ORAL/ POSTER presentation

POSITIVE MENTAL HEALTH

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**Abstract**

In the quest for holistic mental well-being, a unique and effective approach emerges through the integration of Cognitive Behavioral Therapy (CBT) and the ancient wisdom of Vedanta, a philosophical system that underpins many schools of thought in Hinduism. This innovative blend combines the evidence-based practices of CBT with the profound teachings of Vedanta, offering individuals a comprehensive roadmap toward positive mental health.

Drawing from the works of Beck et al. (1979) and Ellis (1995), CBT provides a structured foundation for identifying and challenging negative thought patterns and behaviors that contribute to mental health issues. On the other hand, Vedanta offers a profound understanding of the self, consciousness, and the interconnectedness of all beings. By incorporating Vedantic principles into therapy, individuals can deepen their self-awareness, cultivate mindfulness, and align themselves with their true inner nature.

Research by Kriyananda (2011) highlights the benefits of incorporating Vedanta philosophy in therapy, showing promising results in promoting emotional well-being and self-realization. The integration of CBT and Vedanta principles offers a unique perspective that not only addresses symptoms but also seeks to uncover the underlying causes of mental distress, guiding individuals toward a more profound sense of purpose and fulfillment.

This integrative approach empowers individuals to navigate the complexities of the mind with a blend of Western psychology and Eastern philosophy, providing a harmonious path towards positive mental health and spiritual growth. By embracing the synergy of CBT and Vedanta, individuals can embark on a transformative journey of self-discovery, resilience, and inner peace.

**Keywords**

**“CBT”, “Consciousness”, “psychotherapy”, “Vedanta”, “Mental health”.**

**Biography**

**Nidhi Trivedi**

**Hello! I am Nidhi Trivedi, a passionate advocate for mental health and inclusion support. With a background in counselling as a CBT therapist, coaching, and speaking, I am dedicated to empowering vulnerable populations to promote independence and positive change. Through my programs and advocacy efforts, I strive to create a more inclusive and supportive environment for individuals facing mental health challenges. As the CEO of Nidhi Perception Pty LTD, I lead with empathy, determination, and resilience, inspiring others to join the cause of mental health awareness. I am committed to expanding my reach and impact, continuing to advocate for mental health support and empowerment. Together, we can make a difference in the lives of those who need it most.**

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**Biography**

**Dr Vishad Tripati**

**Hello, I am Dr. Vishad Tripathi, a Vedic scientist specialized in the conscious-cognitive mechanism and the interrelation between human consciousness and universal consciousness which I term as 'The mechanism of psyche'. My research delves into the ancient Indian scientific and historical orientation, focusing on the Geo-magnetic Grid system of the universe and its relation to the unification of mind and matter, as well as the interaction between matter and consciousness. Philosophy, neuroscience, physics, and psychology are intertwined in my studies, forming an interconnected web of cognitive knowledge. Through my work, I aim to deepen our understanding of conscious perception and the phenomenal relation to human consciousness, bridging the gap between ancient wisdom and modern scientific exploration.**

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