

# ACBTA MEET-THE-EXPERT TALK

## CBT for Youth Mental Health: Reducing Distress & Building Resilience

**Professor Dr Nimisha Kumar**  
SGT University  
India



**Date: 2 September 2023 (Saturday)**

**Time: 10.30am (India) / 1.00pm (HK) / 2.00pm (Kor/Jpn)**

**Venue: Zoom** (Link given upon registration)

**Register at:** <http://tiny.cc/km0avz> or scan QR:



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# SPEAKER PROFILE

Prof. Dr. Nimisha Kumar is a Senior Consultant Psychologist and trained Cognitive Behavioural Therapist based in New Delhi. She has a PhD in Psychology from University of Delhi and an MSc in CBT as well as a PG Cert in Clinical Supervision from University of Derbyshire, UK. Dr. Kumar is the Founder & President of the Indian Association for CBT ([www.iacbt.org](http://www.iacbt.org)), President-Elect of the Asian CBT Association ([www.acbta.org](http://www.acbta.org)) and Founder-Director of Ascend-PsyCare ([www.ascendpsycare.in](http://www.ascendpsycare.in)), a private mental health enterprise based in Delhi. She is also a Professor at the Faculty of Behavioural Sciences, SGT University, Gurugram, India.

Dr. Kumar has over 15 years of experience in CBT practice, teaching, training and research, She has worked at prestigious institutions in New Delhi. She has written papers in indexed and refereed journals, presented papers at national and international conferences and mentored a number of Masters and Doctoral research dissertations. One of the special focus areas of research for her has been the Cultural Adaptation to CBT in the Indian context. She has a special interest in early childhood development and qualitative research. Dr. Kumar has her own practice in New Delhi where she uses CBT for a number of mental health concerns and provides training and supervision to students and professionals from diverse backgrounds.