



2023
IPS-AIIMS-CME

Combined Psychotherapy and Pharmacotherapy

AIIMS (SPREMH) | IPS Psychotherapy Specialty Section



New Delhi



8th & 9th October 2023



JLN Auditorium, AIIMS, Delhi



aiimscpp2023@gmail.com



<https://cpp2023.in>



In-person



शरीरमात्रं खलु धर्मसाधनम्

Organised by:

**Department of Psychiatry
& NDDTC, AIIMS, New Delhi**

Organising Chairperson

Prof. R K Chadda

Organising Secretary

Prof. Pratap Sharan



IPS-AIIMS-CME on

Combined Psychotherapy and Pharmacotherapy

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Background

The question of combining medication with psychotherapy has intrigued clinicians and researchers since the earliest days of psychopharmacology. Psychotherapy and pharmacotherapy are typically delivered by separate clinicians and may be conceptualized from dualistic perspectives. Combined treatment work best when clinicians develop flexible plans that allows for appropriate alterations in medication and the delivery of psychotherapy to meet the specific needs of the clinical situation following an integrative model.

Studies that have explored the mechanisms of interaction between pharmacotherapy and psychotherapy show positive interactions between treatments. It has been suggested that pharmacotherapy aids psychotherapy by improving the patient's concentration, reducing distorted/irrational thinking, or reducing anxiety/painful mood states leading to greater absorption of the learnings from psychotherapy.

On the other hand, psychotherapy improves medication adherence, helps patients better understand and manage their illnesses, and assist patients in dealing with stress, interpersonal issues, and other psychosocial influences that pharmacotherapy may not target directly. An important interaction that has been studied extensively is the add-on effect of psychotherapy in preventing relapse in patients with various disorders.

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Psychotherapy could have biological effects that work together with medication to reverse biological abnormalities. Studies of biological markers such as sleep EEG, neuroreceptors and thyroid hormone levels have shown that psychotherapy exerts effects on brain activity and neuroendocrine functioning. Also, positron emission tomography scanning techniques have been used to investigate similarities and differences between the actions of psychotherapy and pharmacotherapy on brain pathways involved in the pathophysiology of major mental disorders. During the past 4 decades, several important studies have compared monotherapy with a combined approach, and clinicians have gained extensive experience in using different methods for combining treatments.

In this CME, we examine the current status of combined pharmacotherapy and psychotherapy from both a clinical and research perspective. Erudite speakers will provide the rationale for bringing biological and psychological therapies together in a comprehensive approach to treatment. Also, speakers will offer practical guidelines for using an integrated treatment approach.

Prof Pratap Sharan
Organizing Secretary
CPP 2023

Prof RK Chadda
Organizing Chairperson
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Program Schedule

8th October [Venue: Board Room, AIIMS]

Time	Topic and Speakers
09:00-10:00	Inauguration of CME
10:30-13:30	Experiential session on Group work - (50 seats only) - Nitesh Painuly , NHS, UK Coordinators: Arghya Pal , AIIMS Raebareli, Nishtha Chawla , AIIMS, Delhi

9th October [Venue: Jawaharlal Nehru Auditorium, AIIMS]

Time	Topic and Speakers
08:30-10:00	Panel Discussion: Medical psychotherapy Moderator: Alok Sarin , Sitaram Bhartia ISR, Delhi Panelist: Geetha Desai , NIMHANS, Bengaluru; Ananya Mahapatra , BSAMCH, Delhi; Pallavi Rajhans , Sama Hospital, Delhi; Pratap Sharan , AIIMS, Delhi
10:00-10:40	Psychotherapy in current psychiatric practice and training - Rakesh Chadda , AIIMS, Delhi
10:40-11:10	Tea
11:10-11:50	Mind and brain in psychiatric treatment: Neurobiologically informed perspective on psychotherapy - Sanjeev Jain , NIMHANS, Bengaluru
11:50-12:30	Evidence on efficacy of combination treatment in Depression: Acute phase & maintenance - Subho Chakrabarty , PGIMER, Chandigarh
12:30-13:20	Lunch
13:20-14:00	Evidence on Sequence of combination treatment in Depression Vijay Krishnan , AIIMS, Rishikesh
14:00-14:40	Combination psychotherapy: One person vs two-person model Somnath Sengupta , Clinical Regional Head, Sukoon Heath, Delhi
14:40-15:10	Tea
15:10-15:50	Creating psychotherapeutic formulation from clinical evidence - Nitin Gupta , Gupta Mind Healing & Counselling Centre, Chandigarh
15:50-16:30	Social issues related to combined psychotherapy: costs, preferences & risks - Gauri Shankar Kaloiya , AIIMS, Delhi
16:30-17:10	Teaching psychotherapy to psychiatrists - Sabish Balan , Columbia University, New York, USA
17:10-17:30	Valedictory
17:30	Tea



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Registration Rates

Groups	Rates
Day 1 Programme (with Dinner):	Rs 3000/-
Day 2 Programme:	Rs 2000/-
Registration for both days	Rs 5000/-

Bank Details

 Payments can be made by bank transfer/ check/ pay order

A/C Name	SPREMH
Bank	State Bank of India
A/C No.	38263398883
IFSC	SBIN 0001536
Branch	AIIMS, Ansari Nagar, New Delhi-110029.

Note:

- The conference does not involve any direct or indirect sponsorships from pharmaceutical companies or the allied health sector.
- All registrations are to be made online through the web portal - <https://cpp2023.in/>

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Contact Us:

Secretariat	Department of Psychiatry All India Institute of Medical Sciences New Delhi 110029 Phone: 91 11 26593533, 91 1126593236 Email: aiimscpp2023@gmail.com
Organizing Secretary	Prof Pratap Sharan Email: pratapsharan@gmail.com
Venue	Jawaharlal Nehru Auditorium, AIIMS, Ansari Nagar, New Delhi, India - 110029
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