

WORKSHOP ON COGNITIVE BEHAVIORAL THERAPY (CBT) FOR NURSING PROFESSIONALS

17 AUGUST 2026



ABOUT THE WORKSHOP

Nursing professionals are often the first point of contact for patients experiencing psychological distress, emotional challenges, and behavioral concerns. As healthcare settings increasingly recognize the importance of holistic and patient-centered care, nurses require practical skills to support patients' mental and emotional well-being alongside their physical health.

Cognitive Behavioral Therapy (CBT) is an evidence-based, structured, and goal-oriented psychological approach that helps individuals identify and modify unhelpful thoughts, emotions, and behaviors. An understanding of CBT principles enables Nurses to communicate more effectively, enhance patient engagement, promote coping strategies, and contribute to improved patient outcomes.

This workshop provides nursing professionals with a practical introduction to CBT concepts and techniques that can be incorporated into routine clinical practice across diverse healthcare settings.

OBJECTIVES

By the end of the workshop, participants will be able to:

- Understand the fundamental principles and theoretical foundations of Cognitive Behavioral Therapy.
- Recognize the relationship between thoughts, emotions, behaviors, and physical health.
- Identify common cognitive distortions and maladaptive thinking patterns.
- Apply basic CBT-informed communication techniques during patient interactions.
- Support patients in developing healthy coping strategies and problem-solving skills.
- Enhance therapeutic relationships through empathetic, structured, and patient-centered communication.
- Recognize situations that require referral to mental health professionals.

WHO SHOULD PARTICIPATE

This workshop is designed for:

- Nursing Officers (Grade I & II)
 - Staff Nurses and Senior Staff Nurses
 - Nursing Sisters / Ward Sisters
 - Assistant Nursing Superintendents (ANS)
 - Deputy Nursing Superintendents (DNS)
 - Nursing Superintendents (NS)
 - Chief Nursing Officers / Chief Nursing Superintendents
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WHY SHOULD YOU PARTICIPATE

- Enhancing confidence in managing patients experiencing stress, anxiety, depression, and emotional distress.
 - Improving therapeutic communication and patient engagement.
 - Learning practical, evidence-based strategies that can be integrated into routine nursing practice.
 - Supporting patient adherence to treatment plans through effective behavioral interventions.
 - Strengthening holistic, compassionate, and patient-centered care.
 - Improving professional competence in mental health-informed nursing practice.
 - Reducing workplace stress by understanding CBT-based self-management strategies.
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KEY LEARNINGS

Participants will explore:

- Introduction to Cognitive Behavioral Therapy
 - CBT Model: Thoughts, Feelings, Behaviors, and Physical Responses
 - Common Cognitive Distortions
 - Automatic Thoughts and Core Beliefs
 - CBT-Based Communication Skills
 - Behavioral Activation Techniques
 - Stress and Anxiety Management Strategies
 - Problem-Solving Frameworks
 - Goal Setting and Motivational Techniques
 - Brief CBT Interventions in Clinical Settings
 - Case-Based Application in Nursing Practice
 - Professional Boundaries and Appropriate Referral Pathways
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EXPECTED OUTCOMES

Following the workshop, participants will be able to:

- Integrate CBT-informed approaches into everyday nursing practice.
- Identify psychological and behavioral factors affecting patient recovery.
- Deliver supportive, structured conversations that encourage positive behavioral change.
- Improve patient satisfaction through enhanced communication and emotional support.
- Foster resilience and adaptive coping among patients.
- Collaborate effectively with multidisciplinary mental health teams.
- Apply CBT principles ethically within the scope of nursing practice.

WORKSHOP FORMAT

Duration & Venue: 3 Hours | South Delhi, Delhi

Mode: In Person

Teaching Methods:

- Expert-led presentation
- Interactive discussion
- Clinical case studies
- Role plays
- Group activities
- Reflection exercises
- Question-and-answer session

Learning Resources:

- CBT worksheets and practical tools
- Clinical scenarios
- Resources for further learning

This workshop emphasizes practical application, enabling nursing professionals to confidently incorporate CBT-informed communication and behavioral support strategies into patient care while recognizing the boundaries of their professional role.

CERTIFICATE

- E-Certificate of Participation/Completion

WORKSHOP FEE

- Rs.1500/- per participant

FOR MORE INFORMATION

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