

# INNOVATIVE METHODOLOGY OF COGNITIVE BEHAVIOURAL THERAPY FOR SUBSTANCE USE DISORDERS

*A Solution Focused Approach for Adolescents & Youth*



organized by

**Expressions India**

The National Life Skills, Values Education &  
School Wellness Program



☀ **Date:** Saturday, 11<sup>th</sup> March 2017

☀ **Timings:** 9:00am – 1:30pm (Registration 8:30am onwards)

☀ **Venue:** Auditorium, Moolchand Medcity, Lajpat Nagar, ND

## KEY POINTS

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- **Up in Smoke – Substance use Boom or Bust?** ; How popular culture influences attitudes towards substance abuse, and how communities can educate the public regarding substance abuse?
  - **Discussing the WHO Guidelines on Substance Abuse & Dependence**
  - **Street Beat - What's Trending;** A front line view of the substances and other drug trends and how this affects youth.
  - **Road Map of Early Recovery- Intervention Techniques for Substance Abusers and Their Families**
  - **Cognitive Therapy in Conjunction with Supplemental Treatments;** Potential efficacious treatment for alcohol and other substance use disorders

↪ **Registration: 800/- for Teachers, Counselors & Practitioners & Rs. 500/- for UG & PG Students.**

↪ **Registration includes basic Stationery, Handouts & the Participation Course Certificate. Payment can be made on the spot by Cash or Cheque/ DD in favor of 'Expressions Children Homes Organisation of India'.**

↪ **Kindly email the duly filled registration form latest by 9<sup>th</sup> March 2017 on - [contactexpressions.india@gmail.com](mailto:contactexpressions.india@gmail.com)**

↪ **For any clarification you may please contact us at 011-64700117.**