

Course Name	–	<u>COMPETENCY ENHANCEMENT TRAINING IN SINGLE SESSION CBT (CN 320)</u>
Course Duration	–	30 days per Module / 04 Modules / Interactive Sessions /Training Based / 12 credits
Course Mode	–	Online / Reusable Learning Materials / Guide Assisted / Highly Interactive
Course Structure	–	24/7 Advisor Call Support – 24/7 Guide Email & Session Support / Scheduled
Eligibility	–	10+2+3 Years or 15+2 Years (technical/management/psychology/HR/training/PR)
Interactive Sessions	–	One session per module - one at the beginning & MCQ-based assignments

32001 – Single-Session Integrated CBT (SSICBT)	This module introduces the principles of Single-Session Integrated CBT, focusing on delivering effective interventions within a limited timeframe. It covers key techniques for structuring sessions, identifying core issues quickly, and setting achievable goals.	
32002 – SSICBT SESSION PRACTICE - PART I	In this module, learners engage in guided practice of SSICBT methods. Emphasis is placed on building rapport, assessing presenting concerns, and applying structured techniques to bring about immediate, meaningful change	
32003 – SSICBT SESSION PRACTICE - PART II	This module provides advanced practice opportunities through role-plays and supervised exercises. It helps participants refine their intervention skills, enhance confidence, and effectively adapt SSICBT methods to different client needs.	
32004 – CASE MODULE – GENERAL ISSUES	This module focuses on applying SSICBT to a range of common psychological and behavioural concerns. Learners analyse case examples, practice formulation, and develop strategies for handling diverse adolescent and adult issues in single-session contexts.	
Course Fee	Learners from India	International Learners
Continuous Guide Email Support & 24/7 Student Advisor Call Support	₹6,200 (Email-based)	\$150 (Email-based)
1:1 Guide Orientation Session Continuous Guide Email Support & 24/7 Student Advisor Call Support	₹12,200 (Session-based)	\$305 (Session-based)

For Admissions - To Know about Course details and Commencement dates, Text or WhatsApp Course No and Your Email ID to 0091 979 00 88 002 or email us at info@ihmh.in / info@ihmh.org

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