

Workshop on REBT held

■ Staff Reporter

RATIONAL Emotive Behavior Therapy (REBT) is fast upcoming psychotherapy which is found to be useful in many psychological and psychiatric disorders. Indian Psychiatric Society, West Zone had their Annual Conference on REBT at Daman, Gujarat.

In this conference, Anupama Gadkari, Trained and Certified REBT therapist conducted three

hour workshop on 'REBT in Clinical Practice' along with Dr Anuradha Sovani, Psychologist from Mumbai. Main topics covered were basic principals of REBT use of REBT in psychiatric disorders and psychological problems.

The workshop was attended by 55 psychiatrists/ psychologist from states like Maharashtra, Goa, Gujarat and Rajasthan. The work - shop was appreciated by one and all and evoked detailed discussions



Anupama Gadkari and Dr Anuradha Sovani discussing about REBT at the workshop.

about REBT.