

Course Name	–	POST GRADUATE TRAINING IN COGNITIVE BEHAVIOURAL THERAPY (CNO 094)
Course Duration	–	12 months / 36 credits / Total 12 Modules / 24x7 Virtual Support
Course Mode	–	Online / Downloadable & Reusable Materials / Guide Assisted / Practice Based
Course Structure	–	12credits compulsory + 24credits optional (as per learner's selection)/Advanced
Eligibility	–	10+2+3 or 15+2 Years (psychology/social work/hd/training/mgt)
Interaction	-	24/7 Advisor Call Support – 24/7 Guide Email Support / Self-paced or Scheduled

COMPULSORY MODULES - 12 CREDITS / 4 MODULES / 4 MONTHS

09401 – COGNITIVE BEHAVIOURAL THERAPY – 3 credits / 30 days of learning	Overview of CBT principles, theory, and therapeutic framework.
09402 – CBT BASICS – 3 credits / 30 days of learning	Introduction to core CBT models, concepts, and practice foundations
09403 - CBT TECHNIQUES – 3 credits / 30 days of learning	Covers structured methods to identify and change thought patterns.
09404 – ADVANCED CBT TECHNIQUES – 3 credits / 30 days of learning	Focuses on specialized and complex CBT applications in practice.

OPTIONAL MODULES - CHOOSE 08 MODULES FROM THE BELOW LIST

(03 CREDITS/ MODULE/ 30 DAYS OF LEARNING - 08 MONTHS – 08 MODULES – 24 CREDITS)

09400 - Psychology – 3 credits/ 30 days of learning	<i>This module is compulsory only for learners without a prior psychology background. It introduces key concepts such as psychological theories, memory, cognition, and learning.</i>	
09408 –COUNSELLING PROCESS	09413 – CBT WORKSHEETS	09418 – SINGLE SESSION CBT
09409 – COUNSELLING SKILLS	09414 – CBT SKILLS	09419 – CBT GROUP THERAPY
09410 – CBT PROCESS	09415 – CBT EXERCISES	09420 – CBT CASE WORK – CHILDREN
09411 – BRIEF CBT	09416 - MOTIVATIONAL CBT	09421 – CBT CASE WORK – YOUTH
09412 – CBT ACTIVITIES	09417 – CBT PRACTICE	09422 – CBT CASE WORK – ADULT
Course Fee	Learners from India	International Learners
Life Member of IHMH	Rs. 11, 800	\$260
Others	Rs. ₹12,800	\$300

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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