

Part IV


ABSTRACTS OF RESEARCH PAPERS

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Session	Date	Time	Room No.
Research Paper 1	21/12/2017	4.00pm – 5.30pm	B204

TITLE
Solution Focused Brief Therapy Addressing Social Phobia: A Case Study
PRESENTER
 Ms. Gayathri Menon
DESIGNATION AND AFFILIATION
PhD Scholar (Clinical Psychology), Amity Institute of Behavioural Sciences, Jaipur, Rajasthan.
ABSTRACT
<p>Social phobia is a condition that involves excessive manifestation of anxiety in social situations marked by physiological disturbances and avoidance. Real or perceived scrutiny from others becomes a fundamental diagnostic indicator. Considering fewest utilization of solution focused brief psychotherapy in the management of social phobia, the present study was an effort to propose and implement a tailor made therapeutic version of the same. The purpose of the work was to address, immediate symptoms of "sense of scrutiny" and "avoidance", using the strategies of solution focused brief therapy in a nineteen-year-old boy, diagnosed with social phobia. He experienced difficulties attending classes, public speaking and confronting the opposite sex along with other physiological disturbances. The research design adopted was single case study design constituting a specific case of social phobia. After undertaking informed consent, data were collected via case history, MSE, Behavior Analysis, coping questions, miracle questions and scaling questions. Further, Human Figure Drawing Test, Beck's Depression Inventory, Hamilton Anxiety Rating Scale was administered as a part of psychometric assessment. Data availed was used for diagnostic conceptualization and psychotherapeutic management. The present case study management shows the effectiveness of solution focused therapy in individuals with social phobia, implying the utility of the intervention in the concerned population respectively.</p> <p>Key Words: adolescent, social phobia, solution focused brief therapy,</p>
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Session	Date	Time	Room No.
Research Paper 2	21/12/2017	4.00pm – 5.30pm	B204

TITLE

A Review on Accelerated Experiential Dynamic Psychotherapy (AEDP)

PRESENTER



Ojaswita Bhushan

DESIGNATION AND AFFILIATION

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ABSTRACT

Introduction: Accelerated Experiential Dynamic Psychotherapy (AEDP) is one of the newer models of psychotherapy. Developed by Dr Diana Fosha, it came out as a structured therapy only in the late 1990s- early 2000s; majorly as an integrative model combining together the psychodynamic, experiential, behavioral and gestalt approaches, to name a few (Fosha, 2002). The notions of 'self-ability' and 'state transformation' are central to the therapy. Initially developed as a healing approach to trauma, AEDP is increasingly being used in the treatments of dissociative disorders as well as personality disorders.

Rationale: AEDP as a framework has been started to be practiced on a large scale in the West. To what extent, it is applicable in India is what drives this paper

Objectives: The objectives of this paper were to study and understand the concepts underlying AEDP framework as well as see the strengths and limitations from the Indian perspective.


Brief Review: This particular paper is a review of the different articles that have been written explaining the framework and efficacy of AEDP philosophy. The paper focuses on the therapy itself, highlighting its origins, the integrative approach, major principles, the techniques involved and the outcomes of the therapy. The process of state transformation and certain areas of application of the therapy have also been elucidated upon along with its applicability in the Indian context as a short-term therapy highlighting its strengths and limitations.

Conclusion: The present framework has many important integrative concepts that require extensive training; however challenging, it can be worth to see its application within the Indian scenario.

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Session	Date	Time	Room No.
Research Paper 3	21/12/2017	4.00pm – 5.30pm	B204

TITLE	
Development of a Cognitive Behavior Therapy Program for Women with Substance Use Disorders	
PRESENTERS	
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ABSTRACT	
<p>In Substance Use Disorders (SUDs), Cognitive Behavior Therapy (CBT) has been found to be an effective treatment towards the outcomes of substance use severity and health. However, literature on adaptation of CBT for this population is grossly limited and literally non-existent in the Indian subcontinent. The present study aimed at developing a CBT intervention adapted to the needs of substance-using women in India.</p> <p>Objectives: To describe the development and components of a cognitive behavior therapy program for women with substance use disorders</p> <p>Method: A therapy program was developed using a review of literature and interviews with 8 experts, 8 women with substance use disorders and their 8 caregivers, at a tertiary care deaddiction centre in South India. The CBT program adapts skills training, dialectical behavior therapy and trauma – focused approaches to the unique socio-cultural needs of women with SUDs in India.</p> <p>Findings: Interviews provided insights into frequency of sessions and duration of therapy as well as content deemed appropriate for the population. A 10 - session intervention program focusing on motivational enhancement, relapse prevention, health and nutrition and emotional regulation was prepared. Separate sessions with caregivers using behavioral couple’s therapy principles and elective sessions that can be chosen additionally were also developed.</p>	
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Session	Date	Time	Room No.
Research Paper 4	21/12/2017	4.00pm – 5.30pm	B204

TITLE

CBT as an Intervention for Marital Disharmony Due to Substance Abuse: A Review of Literature

PRESENTERS



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DESIGNATION AND AFFILIATION

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ABSTRACT

Over the decade it has been reported that substance abuse (i.e. destructive or unsafe utilization of psychoactive substances,) plays a facilitative role in Intimate Partner Violence by precipitating or exacerbating violence, thus leading to Marital disharmony, causing an unpleasant atmosphere involving discord and conflict; prompting at times rape and physical assault.

Objective: The main aspects of the study have aimed to examine the interventions that will be effective in helping the couples overcome substance dependence which will in turn reduce marital discord.

Rational: The current paper tries to assess which CBT intervention was most efficient and time effective. Lastly it would help us find how substance abuse leads to disharmony within a family and also how the interventions can be beneficial to the family as a whole.

Brief review: evidence has indicated Male-to-female physical aggression was nearly eight times as likely on days of substance abuse as on days of no abuse (Fals-Stewart, 2003). Studies have shown a consistent pattern of more abstinence, reduced domestic violence, happier relationships, for addict patients who receive behaviour couple therapy and improved psychosocial functioning of offspring. Emotion focused therapy [EFT] has also been effective by inciting a change in static dyadic satisfaction thus improving relationships..


Conclusion- BCT is also effective along with other psychosocial interventions such as 12 step approach, substance abuse domestic violence treatment, network and solution focused therapy, self-help groups, individual or group substance abuse counseling, and recovery medications Being cost effective, adding BCT to the treatment toolbox of community-based providers will make the intervention available to more families who are very likely to benefit.

Keywords- Substance Abuse, Marital Disharmony, Intimate Partner Violence, Cognitive Behaviour Therapy, Psychosocial Interventions, Emotion Focused Therapy.

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Session	Date	Time	Room No.
Research Paper 5	21/12/2017	4.00pm – 5.30pm	B204

TITLE	
Title: Women a Subject of Offense: A Review of Literature	
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ABSTRACT	
<p>Background: Over the years, there has been a rapid rise in crimes against women in India. Rape and domestic violence are some of India's most common crimes against women. It is reported that at every 20 min, a woman is raped in India. This review focuses on psycho-social interventions for women who are subjected to offenses such as rape and domestic violence of studies in India.</p> <p>Objective: To examine the impact of rape and domestic violence against women in India.</p> <p>Review: Evidence indicated that a set of prejudicial, stereotyped or false beliefs about rape, rape victims, and rapist exist in the community and are found to be very much prevalent amongst youth and higher among males. Studies have found a link between the behaviour of some Indian men and the values that give men proprietary rights over women and girls, economic dependence of women on men, cultural definitions of appropriate sex roles, education level and occupation of women, standard of living, media exposure, and partner's alcoholic behaviors are found to be possible predictors of domestic violence. Psychological interventions such as CBT, PTSD interventions, counseling, and exposure therapy have shown positive results.</p> <p>Conclusion: Though there is evidence of some interventions to help women who are victims of domestic violence and rape, further research is needed, especially on high-quality with quantitative data outcome.</p> <p>Keywords: Rape, Domestic Violence, India, Culture, Machismo, Women, Men, Interventions, PTSD, CBT, Exposure Therapy.</p>	
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Session	Date	Time	Room No.
Research Paper 6	21/12/2017	4.00pm-5.30pm	B204

TITLE

Trauma Histories among Women in a Reception Centre Implications for Trauma Counselling

PRESENTERS



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2. Dr. L N Suman

DESIGNATION AND AFFILIATION

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2. Professor & Head, Department of Clinical Psychology, NIMHANS, Bengaluru

ABSTRACT

The aim of the study was to explore trauma histories among women in a government run Reception Centre in Bengaluru. The sample consisted of 30 women aged between 18-43years (Mean age: 25.87). The details related to their socio-demographic profile were obtained through a Socio-demographic Data Sheet, and a Semi-structured Interview Schedule was developed to obtain trauma histories. The data obtained was analysed using descriptive statistics, and thematic analysis was used to analyse qualitative data. The results showed that almost all of the women in the Reception Centre had experiences of interpersonal trauma, in various stages of development. The perpetrators are often closely related family members or significant others. The various forms of trauma experiences found were neglect, severe physical abuse, emotional abuse, rejection or abandonment, sexual abuse and financial abuse. Severe physical and emotional abuse was experienced by a majority of them during their childhood or adolescence. Various individual and family related risk factors were found, and re-victimization risk was found to be high. The results indicate that there is a need for Trauma Informed Care in such shelters, as the women are vulnerable to mental health problems. It is also important to sensitize the shelter staff about trauma informed services.

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Session	Date	Time	Room No.
Research Paper 7	21/12/2017	4.00pm-5.30pm	B202

TITLE

Combination Of Psychotherapeutic Techniques to Adequately Cope Well with the Body Image Issues in Adolescents, Diagnosed with E-Wings Sarcoma Followed by Amputation - Two Case Series

PRESENTER



Guru Prasanna Lakshmi . P

DESIGNATION AND AFFILIATION

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ABSTRACT

Adolescence was seen as a time of great uncertainty about the self. Issues of self-identity subconsciously come to pervade everything that is done. To regain psychological equilibrium the adolescent is faced with the task of balancing the instinctual wishes of the id against the social demands of the ego.(Anna Freud - Egopsychology)

According to D.W. Winnicott (1965) relative dependence and independence concepts, the child adapts to the external reality in the absence of a mother or secured figure and could develop independence by understanding that himself and the environment can be said to be interdependent.

E-wing sarcoma is a rare tumour that occurs most often in adolescents. Adolescents and young adults (AYAs) with cancer must simultaneously navigate the challenges associated with their cancer experience, whilst striving to achieve a number of important developmental milestones at the cusp of adulthood. The disruption caused by their cancer experience at this critical life-stage is assumed to be responsible for significant distress among adolescents and young adults living with cancer.(Ursula M. Sansom-Daly et al; 2013) Adolescents experience physical and psychosocial changes as part of their normal development. It can be reported that they have lower scores on quality of life (Qol) and self - perception when additional changes occur due to cancer treatment.

(Christel A.H.P. van Riel et al , 2014) .

Purpose of this study is to understand the emotional distress related to body image issues when the amputation is only the remediation for the further progression of the cancer to other parts of the body. A Two case series, Pre and Post design, intervention study was adopted. The 2 opposite gender adolescents assessed Cognitive flexibility, Depression, Anxiety and Stress levels by using Neuropsychological testing WCST and DASS for the therapeutic purpose. Brief CBT approach with coping skills and Relaxation training along with family therapy was given as an intervention package. The pre assessment showed Cognitive inflexibility on WCST and moderate levels of Depression, Anxiety and Stress on DASS rating scale. After the 15 sessions of intervention, post assessment results on DASS was found to be nil significant. The two adolescents were observed to be with improved quality of life. They appeared to be stable and was prepared for the amputation in the process of treatment.

Key words: E- wings sarcoma , Amputation, Adolescents, body image issues, psychological distress

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Session	Date	Time	Room No.
Research Paper 8	21/12/2017	4.00pm-5.30pm	B202

TITLE

Time Effective Psychosocial Interventions In Adolescent Mental Health, School Mental Health & Child Abuse

PRESENTERS



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ABSTRACT

Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, and can work productively and fruitfully. Mental Health is a crucial facet in any stage of the human lifespan.

Mental health problems affect about 1 in 10 children and young people. Children are often fathomed to be immune to mental problems and illness, and to the evils of the world. However children too may face the same adversities as adults do and may be victims of abuse. Adolescence is the age when individuals explore the world and themselves, and may face problems such as drug abuse, depression and anxiety as a result of their experiences. Alarmingly, however, 70% of children and young people who experience a mental health problem have not had appropriate interventions at a sufficiently early age.

Good mental health allows children and young people to develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults. Providing children with an environment that demonstrates love, compassion, trust, and understanding will greatly impact a child so that they can build on these stepping stones to have a productive lifestyle.

Schools are not only a place for academics, but may be a place where children and adolescents may share their problems in a safe environment and learn to deal with them effectively.

This paper explores the use of effective psychosocial interventions such as Solution Focused Therapies, Group Therapies, Interpersonal Therapies, Family Therapies and Cognitive Behavioral Therapies in helping adolescents and children to cope with problems.


The contents of the paper are based on published research, and information is gathered from online databases and various journals.

Keywords: Brief psycho-social therapies, mental health in school
child abuse, adolescent mental health

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Session	Date	Time	Room No.
Research Paper 9	21/12/2017	4.00pm-5.30pm	B202

TITLE	
Significance and Feasibility of Solution Focused Brief Therapy for Indian Population	
PRESENTERS	
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DESIGNATION AND AFFILIATION	
<ol style="list-style-type: none"> 1. MPhil Clinical Psychology Student, Department of Psychology, Sri Ramachandra University, Chennai. 2. Lecturer, Department of Clinical Psychology, Sri Ramachandra University, Chennai. 	
ABSTRACT	
<p>With the advancement in mental health treatment, people are now increasingly aware of non-pharmacological interventions. However, in today's fast paced life, conventional therapies may be time consuming and hence people tend to choose brief psychotherapies. Solution focused brief therapy (SFBT), an approach to psychotherapy is future-focused, goal-directed and focuses on solutions rather than problem-solving. Since its inception, a number of studies have documented the importance of SFBT in different conditions such as depression, anxiety, deliberate self-harm, obsessive compulsive disorder, schizophrenia, marital issues, caregiver burden and adolescent parenting. This article seeks to find out the significance and feasibility of SFBT in Indian settings through review of literature from over the past decade. Outcome of analysis will be presented and discussed in detail in the conference.</p>	
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Session	Date	Time	Room No.
Research Paper 10	21/12/2017	4.00pm-5.30pm	B202

TITLE

Reconceptualization of Self-Defeating Humour: Implications for Humour Intervention Programs

PRESENTERS



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DESIGNATION AND AFFILIATION

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ABSTRACT

The theoretical focus of humour intervention is to increase positive emotions to overcome negative emotions through the development of emotional resilience. In the 7-humor habit program (7HHP) one of the key humour habits is the integration of humiliating self-directed jokes in everyday life to promote effective coping. Self-defeating humour helps to switch thoughts effectively by playfully laughing at perceived flaws both within and outside the person's sensitive interests. But, long term benefits of the intervention are found to be negligible. Existing literature suggests that even though humour in general is a healthy coping mechanism the use of self-defeating humour may be maladaptive. This humour style may accentuate the emotional element but may not necessarily develop only positive emotions. The present paper addresses the stagnant negative emotions highlighting the discrepancy in experiential affect. This puts the use of self-defeating humour in the 7 Humour Habits Program (7HHP) in question. The current study posits a comprehensive conceptual model of self-defeating humour, the mechanisms by which this form of humour develops and operates in an individual. In this model, early maladaptive schemas operate in association with humour, resulting in both behavioural expression (e.g., laughter) and negative emotional experience, paradoxically perpetuating negative self-evaluative beliefs. Furthermore, the model suggests pivotal implications of self-defeating humour.

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Session	Date	Time	Room No.
Research Paper 11	21/12/2017	4.00pm-5.30pm	B202

TITLE
Social Support as an intervention in mental health
PRESENTER
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DESIGNATION AND AFFILIATION
Research Scholar, Dept. Of Psychology, Aligarh Muslim University, Aligarh, UP.
ABSTRACT
<p>Social Support is regarded as a buffer against hazardous effects of stressors. On one side, social support reduces anxiety and depression and on other side it improves self-image and ability to cope amidst stressful situations. Some world famous organizations are based upon the concept of providing support to those who suffer and the results are positive. Alcoholics anonymous can be cited as an example. Despite of tremendous benefits of social support, the era of digitization has blacklisted this blessing from our lives. Instead of relying upon support systems like family and friends, people are diverted to gadgets when they encounter any stressor in their lives. Present paper aims at reviewing literature in order to understand the different mechanisms through which social support acts in order to enhance one’s mental health. Besides, social support will be discussed not as a theoretical concept but as a therapy in itself. There is a dire need to revive our support systems so as to get maximum possible benefit from them. No single therapy can benefit a person if it is not linked to support.</p> <p>Key words: Social Support</p>
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Session	Date	Time	Room No.
Research Paper 12	21/12/2017	4.00pm-5.30pm	B202

TITLE

Time Effective Psychosocial Interventions in Sexual Abuse.

PRESENTER



Ms. Aiswarya M Babu

DESIGNATION AND AFFILIATION

Assistant Professor, MA in Child Psychology and Child Development, Department of Psychology, Parvatibai Chowgule College of Arts & Science Autonomous, Gogol- Margao

ABSTRACT

Effective brief therapy enables the clients to problem-solve, facilitates the relationship with the provider, and ultimately clarifies the patient's situation. Childhood sexual abuse (CSA) is a pervasive and egregious crime defined as "a sexual act between an adult and a child, in which the child is utilized for the sexual satisfaction of the perpetrator" (Lev-Weisel 2008). Adult survivors of CSA are at increased risk for a number of mental health issues including depression, anxiety, and post-traumatic stress disorder (PTSD) (Dube 2005; Sachs-Ericsson 2009). There is undeniable evidence that CSA is associated with a substantial increased risk of psychopathology, especially post-traumatic stress disorder (PTSD), depression, and substance abuse (Molnar, Buka & Kessler, 2001; Putnam, 2003)


This paper purports to study the efficacy of the interventions most suitable in dealing with adults and children who have undergone sexual abuse. The different approaches explored in this area would be therapies such as Cognitive Behaviour Therapy, Eye Movement Desensitisation & Reprocessing, Solution Focused Behaviour Therapy, Prolong exposure therapy, Cognitive processing, Supportive therapy etc.

Key Words: Brief Therapy, Childhood sexual abuse (CSA), Depression, Anxiety, Post traumatic stress disorder, Cognitive Behaviour Therapy, Eye Movement Desensitisation & Reprocessing, Solution Focused Behaviour Therapy, Prolong exposure therapy, Cognitive processing, Supportive therapy.

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Session	Date	Time	Room No.
Research Paper 13	22/12/2017	4.00pm – 5.30pm	B204

TITLE	
Psychosocial Interventions for PTSD in War-Exposed Children and Adolescents: A Review of Literature	
PRESENTERS	
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DESIGNATION AND AFFILIATION	
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ABSTRACT	
<p>Children are most affected by war, which is a fundamental change in their social structure, which should support their normal development. (T.S. & K., 2008) Worldwide, 1 in 6 children lives in a war zone and it is more likely for civilians to suffer injury or death than for soldiers in battle. (Rieder & Choonara, 2012) This turns the war into a health issue of great importance. The physical, sexual and emotional violence that children from war-zones experience ruins their innocence and impairs the very the foundations of their lives. It is important to address these issues as the children in war-zones suffer from severe psychological trauma which attenuates future perspectives and leaves a grave impact on their perception of the world. To determine time effective psychosocial interventions for PTSD in war-exposed children and adolescents. Children experience violence, displacement and torture during the war which affects their mental health. Psychosocial intervention emphasizes on restoration. School based, trauma focused treatment program for war exposed people found to be very effective (Cox, et al., 2007). Participation in a mind-body skills group program which included meditation, guided imagery, breathing techniques, movement, etc., showed significant improvement in symptoms. (Staples, Abdel Atti, & Gordon, 2011) Although the most promising interventions to reduce war related PTSD include cognitive behavioural therapy (CBT), testimonial psychotherapy, narrative exposure therapy (NET) and eye movement desensitisation and reprocessing (EMDR). (Ehnholt & Yule, 2006) The detailed analysis is on-going but the preliminary findings suggest that trauma focused CBT, NET, EMDR and family/ community based interventions are the most effective. Studies conducted in the field are limited, making it incorrect to draw assumptions from them. A multi-faceted perception which requires the observational, methodological and compassionate abilities of anthropologists, scientists and a counsellors would work the best. This provides a deeper understanding of the trauma and its impact on those affected.</p>	
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Session	Date	Time	Room No.
Research Paper 14	22/12/2017	4.00pm – 5.30pm	B204

TITLE

Causes and interventions for marital discord: A review of literature

PRESENTERS



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2. **Sherly Fernandes**
3. **Sijourney Fernandes**

DESIGNATION AND AFFILIATION

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ABSTRACT

The research paper aims to assess the different "time effective psychosocial interventions in couple and marital disharmony". Marriage is a legalised social unity between a boy and girl making a couple. It upholds and binds the interpersonal intimacy to the extent of sexual needs which are mutually agreed upon. Marital disharmony often occurs mainly because of financial concerns, sharing household responsibilities, parenting, and relationship with in-laws, addictions turned out to be common triggers of marital arguments among dual career couples.

Source: For the current study, review of literature of which 30 most recent research articles were selected and data was collected from secondary sources like journals and research articles from internet. The major aspects of the paper have aimed to examine the interventions for inevitable disagreements among married couples while shouldering the duties of marriage and home, leading to highly stressful lives. The current paper also tries to assess which interventions were most efficient and time effective. Lastly, it would help find which are the most common causes of marital disharmony and the most suitable interventions for them. Infertility, lack of trust, sexual deprivation, communication gap etc. are also seen to be the causes of marital disharmony.

From the papers reviewed it was found that avoiding the idle mind by engaging in hard work, use of family counselors, listening carefully to spouse, developing a positive attitude, communicating are resolution strategies for resolving marital disharmony.


Solution-focused therapy, motivational interviewing, short term dynamic psychotherapy, Marital Therapy, marriage enrichment workshops are also the useful interventions used.

The study can be of great use to marriage counselors as it will help them to know what will be the most effective intervention is for some of the causes of marital disharmony. Couples having issues in their married life can themselves find an appropriate solution to deal with their problems too.

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Session	Date	Time	Room No.
Research Paper 15	22/12/2017	4.00pm – 5.30pm	B204

TITLE	
SFBT- A Miracle from a Minimalist Perspective	
PRESENTERS	
	<ol style="list-style-type: none"> 1. Amreen Lakdawala 2. Yusra Sayed
DESIGNATION AND AFFILIATION	
Post Graduate, Students, Psychology at Parvatibai Chowgule college of Arts and Science Autonomous, Goa-India.	
ABSTRACT	
<p>In understanding and assisting clients, psychologists often use an eclectic approach, and draw upon various theories of psychotherapy to guide them in the therapeutic process of developing solutions. Of the many theories, and approaches to psychotherapy, authors here focus on the theoretical model of Solution-Focused Brief Therapy (SFBT) - a postmodern, humanistic systems approach, which is future-focused, and goal-oriented. This model associates assumptions, and strategic techniques with the clinical process from a non-pathological view, and maintains a directed narrow focus of inquiry, and optimism based on a here-and-now perspective. SFBT places great value on building solutions, rather than solving problems, it is a collaborative talk-therapy that typically takes place over a short period of time. As part of an evaluative study to subjectively determine the validity, cogency, effectiveness, and logic of the assumptions, and methodologies employed by SFBT, this paper will explore its applications, strengths, and weaknesses.</p> <p>This paper will provide a better understanding of solution focused brief therapy, it can also be used for school counselling, individual and family therapies and it can also be used in counselling organisational units</p>	
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Session	Date	Time	Room No.
Research Paper 16	22/12/2017	4.00pm – 5.30pm	B204

TITLE

Residential Exposure With Response Prevention: A Time-Effective Intervention for A Severe And Chronic Case of OCD

PRESENTER



Ms. Sheetal Rose Jose

DESIGNATION AND AFFILIATION

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ABSTRACT

Obsessive-Compulsive Disorder (OCD) is marked by persistent preoccupations and repetitive behaviors that correspond to obsessions. The primary treatment for OCD—exposure with response prevention (ERP)—directly targets psychological factors through two elements: exposure to triggers of compulsive rituals and prevention of ritualized response. Majority of clients undergo ERP on an out-patient basis, with a caregiver being assigned the role of a co-therapist to implement the treatment plan at home. This case study of a severe and chronic OCD patient opens doors to provide insights regarding time-effectiveness of ERP without any psychiatric medications, when administered by a qualified therapist co-residing with the client round the clock.

Methods: The client, 'SV', presented with obsessions of contamination regarding masturbation and associated compulsions of cleaning everything directly or indirectly in contact with the act since 6 years. A single case-study design was employed, and information about presenting complaints, past, family, and personal history, premorbid functioning, and mental status were collected through a clinical interview. Severity of symptoms was assessed through Yale-Brown Obsessive-Compulsive Scale. ERP was done intensively, with a co-therapist residing with him on a daily round-the-clock basis. Obsessions were dealt with through intensive psychoeducation and cognitive restructuring. As part of relapse prevention, activity scheduling was done to enhance quality of time spent daily.


Results and Findings: After eleven sessions, the client reported that that his obsessions of contamination had reduced, and repetitive washing and cleaning were no longer an issue. Post-therapy scores on Y-BOCS indicated subclinical level of obsessions and compulsions, compared to the pre-therapy extreme severity of symptoms.

Conclusion: This case study suggests that the outcome of ERP in treatment of OCD would be extremely favorable, even for treatment-resistant OCD, if done on a daily, round-the-clock basis with the client residing with the therapists. It sheds light on time-effectiveness of ERP when done as described.

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Session	Date	Time	Room No.
Research Paper 17	22/12/2017	4.00pm – 5.30pm	B204

TITLE	
Solution Focused Brief Therapy and Health Psychology: A Review	
PRESENTERS	
	<ol style="list-style-type: none"> 1. Ms. Soumya. N 2. Dr. Abdul Salam K.P
DESIGNATION AND AFFILIATION	
<p>1. Post Graduate Student, Hyderabad Central University 2. Asst. Professor Dept. Clinical Psychology, IMHANS, Kozhikode</p>	
ABSTRACT	
<p>Solution Focused Brief Therapy (SFBT) places focus on a person's present and future circumstances and goals rather than past experiments. In this goal-oriented therapy, the symptoms or issues bringing a person to therapy are typically not targeted.</p> <p>Health psychology is the study of psychological and behavioural process in health, illness and health care. It is concerned with understanding how psychological, behavioural and cultural factors contribute to physical health and illness. Psychological factors can affect health directly.</p> <p>Until recently the majority of solution focused brief therapy research has focused on the application and effectiveness of SFBT in family therapy, counselling in mental health and educational setting. SFBT is an approach aimed at achieving a patient's goals or 'preferred future' through identifying and utilizing their expertise. SFBT may have significant efficacy in helping those with chronic physical conditions to live improved, meaningful lives.</p> <p>This is a review of studies which examines the effectiveness of solution focused practice in health related issues. The relevant studies were identified from PubMed and Google scholar data bases. This review shows that five studies were reported in application of SFBT on health related issues. Out of five studies two studies were case studies, one qualitative study and other two were pilot studies from 2003-2014 and was limited to published studies in health psychology.</p> <p>This paper which discuss about all these studies with respect to research methodology, conceptualisation and other implications.</p> <p>The findings suggest that solution focused brief therapy affect the health related issues. SFBT is effective for patients when developing effective coping responses the stressors associated with chronic physical disease and pain.</p>	
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Session	Date	Time	Room No.
Research Paper 18	22/12/2017	4.00pm – 5.30pm	B204

TITLE

Reinforcements And Punishments Preferred By Parents: A Cross Cultural Study

PRESENTERS



1. Fathimath Leena
2. Dr. Sherin P A

DESIGNATION AND AFFILIATION

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2. Asst. Professor, Department of Psychology, Acharya Institute of Graduate Studies, Bengaluru

ABSTRACT

The structural and functional changes in family systems have brought about tremendous changes leading to the shrinking of joint family system and the shift of culture from collectivistic to individualistic culture. These have brought about many changes in the role identity of the parents which has shown impact on the parenting process to modify the behavior of children. Reinforcements and punishments are important components in the parenting process. Previous researches and studies have proved that parents adopt different types of reinforcements and punishments in the parenting process to modify the behavior of the children.

Aim & Objectives: This study is aimed to develop a module for Parental awareness program in adopting reinforcements and punishments in the parenting process to modify the behavior of their children. The objectives of the study are multifold. Firstly to formulate a checklist on the types of reinforcements: social, activity, tangible, token, and sensory and also the punishments based on the review of literature and books published in this context. Secondly to explore the different types of reinforcements and punishments preferred by parents in the parenting process to modify the behavior of their children. And finally to find out the differences among mothers and fathers in their preferences in reinforcements and punishments to modify the behavior of their children and also to find out the relationship between the socio-demographic data and the preferences made by parents in the reinforcements and punishments in the parenting process to modify the behavior of their children across cultures.


Materials & Methods: Sample included 30 male and 30 female biological parents of the play age children (3-6 years) who resided in the urban city of Bangalore/India and Male/Maldives and have also being in the marital relationship for not more than 15 years. Single parents, parents of children with disability and parents without any educational background (illiterate) were excluded from the sample. Participants were selected through purposive sampling. Measures included socio-demographic data sheet and a checklist, both developed by the researcher.

Analysis and Data: The collected data were analyzed and discussed using percentage analysis, T test, Pearson's correlation. Practical implications and recommendations for further research were also discussed with a special focus on developing a module for parental awareness program.

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Session	Date	Time	Room No.
Research Paper 19	22/12/2017	4.00pm – 5.30pm	B202

TITLE	
Social Cognition Intervention In Schizophrenia: Preliminary Evidences From An Innovative Programme	
PRESENTERS	
	<ol style="list-style-type: none"> 1. Ms. Dhanya C 2. Dr. Keshav Kumar 3. Dr. Jagadisha Thirthalli
DESIGNATION AND AFFILIATION	
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ABSTRACT	
<p>Background & Aim: Social cognition interventions in Schizophrenia are coupled with neuro-cognitive interventions for better treatment implications. This study aims to assess preliminary evidence of effectiveness of an innovative social cognition intervention programme on enhancing social cognition. Methods: 6 clinical subjects diagnosed with Schizophrenia Spectrum Disorders of chronic nature were assessed on symptomatology, social cognition and social functioning at baseline. Further they were invited to participate in an innovative 18-day intervention programme for social cognition developed along the lines of cognitive retraining. Post-intervention assessment was done to assess changes in symptomatology, social cognition and social functioning. Results & Conclusions: A comparison of baseline and post-intervention assessment scores reveals reduced symptomatology, enhanced social cognition and social functioning. The findings will be further discussed in view of the various domains involved and the feasibility of brief socio-cognitive interventions.</p>	
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Session	Date	Time	Room No.
Research Paper 20	22/12/2017	4.00pm – 5.30pm	B202

TITLE

The Impact Of Experiential (T)Group Dynamics On Locus of Control, Self Esteem And Resilience in Students Of Fire Engineering College-A Pre And Post Study

PRESENTERS



1. Dr. Milli Baby
2. Ms. Hemlata Dubey

DESIGNATION AND AFFILIATION

1. Asst. Professor & Head, Dept. of Psychology, Vasantrya Naik Government Institute of Arts and Social Sciences, Nagpur.
2. Part-time Assistant Professor, Indian Institute of Fire Engineering, Nagpur

ABSTRACT

A typical fire safety engineering program coursework provides students with a solid foundation in the design, testing, analysis and implementation of fire protection systems. Students gain an advanced understanding of science, engineering, mathematics and computers in order to better solve technical problems but the problems related to self also needs to be dealt with for which this paper tried to attempt to explore the role of Experiential learning in boosting self esteem(SE) and resilience(R) among the students and also help students to have more internal Locus of Control(LOC). A T-group or training group is a form of group training where participants themselves learn about themselves through their interaction with each other. They use feedback, problem solving, and role play to gain insights into themselves, others, and groups. This was a twenty hours program distributed in five days on 52 students of first semester studying in Indian Institute of Fire Engineering College, Nagpur.


LOC describes the degree to which you perceive that outcomes result from your own behaviors, or from forces that are external to yourself. Your LOC is absolutely essential to your R and one of the major building blocks to increasing it, while the third variable SE is a person's positive or negative attitude toward himself or herself, and is closely associated with personality functioning.

The current training program had more work-based learning opportunities, or placements undertaken as part of training, which can provide opportunities to help students develop the competencies that underpin their mental well being. The pre-test was administered for which Wagnild and Young's R scale, Rosenberg SE scale and Rotters LOC was used on day one and the post test administered on the last day. Results of the pre test showed that SE was average, resilience was moderately high and LOC was internal. Post test results showed significant change in level of SE ($t=4.95, p<0.01$) and R ($t=3.31, p<0.01$) while no change was seen in LOC.

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Session	Date	Time	Room No.
Research Paper 21	22/12/2017	4.00pm – 5.30pm	B204

TITLE	
Effectiveness of Solution Focused Brief Therapy Training on Solution Focused Thinking	
PRESENTERS	
	<ol style="list-style-type: none"> 1. Dr. A Thirumoorthy 2. Mr. Ijas Abdul Majeed 3. Dr. Jaseem Koorankote
DESIGNATION AND AFFILIATION	
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ABSTRACT	
<p>In recent years Solution Focused therapy has gained popularity among practitioners and researchers. However, the paucity of training on Solution Focused Brief Therapy (SFBT) is evident in India. In order to fill the gap in training needs, Department of Psychiatric Social Work started training workshops on SFT. Present study examines the effectiveness of SFBT workshops on the participants solution focused thinking which is key aspect in Solution Focused therapy. Participants were assessed on their Solution Focused Inventory (SFI) scores at pre and post of the workshops. Result reveals that there is a significant change in the SFI scores of participants after the workshop, which is indicative of solution focused training can be effective in developing solution focused thinking among the participants who are predominantly trained in problem focused therapies.</p>	
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Session	Date	Time	Room No.
Research Paper 22	22/12/2017	4.00pm – 5.30pm	B202

TITLE

Effect of Solution Focused vs. Problem Focused Questions in Affect, Solution Focused Orientation and Neuropsychological Changes.

PRESENTERS



1. **Hind Beegam R**
2. **Mohamed Muqthar P**
3. **Jaseem Koorankot, PhD**

DESIGNATION AND AFFILIATION

1. Post Graduate Student, Dept. Psychology, Annamalai University, TN
2. Under Graduate Student, Dept. Psychology, Annamalai University, TN
3. Lecturer, Dept. of Clinical Psychology, IMHANS, Calicut


ABSTRACT

There have been a number of outcome studies examining the impact of solution focused brief therapy. However, literature review could not find any study attempting to find out how does SFBT work in neuropsychological perspective. The present study primarily aims at understanding if there is any significant difference in neuropsychological components (attention, working memory, processing speed, planning, set shifting ability etc) during when the therapist attempts to take the clients (with depression), in problem focused mental schema and solution focused mental schema. Also, the study attempts to understand the changes in their affect, Solution Focused Orientation (SFI), and also their subjective rating of distress while bringing the clients (with depression) in problem focused mental schema and solution focused mental schema. This study may bring new insights for explaining how does SFBT work and may guide us in offering a scientific explanation as in how SFBT differ from problem focused therapy. The results may also guide future studies in neuropsychological aspects of therapies and especially that of SFBT.


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Session	Date	Time	Room No.
Research Paper 23	22/12/2017	4.00pm – 5.30pm	B202

TITLE	
Solution-Focused Brief Therapy for Mild Depression in Private Psychiatry Setting	
PRESENTERS	
	<ol style="list-style-type: none"> 1. Sonu S Dev 2. Liya Ajayan
DESIGNATION AND AFFILIATION	
MPhil Trainees, Sweekar Academy of Rehabilitation Sciences, Hyderabad	
ABSTRACT	
<p>People living with mild depression and mostly goes both undiagnosed and untreated. Untreated depression is a grave concern, researches indicate that it can lead to significant distress, functional impairment and can cause psychological suffering along with worse medical outcomes, including immunosuppressive effects. The present study is a preliminary investigation, evaluating the efficacy of SFBT in the management of Mild Depression among individuals who are undergoing therapy. A total of 11 individuals who were diagnosed with mild depression in a Psychiatric Hospital Setting were recruited for the study. There were 2 drop-outs, and the remaining 9 participants subjected to 10 weeks SFBT treatment program for mild depression. The participants were assessed by Beck Depression Inventory- II (BDI) and Solution Focused Inventory, pre- and post intervention. The assessment scores, pre- and post intervention, were compared and was found as statistically significant at 0.05 level on both BDI (z= 2.67) and SFI (z= 2.67). Post- intervention, all 9 participants were interviewed by an independent clinician for mild depression, and only one person met the ICD- 10 diagnostic criteria for depression. The findings of the study indicate a preliminary efficacy of SFBT in treating depression among people infected with mild depression.</p>	
CORRESPONDING AUTHOR	
Baijesh AR	

Session	Date	Time	Room No.
Research Paper 24	22/12/2017	4.00pm – 5.30pm	B202

TITLE	
Role of Reinforcements in Gamification	
PRESENTERS	
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DESIGNATION AND AFFILIATION	
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ABSTRACT	
<p>Gamification is the use of game design elements in non-game contexts (Deterding, Dixon, Khaled & Nacke 2011), which uses the token method of reinforcement to modify individual behaviours (Kazdin, 1977). Gamification is considered as a solution for enhancing work motivation in employees. The present study is an attempt to find out the importance of reinforcement in the process of 'Insignio' gamification, a gaming frame work that brings in the gaming aspects for a large group of individuals at work. The sample included 50 teams in one multinational IT organisation. As per the findings, when reinforcement decreases in gamification, employee motivation towards work decreases and as a result work performance decreases. Regular and continued reinforcements play a critical role in employee motivation towards work and employee work performance. The study also gives an insight into the importance of praise, learning and continuous improvement.</p> <p>Key words: Token, Reinforcement, Gamification, Work motivation, Employee performance</p>	
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