Course Name	–	**ADVANCED TRAINING IN CBT INTERVENTIONS & STRATEGIES (CN 068)**
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	–	1 interactive session/module - 24/7 Guide Email Support - 24/7 Advisor Call Support

MODULE NAME AND NUMBER	MODULE BRIEF
06801 – CBT TECHNIQUES	Core CBT methods for addressing negative thought patterns and behaviours.
06802 – ADVANCED CBT TECHNIQUES	Specialised tools for handling complex emotional and behavioural issues.
06803 – CBT ACTIVITIES	Interactive exercises to apply CBT concepts in practice.
06804 – CBT STRATEGIES	Structured approaches to design and implement CBT-based interventions.
06805 – COGNITIVE LEVEL INTERVENTIONS	Techniques to identify and reframe maladaptive thoughts and beliefs.
06806 – EMOTION LEVEL INTERVENTIONS	Interventions targeting emotional regulation and resilience.
06807 – BEHAVIOUR LEVEL INTERVENTIONS	Strategies to modify unhelpful behaviours and build healthier habits.
06808 – CBT SKILLS	Developing core competencies required for effective CBT practice.
06809 – CBT WORKSHEETS	Practical tools and worksheets to support structured CBT sessions.
06810 – SINGLE SESSION CBT	Brief, solution-focused CBT for short-term interventions.
06811 – CBT GROUP THERAPY	Applying CBT techniques in group counselling settings.
06812 – MINDFULNESS BASED COGNITIVE THERAPY	Integrating mindfulness practices with CBT for enhanced outcomes.

COURSE FEE	INDIAN LEARNERS	LEARNERS FROM OTHER COUNTRIES
Continuous Guide Email Support & 24/7 Student Advisor Call Support	**₹11,600**	**$280**
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

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