page colour	Rs 12,000/-
Full page black and white	Rs 10,000/-
Half page	Rs 5000/-

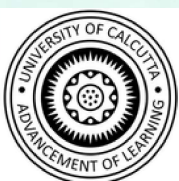
OTHERS

Stalls	Rs 40,000/-
Banner as advertisement	Rs 30,000/-
Standee as advertisement	Rs 25,000/-

Click below to Register Now-



Link



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TRAVEL

NEAREST AIRPORT:

Netaji Subhash Chandra Bose
International Airport (CCU)

MAIN TRAIN STATION:

Sealdah Station
Howrah Station

NEAREST METRO STATION:

Mahatma Gandhi Road Metro
Station (MG ROAD)

NEAREST BUS STOP:

APC Road Rajabazar Science
College

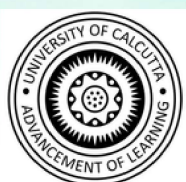
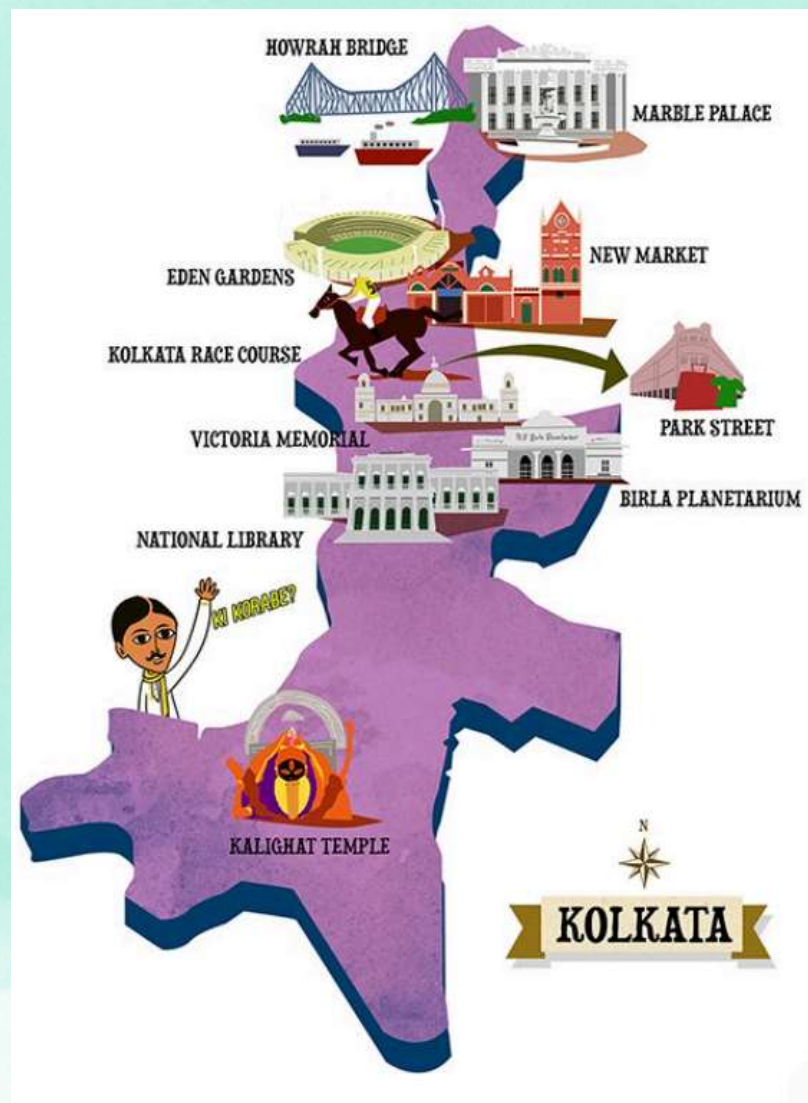
CAB SERVICES AVAILABLE:

Location- Rajabazar Science
College, Small Canteen
Uber/Ola/Rapido/Yatri Sathi/
Local Taxi

LOCATION MAP OF VENUE



TOURIST ATTRACTIONS



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ACCOMODATION

OPTIONS FOR NEAR BY ACCOMODATION (SELF-ARRANGED)

FabHotel Stay Inn International

Hotel 86B

FabHotel Kzar Select - Nr. US Consulate.

Hotel Park Victoria

Urban Cliff hotel

FabHotel Samrat

Treebo Trend Pawan Putra, Kankurgachi

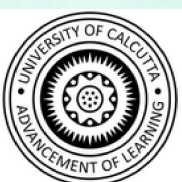
Townhouse OAK Kzar Corporate Hote

Hotel Emirates

Hotel Presidency Inn

Best Inn (By Book Meri Hotel)

Treebo Orion Sapphire

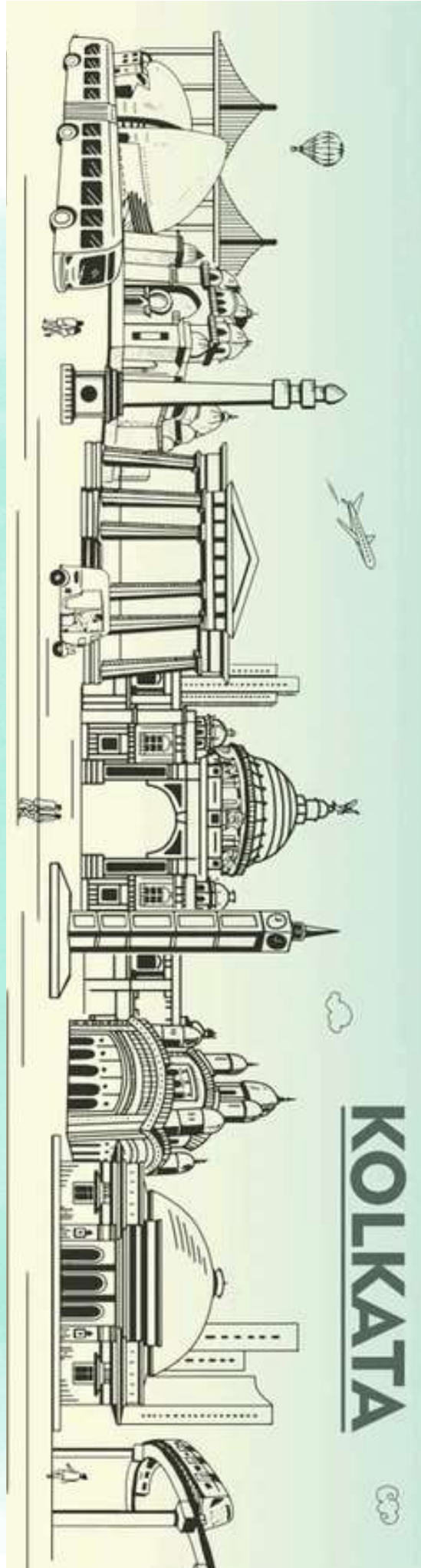


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Day 1 (23.01.2026)	9:30-10:00 - Registration and Tea (Meghnad Saha Auditorium)						
	Time & Venues	Meghnad Saha Auditorium	N R Sen Auditorium	Bank of Baroda Auditorium	Computer Science Auditorium	Satyandranath Mukta Mancha	Applied Psychology Auditorium
	10:00-10:45	Inauguration					
	10:45-11:30	Keynote Address- Dr. Saibal Guha (Chairperson: Dr. Sumita Halder) Topic: The Neuroaffirming paradigm : From Clinical Profiling to Universal Design for Pysychological intervention					
	11:30-12:00	High Tea					
		12:00-12:40 IS 1: Dr Harishankar Moosath (Chairperson: Prof. (Dr). Ushri Banerjee) Topic: AI in the Therapy Room: Opportunities, Risks, and Clinical Guidelines	12:00-13:00 OP 1 Theme: Neurocognitive Assessment and Intervention (Chairperson: Dr Akash Mahato)	12:00-13:00 OP 2 Theme: Interventions of self/ Personality characteristics (Chairperson: Dr. Somdeb Mitra)	12:00-13:00 OP 5 Theme: Interventions for Trauma Related Psychopathology (Chairperson: Prof. Ritu Sharma)		12:00-13:00 OP 3 Theme: Applications for severe Psychopathology (Chairperson: Dr. Deepshikha Ray)
		12:40-13:20 IS 2: Dr Pritha Mukhopadhyay (Chairperson: Dr Jayanti Basu) Topic: Mapping the Mind: A conceptual exploration of Mindfulness	13:00-14:00 Symposium 4 Topic: Rewriting the Narrative: CBT, Stigma, and Social Reintegration in Substance Use Disorders (Chairperson: Dr Soheli Datta)	13:00-14:00 OP 4 Theme: Minority Population/Multicultural competence (Chairperson: Dr. Sujata Satapathy)	13:00-14:00 Symposium 5 Topic: Development of a Module Using Principles of CBT, ACT, and IPT for Increasing Help-Seeking in Students of Higher Education Institutions (Chairperson: Dr Ushri Banerjee)		13:00-14:00 Online OP (Chairperson: Prof. Alvin Ng Lai Oon)
	14:00-14:30	Lunch					
		14:45-15:25 IS 3: Dr. Sujata Satapathy (Chairperson: Dr. Nimisha Kumar) Topic: Adverse effects of psychotherapy	14:45-15:45 Symposium 1 Topic: Innovations in CBT for Late-Life Depression: Adapting Evidence-Based Approaches for Older Adults in South Asia (Chairperson: Dr Bidita Bhattacharya)	14:45-15:45 Symposium 8 Topic: Healing and Growth in Vulnerable Children: An Integrated Therapeutic Approach for Children in Need of Care and Protection (Chairperson: Dr Sanjukta Das)		14:45-15:45 Poster Presentation A (Chairperson: Dr. Dinaz Jeejeebhoy)	
		15:25 -16:25 Symposium 3 Topic: Transdiagnostic CBT Formulation and Intervention for Emotional Abuse: From Childhood Trauma to Adult Resilience (Chairperson: Dr Sumita Halder)	15:50-16:50 Symposium 7 Topic: From Circuits to Cognition: Integrating Cognitive Training and Neurofeedback Approaches in Psychotherapy (Chairperson: Dr Mahasweta Bhattacharya)	15:50-16:50 Symposium 2 Topic: CBT Beyond Western Borders: Context Sensitive Model for Therapeutic Practice in India (Chairperson: Dr Ushri Banerjee)	15:00-17:00 Workshop 1B- Mindfulness-Based Cognitive Therapy & Cognitive Hypnotherapy for Pain by Resource Persons Dr. Prasanta Kumar Roy & Dr Doyel Ghosh		15:00-17:00 Workshop 1A- The Therapist as Entrepreneur: How to Launch, Grow, and Sustain a Private Practice by Resource Person Dr. Harishankar Moosath
	17:30-20:00	16:25-17:25 Symposium 6 Topic: Integrating Clinical Pathways and CBT in Medical Care: Mechanisms, Formulation, and Application (Chairperson: Dr Akash Kumar Mahato)					
Organised Visit to the International Kolkata Book Fair (IKBF) 2026 (*Limited drop facility by bus available)							
4.01.2026)	9:30-10:00 - Registration and Tea (Meghnad Saha Auditorium)						
	Time & Venues	Meghnad Saha Auditorium	N R Sen Auditorium	Bank of Baroda Auditorium	Computer Science Auditorium	Satyandranath Mukta Mancha	Applied Psychology Auditorium
	9:30 - 10:00	Breakfast at Satyandranath Mukta Prangan					
	10:00-10:40	IS 4: Prof (Dr) Ritu Sharma (Chairperson: Dr. Pradeep Kumar Saha) Topic: Translating CBT Principles into Daily Habits: A Research-Driven Approach to Mental Health	10:00-11:00 Symosium 9 Topic: Management of trauma induced psychological problems through Cognitive Behaviour Therapy (Chairperson: Dr Deepshikha Ray)		10:00-11:00 OP 6 Theme: CBT for contemporary Difficulties (Chairperson: Dr. Shivani Santosh)		10:00-11:00 OP 7 Theme: Well-being of Adolescents and Emerging adults (Chairperson: Dr Prasanta Kumar Roy)
		10:40-11:20 IS: Dr. Keith Dobson (Chairperson: Dr. Akash Mahato) Topic: CBT for Depression: Integrating Current Models of Risk and Resilience				11:00-12:00 Poster Presentation B (Chairperson: Dr Shuvabrata Poddar) *To be set up after Breakfast	
		11:20-12:00 IS 5: Prof (Dr) Firdaus Mukhtar (Chairperson: Dr Deepshikha Ray) Topic: Healing After Pregnancy-loss: A compassion-focused CBT Framework for Grief, Guilt and Trauma Recovery	11:00-12:00 OP 8 Theme: Caregiver Burden and Compassion targeted CBT Interventions (Chairperson: Dr. Fauzia Alsabah Shaikh)				

Day 2 (2)		12:00-12:40 IS 6: Prof (Dr) S.P.K. Jena (Chairperson: Dr. Ritu Sharma) Topic: Cognitive Behaviour Therapy in the New Millennium: Challenges and Prospects		12:00-13:00 Skill Class - Dr Nimisha Kumar	12:00-13:00 Symposium 10 Topic: Integrating CBT Into Multidisciplinary Oncology Care (Chairperson: Dr Soheli Datta)		
	13:00-14:00	Lunch					
		14:00-15:00 Symposium 11 Topic: Transforming Trauma in the therapy room- through Eye-trackers, Body Movements and Art in association with CBT (Chairperson: Dr Sreemoyee Tarafder)	14:00-15:00 Symposium 12 Topic: Bridging gaps in CBT- Adaptations for Marginalised Individuals – Lower SES (Chairperson: Dr Sneha Das)	Workshop 2B- Pathways to Change Intervention Skills for Children in Conflict with Law by Resource Persons Dr Sanjukta Das & Dr Saranya Banerjee	Workshop 2A- TEAM-CBT Essentials: From Concepts to Practice by Resource Person Ms Atrayee Chandra	14:00-15:00 Poster Presentation C (Chairperson: Dr Urbi Mukherjee)	14:00-15:00 OP 9 Theme: Substance Use and Behavioural Addictions (Chairperson: Dr. Nimisha Kumar)
		15:00-16:00 Symposium 13 Topic: The CRISS (Culturally-Responsive Integrated Student Support)- CBT-3rd Wave Synergy: A Culturally & Linguistically Responsive Community Volunteers Training Program for Inter-generationally Integrated Student Support in Residential HEIs in India (Chairperson: Prof Manas Kumar Mandal)	15:00-16:00 Symposium 14 Topic: Borderline Personality Disorder and CBT: Exploring the Storm Within (Chairperson: Dr Pradeep Kumar Saha)				15:00-16:00 OP 10 Theme: Digital tools, CBT and community wellbeing (Chairperson: Dr. Rajlakshmi Guha)
	16:00-17:00	Valedictory Session					