



# Conversational Model Psychotherapy and its benefits in attachment trauma treatment

(2-part program)

Dr. Subhra Bhattacharyya



Date 1: 19<sup>th</sup> March 2021

Date 2: Will be declared soon

Time: 1 pm – 4 pm, India Time

Zoom



**Venue:** Zoom

**Trainer:** Dr. Subhra Bhattacharyya

**Eligibility:** Mental Health Professionals

**Fees:** INR 2,000 (For members of the EMDR Association, India)

INR 2,500 (For non-members)

**How to enroll:** Fill the Registration Form attached in the following sections and mail it to [mdpurandare@yahoo.co.in](mailto:mdpurandare@yahoo.co.in) and if your eligibility is confirmed by the Association, you can go ahead with payment.

**\*Please note: We have LIMITED REGISTRATIONS for the program.**

### **About the program:**

Conversational Model (CM) is an adapted psychodynamic psychotherapy for patients with borderline personality disorder, intractable depression or somatisation. It was developed by Russell Meares in Sydney and Robert Hobson in Manchester.

It is a practical treatment, with an emphasis on understanding and responding to very small shifts in the client's emotional experience, as well as exploring the client's difficulties in close relationships that arise out of attachment difficulties as a child.

### **Outline of the lecture:**

- › Brief introduction to various attachment states
- › Brief summary on the concept of self-psychology
- › Russell Meares' description of self
- › An introduction to Conversational model psychotherapy.



## **Organizing Committee**

Dr. Mrinalini Purandare

Dr. Sushma Mehrotra

Dr. Parul Tank

Dr. Dushyant Bhadlikar

Dr. Deepak Gupta

Dr. Usha Verma Srivastava

Mr. Chintan Naik

Rev. Chilton George Fernandez

## **Contacts Person**

Ms. Srishti Agrawal

Email ID: [team.chintanaik@gmail.com](mailto:team.chintanaik@gmail.com)



## **Registration Form:**

(The form has to be mailed to [mdpurandare@yahoo.co.in](mailto:mdpurandare@yahoo.co.in) once it has been filled)

**Name:**

**Email ID:**

**Mobile no.:**

**Address:**

**Educational Qualification:**

**Member of EMDR Association: Yes / No**

Note: Make the payment only after your eligibility is confirmed by the association.



## Payment Details:

Please send the registration payment to:	
Account Name:	EMDR Association
Account Number	913020050319821
Account type	Current
Bank Details	Axis Bank Limited, Nariman Point Branch, Ground Floor, G-1, Maker Chambers IV, Nariman Point, Mumbai – 400021, Maharashtra (MH), India
IFS Code	UTIB0000173
Swift Code	AXISINBB173



## **About the trainer:**

Dr. Subhra Bhattacharyya is a practicing psychiatrist working across the public and private hospitals in the Hunter New England Local Health District, NSW, in Australia.

She has completed her MBBS and MD (Psychiatry) from Seth GS Medical College and KEM Hospital, Mumbai and after her DNB examinations she worked as a senior resident in NIMHANS, Bangalore for a few months following which she returned to Mumbai and worked as a lecturer in KJ Somaiya Medical college and hospital for a couple of years. She moved to Australia in 2003 where she completed the Fellowship Examinations and Advanced Training in Psychotherapies from the Royal Australian and New Zealand College of Psychiatrists.

Dr. Bhattacharyya is trained in Conversational Model psychodynamic therapy, Dialectical behaviour Therapy, EMDR therapy and Imagery Rescripting therapy. She works at the Centre for Psychotherapy which is the one of the largest public health psychotherapy outpatient centre in Australia offering psychotherapy programs to patients with Borderline Personality disorder and Eating disorders. She also works in General Adult outpatient psychiatry unit in Newcastle Mental health service and is a Consultant Psychiatrist in two of the large private psychiatry hospitals in the Hunter region. She is a Conjoint Lecturer in Newcastle University and is actively involved in the psychiatry training program of the registrars in Hunter New England LHD.

Dr. Bhattacharyya has extensive experience and expertise in treatment of patients with Complex Post-traumatic Stress Disorders as well as Borderline Personality Disorders. She regularly supervises registrars for their psychotherapy long cases as part of their RANZCP training. She is also a RANZCP examiner for the psychotherapy cases.



## **EMDR Association, India**

EMDR Association, India informally started from the Department of Psychology of Post Graduate Studies and Research of SNDT Women's University Mumbai, India in 2001.

EMDR Association is registered in India (Registered under Society Registration Act, Maharashtra State, India and Registration No.1768) during 2013. Trauma Recovery/EMDR Humanitarian Assistance Programs USA supports the EMDR Association of India in its bid to become an organized independent body that can conduct trainings, workshops, seminars and conferences in India and other parts of Asia to share knowledge and skills among mental health professionals and to undertake humanitarian activities to address psychological trauma.

EMDR Association has been involved in healing up to 3500 children traumatized due to floods in Srinagar, Kashmir after September 2014. EMDR Association, in collaboration with DaraShikoh Centre conducted training for mental health professionals of Kashmir and 13 EMDR practitioners from Mumbai, Delhi and Varanasi stepped in for a month long intervention using group protocols of EMDR therapy in schools. . During 2016-2017, EMDR Association collaborated with Trauma Recovery/EMDR-HAP, USA, Transcultural Psychosocial Organization Nepal (TPO Nepal), Trauma Aid/HAP France, Action Contre La Faim (ACF) and WHO-Nepal and conducted EMDR Part1& 2 trainings in Kathmandu. After the devastating floods in Kerala (2018), EMDR Association provided training and technical assistance to psychotherapists from Kerala for the hundreds of trauma Victims and similarly to the post terror attacks in Sri Lanka (April 2019). Besides Trauma Recovery/ EMDR-HAP, EMDR Association collaborates with EMDR Asia and extends EMDR basic trainings to other Asian countries e.g. Bangladesh, Sri Lanka, Vietnam, Afghanistan and Philippines, Nepal and some international trainees too attend the training conducted in India.

**Our President Dr. Mrinalini Purandare along with her dedicated team presents this specialty program for the practicing mental health professionals on 'Conversational Model Psychotherapy and its benefits on attachment trauma'.**