

Course Name	–	<b>ADVANCED TRAINING IN CBT SKILLS TO MANAGE STRESS, ANXIETY, PERSONALITY &amp; MOOD ISSUES (C NO 70)</b>
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

<b>MODULE NAME AND NUMBER</b>	<b>MODULE BRIEF</b>	
<b>07001 – CBT TECHNIQUES</b>	Introduces key CBT methods to identify and challenge negative patterns.	
<b>07002 – CBT SKILLS</b>	Develops core skills required for effective CBT practice.	
<b>07003 – COGNITIVE LEVEL INTERVENTIONS</b>	Focuses on restructuring maladaptive thoughts and core beliefs.	
<b>07004 – EMOTION LEVEL INTERVENTIONS</b>	Techniques to regulate emotions and build resilience.	
<b>07005 – BEHAVIOUR LEVEL INTERVENTIONS</b>	Strategies to replace unhelpful behaviours with healthier alternatives.	
<b>07006 – CBT FOR STRESS &amp; ANXIETY</b>	CBT approaches to reduce stress and manage anxiety symptoms.	
<b>07007 – STRESS &amp; ANXIETY – CASE MODULE</b>	Practical case applications for handling stress and anxiety issues.	
<b>07008 – CBT FOR PERSONALITY DISORDERS</b>	Using CBT frameworks to address personality-related challenges.	
<b>07009 – PERSONALITY DISORDERS – CASE MODULE</b>	Case-based practice for managing personality disorders.	
<b>07010 – CBT FOR MOOD DISORDERS</b>	CBT strategies for depression, bipolar, and other mood conditions.	
<b>07011 – MOOD DISORDERS – CASE MODULE</b>	Hands-on case applications for mood disorder interventions.	
<b>07012 – CBT FOR BEHAVIOUR MODIFICATIONS</b>	Applying CBT techniques to encourage positive behavioural change.	
<b>COURSE FEE</b>	<b>INDIAN LEARNERS</b>	<b>LEARNERS FROM OTHER COUNTRIES</b>
<b>Continuous Guide Email Support &amp; 24/7 Student Advisor Call Support</b>	<b>₹10,600</b>	<b>\$250</b>
<b>1:1 Guide Orientation Sessions - Continuous Guide Email Support &amp; 24/7 Student Advisor Call Support</b>	<b>₹24,600</b>	<b>\$610</b>

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](mailto:info@ihmh.in) / [info@ihmh.org](mailto:info@ihmh.org)

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