



CONTROL

**(COgNitive Therapy for depRessiOn in tubercuLosis treatment) to
improve outcomes for depression and TB in Pakistan and
Afghanistan**

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Introduction to Cognitive Behavioral

Therapy & Qualitative Methods

Workshop

By

Dr. Mirrat Gul

3rd September 2022

Khyber Medical University



EXECUTIVE SUMMARY

Under the capacity development workshop series, second workshop regarding introduction to cognitive behaviour therapy was held on 3rd September 2022 at Senate Hall in Khyber Medical University. It was arranged for the research team not only of the CONTROL study but of other parallel funded projects running at Khyber Medical University to develop their capacity and synergies. This report is a description of the activities conducted in the workshop.

INTRODUCTION

Facilitator:

Dr. Mirrat Gul is a Senior Clinical Psychologist at Mayo hospital, Lahore, Pakistan. She is engaged with the CONTROL as co-lead for intervention development.

Workshop Proceedings:

On 3rd September 2022, Dr. Mirrat Gul conducted a workshop on “Introduction to Cognitive Behavioral Therapy & Qualitative Methods” at Senate Hall in Khyber Medical University (KMU) from 9am till 5pm.

The workshop was attended by 35 participants including 30 Research Assistants, Qualitative and Quantitative researchers, data input administrators, data transcribers, admin staff of CONTROL study and 5 Research Assistants from other funded research programs.

This, highly interactive session started featuring the criteria, symptoms and types of Depression. For effective learning of the participants, Dr. Mirrat differentiated depression from sadness and grief in detail. Prevalence of depression with Tuberculosis is 264 million. Further, she explained Anxiety, and differentiated anxiety from worry and fear and briefly highlighted the types of anxiety and phobias. She shed spotlight on therapeutic ways while dealing a patient with Tuberculosis and depression or anxiety or both blended with the “Importance of rapport building” which includes being genuinely engaged with the client, actively listening, remembering, and showing true empathy which, she practically demonstrated.

Ethical framework of sessions was explained very well i.e., confidentiality, privacy, respect for autonomy, beneficence, non-maleficence, and justice. Further, Components of psycho-

education and etiological factors which incorporated awareness regarding early signs and symptoms, relapse, coping strategies, taking of medical prescription, long term course & outcome and clearing myths and misconceptions while Do's and don'ts were explained in a befitting manner.

Cognitive behavioral therapy (CBT) can help patient manage their problems by changing the way they think and behave can is effective to treat anxiety and depression, but can be useful for other mental and physical health problems.

Dr. Mirrat discussed in detail the “Model of CBT” which comprised “A cycle of thoughts, feelings, behavior, and physical reactions” and one session can last for approx. 45 mints spanned over minimum 6 sessions.



The second half of the session was hands on session with practical role play among workshop participants regarding how to facilitate and lead a therapy session with the patient, important guidelines, building rapport with a patient. She asked the participants to write a detail note on Tuberculosis in local language i.e., Urdu, which helped in better understanding of the disease.

Role Play on CBT

As we know, fear of TB stigma can lead infected individuals hide their TB status from their families. **Ice breaking** and **overcoming stigma** was practiced with participants as TB stigma also results in a sense of shame or guilt, leading to self-isolation as TB-infected individuals internalize their community's negative judgments about the disease.

Lastly, CBT importance and implication was addressed in detail as it helps in gaining control of negative thoughts. Cognitive distortions are common and often happen automatically, without question. Over time, the process of questioning and replacing negative thoughts can transform patient's thought processes.



The workshop was concluded by Dr. Zohaib Khan, Director ORIC and PI CONTROL, emphasizing the need to understand CBT and its role in the project itself. He presented the souvenir to the guest facilitator, Dr. Mirrat Gul and appreciated her dedication and enthusiasm to conduct this session.

Overall, this well-thought and detailed session was beneficial for the participants to understand what the CBT is and how they will be incorporating this learning into field work of project.



**One Day Capacity Development Workshop
Introduction to Cognitive Behavior Therapy
&
Qualitative Methods**

Agenda

3rd September, 2022

Time	Topic	Facilitator
11:30 -11:35	Welcome Note	Dr. Saima Aleem
11:35-11:40	Recitation of Holy Quran	Dr. Fayaz Ahmad
11:40-11:55	Introduction of Participants	
11:55-12:45	Introduction to Depression & Anxiety	Dr. Mirrat Gul
12:45-13:00	Question Answer Session	Dr. Mirrat Gul
13:00-13:15	Working Lunch	
13:15-13:45	Introduction to CBT	Dr. Mirrat Gul
13:45-14:30	Role Play	All Participants
14:30-15:30	Overcoming Stigma and Ice Breaking with TB patients	Dr. Mirrat Gul
15:30-15:45	Working Tea	
15:45-16:50	CBT importance and implications	Dr. Mirrat Gul
16:50-17:00	Closing Remarks	Dr. Zohaib Khan
	Group Picture	

LEST WE FORGET











Group Picture of Dr. Mirrat Gul with Participants