

Course Name	–	<b>ADVANCED TRAINING IN COGNITIVE BEHAVIOURAL THERAPY (CN 067)</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/training)
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>06701 – CBT</b>	Introduction to Cognitive Behavioural Therapy, its principles, and applications.	
<b>06702 – CBT BASICS</b>	Covers the foundations of CBT, including thoughts, feelings, and behaviours	
<b>06703 – CBT PROCESS</b>	Step-by-step structure of delivering CBT sessions effectively.	
<b>06704 – CBT TECHNIQUES</b>	Practical tools and methods for addressing cognitive and behavioural issues.	
<b>06705 – ADVANCED CBT TECHNIQUES</b>	Specialised interventions for complex client needs.	
<b>06706 – CBT ACTIVITIES</b>	Hands-on exercises and activities to apply CBT in practice.	
<b>06707 – BRIEF CBT</b>	Strategies for delivering short-term, focused CBT interventions.	
<b>06708 – MOTIVATIONAL CBT</b>	Combining CBT with motivational strategies to enhance client engagement	
<b>06709 – CBT CASE FORMULATION</b>	Frameworks for assessing client problems and identifying core beliefs.	
<b>06710 – CBT TREATMENT PLANNING</b>	Designing structured CBT-based intervention plans.	
<b>06711 – CBT PRACTICE</b>	Developing counselling competence through supervised practice.	
<b>06712 – CBT CASE WORK</b>	Applying CBT skills in real-life case scenarios.	
<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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