

Course Name	–	<b>ADVANCED TRAINING IN APPLIED COGNITIVE BEHAVIOURAL THERAPY (CN 069)</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>06901 – APPLIED CBT</b>	Practical application of CBT principles across varied counselling contexts.	
<b>06902 – ADVANCED CBT TECHNIQUES</b>	Specialised tools for managing complex cognitive and behavioural concerns.	
<b>06903 – CBT WITH CHILDREN &amp; ADOLESCENTS</b>	Adapting CBT approaches for younger clients to address developmental needs.	
<b>06904 – CBT IN FAMILY COUNSELLING</b>	Using CBT frameworks to improve family communication and relationships.	
<b>06905 – CBT FOR CHRONIC ILLNESS</b>	Supporting clients in managing stress, pain, and lifestyle adjustments.	
<b>06906 – CBT FOR ANXIETY</b>	Structured interventions to challenge anxious thoughts and behaviours.	
<b>06907 – CBT FOR PERSONALITY DISORDERS</b>	CBT strategies tailored for managing personality-related challenges.	
<b>06908 – CBT FOR MOOD DISORDERS</b>	Techniques to address depression, bipolar, and other mood-related concerns.	
<b>06909 – CBT FOR ADDICTION</b>	Applying CBT methods to break cycles of dependency and relapse.	
<b>06910 – CBT FOR WORKPLACE ISSUES</b>	Counselling strategies for stress, burnout, and work-related challenges.	
<b>06911 – CBT FOR INSOMNIA</b>	Evidence-based CBT methods for improving sleep quality.	
<b>06912 – CBT WITH OLDER PEOPLE</b>	Adapting CBT techniques to support mental health in later life.	
<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)**

**Institute Of Holistic Mental Health @ [www.imh.in](http://www.imh.in) @ [www.ihmh.in](http://www.ihmh.in)**