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

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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