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[Run by : Shri M. L. Gandhi Higher Education Society, Modasa.]

શ્રી એસ.કે. શાહ એન્ડ શ્રીકૃષ્ણ ઓ. એમ. આર્ટ્સ કોલેજ, મોડાસા

શ્રી મ.લા.ગાંધી ઉચ્ચતર શૈક્ષણિક મંડળ, મોડાસા સંચાલિત

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પા.નં. /2022 -2023

Department of Psychology Report of Seminar

Cognitive behavioral therapy (CBT) is a form of psychological treatment that has been demonstrated to be effective for a range of problems including depression, anxiety disorders, alcohol and drug use problems, marital problems, eating disorders, and severe mental illness. Numerous research studies suggest that CBT leads to significant improvement in functioning and quality of life. In many studies, CBT has been demonstrated to be as effective as, or more effective than, other forms of psychological therapy or psychiatric medications. It is important to emphasize that advances in CBT have been made on the basis of both research and clinical practice. Indeed, CBT is an approach for which there is ample scientific evidence that the methods that have been developed actually produce change. In this manner, CBT differs from many other forms of psychological treatment.

Under the guidance of Principal Dr. Deepak H Joshi Sir, a online seminar was organized for the students on 21 /07 /2022 on the topic "Cognitive Behavioral therapy ". In which Dr.Dilipsigh Behola gave very useful information to the students about the importance of psychology. Many students participated in it. CBT aims to teach people that it is possible to have control over your thoughts, feelings and behaviours. CBT helps you to challenge and overcome automatic beliefs, and use practical strategies to change or modify your behaviour.


PRINCIPAL

SHRI S. K. SHAH & SHRIKRISHNA