

Course Name	–	ADVANCED TRAINING IN COGNITIVE BEHAVIOURAL THERAPY (CN 067)
Course Duration	–	12 months / 12 modules / 24 Credits / 24x7 Virtual Support / Assignment Based
Course Mode	–	Online/Downloadable & Reusable Materials /1:1 Sessions /Highly Interactive/Advanced
Course Structure	-	Interactive sessions /24x7 Virtual Support /Work Expertise Based/ Guide Assisted
Eligibility	-	10+2+3 Years or 15+2 Years (psychology/social work/human development)
Interactive Sessions	–	2 interactive session/module - 24/7 Guide Email Support - 24/7 Advisor Call Support

MODULE NAME AND NUMBER	MODULE BRIEF
06701 – CBT	Introduction to Cognitive Behavioural Therapy, its principles, and applications.
06702 – CBT BASICS	Covers the foundations of CBT, including thoughts, feelings, and behaviours
06703 – CBT PROCESS	Step-by-step structure of delivering CBT sessions effectively.
06704 – CBT TECHNIQUES	Practical tools and methods for addressing cognitive and behavioural issues.
06705 – ADVANCED CBT TECHNIQUES	Specialised interventions for complex client needs.
06706 – CBT ACTIVITIES	Hands-on exercises and activities to apply CBT in practice.
06707 – BRIEF CBT	Strategies for delivering short-term, focused CBT interventions.
06708 – MOTIVATIONAL CBT	Combining CBT with motivational strategies to enhance client engagement
06709 – CBT CASE FORMULATION	Frameworks for assessing client problems and identifying core beliefs.
06710 – CBT TREATMENT PLANNING	Designing structured CBT-based intervention plans.
06711 – CBT PRACTICE	Developing counselling competence through supervised practice.
06712 – CBT CASE WORK	Applying CBT skills in real-life case scenarios.

COURSE FEE	INDIAN LEARNERS	LEARNERS FROM OTHER COUNTRIES
Continuous Guide Email Support & 24/7 Student Advisor Call Support	₹10,600	\$250
1:1 Guide Orientation Sessions - Continuous Guide Email Support & 24/7 Student Advisor Call Support	₹24,600	\$610

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

Institute Of Holistic Mental Health @ www.imh.in @ www.ihmh.in