

Course Name	–	<b>ADVANCED TRAINING IN CBT INTERVENTIONS &amp; STRATEGIES (CN 068)</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>06801 – CBT TECHNIQUES</b>	Core CBT methods for addressing negative thought patterns and behaviours.	
<b>06802 – ADVANCED CBT TECHNIQUES</b>	Specialised tools for handling complex emotional and behavioural issues.	
<b>06803 – CBT ACTIVITIES</b>	Interactive exercises to apply CBT concepts in practice.	
<b>06804 – CBT STRATEGIES</b>	Structured approaches to design and implement CBT-based interventions.	
<b>06805 – COGNITIVE LEVEL INTERVENTIONS</b>	Techniques to identify and reframe maladaptive thoughts and beliefs.	
<b>06806 – EMOTION LEVEL INTERVENTIONS</b>	Interventions targeting emotional regulation and resilience.	
<b>06807 – BEHAVIOUR LEVEL INTERVENTIONS</b>	Strategies to modify unhelpful behaviours and build healthier habits.	
<b>06808 – CBT SKILLS</b>	Developing core competencies required for effective CBT practice.	
<b>06809 – CBT WORKSHEETS</b>	Practical tools and worksheets to support structured CBT sessions.	
<b>06810 – SINGLE SESSION CBT</b>	Brief, solution-focused CBT for short-term interventions.	
<b>06811 – CBT GROUP THERAPY</b>	Applying CBT techniques in group counselling settings.	
<b>06812 – MINDFULNESS BASED COGNITIVE THERAPY</b>	Integrating mindfulness practices with CBT for enhanced outcomes.	
<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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