

Course Name	–	<b>POST GRADUATE DIPLOMA IN COGNITIVE BEHAVIOURAL THERAPY</b>
Course Duration	–	12 months / 48 credits / Maximum 15 Modules / 24x7 Virtual Support <b>(CNO 494)</b>
Course Mode	–	Online / Downloadable & Reusable Materials / Guide Assisted / Interactive
Course Structure	–	21 credits compulsory + 27 credits optional (as per learner's selection)/Advanced
Eligibility	–	10+2+3 or 15+2 Years (social work/management/psychology/hr/training/hd/Edu)
Interaction	-	24/7 Advisor Call Support – 24/7 Guide Email Support / Self-paced or Scheduled

**COMPULSORY MODULES - 21 CREDITS / 6 MODULES / 5 MONTHS**

<b>49401 – COGNITIVE BEHAVIOURAL THERAPY</b> – 4 credits / 30 days learning	Overview of CBT principles, theory, and therapeutic framework.
<b>49402 - CBT BASICS</b> – 4 credits / 30 days learning	Introduction to core CBT models, concepts, and practice foundations
<b>49403 - CBT TECHNIQUES</b> – 4 credits / 30 days of learning	Covers structured methods to identify and change thought patterns.
<b>49404 – ADVANCED CBT TECHNIQUES</b> – 4 credits / 30 days of learning	Focuses on specialized and complex CBT applications in practice.
<b>49405 - PRAGMATISM – CASE WORK</b> – 2 credit / 10 days of learning	Engage in practical case work to apply theory in real-life settings. This module enhances your confidence and professional skills.
<b>49406 - DISSERTATION</b> – 3 credit / 20 days of Inductive learning	Compiled work on a selected topic with guidance from a mentor. This module demonstrates the expertise and knowledge gained throughout the course.

**OPTIONAL MODULES - CHOOSE ANY NINE MODULES FROM THE BELOW LIST - TOTALLING 27 CREDITS**

<b>49497 - Psychology</b> – 3 credits/ 23 days of learning	<i>Compulsory in optional only for those who do not have a previous psychology background. Knowledge about various theories of psychology, memory, cognition, learning etc.,</i>	
<b>49408 – COUNSELLING PROCESS</b>	<b>49413 – CBT WORKSHEETS</b>	<b>49418 – SINGLE SESSION CBT</b>
<b>49409 – COUNSELLING SKILLS</b>	<b>49414 – CBT SKILLS</b>	<b>49419 – CBT GROUP THERAPY</b>
<b>49410 – CBT PROCESS</b>	<b>49415 – CBT EXERCISES</b>	<b>49420 – CBT CASE WORK – CHILDREN</b>
<b>49411 – BRIEF CBT</b>	<b>49416 - MOTIVATIONAL CBT</b>	<b>49421 – CBT CASE WORK – YOUTH</b>
<b>49412 – CBT ACTIVITIES</b>	<b>49417 – CBT PRACTICE</b>	<b>49422 – CBT CASE WORK – ADULT</b>
<b>49423 – CBT CASE FORMULATION &amp; CONCEPTUALISATION</b>	<b>49424 – COGNITIVE RESTRUCTURING TECHNIQUES</b>	<b>49425 – BEHAVIOURAL INTERVENTIONS &amp; EXPOSURE STRATEGIES</b>
<b>49426 – CBT FOR ANXIETY, STRESS &amp; WORRY MANAGEMENT</b>	<b>49427 – CBT FOR ANGER &amp; EMOTIONAL REGULATION</b>	<b>49428 – CBT DOCUMENTATION, TREATMENT PLANNING &amp; ETHICS</b>
<b>Course Fee</b>	<b>Learners from India</b>	<b>International Learners</b>
<b>Life Member of IHMH</b>	<b>₹ 15,200/-</b>	<b>\$530</b>
<b>Others</b>	<b>₹ 16,800/-</b>	<b>\$600</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 / info@ihmh.org

**Institute of Holistic Mental Health @ [www.imh.in](http://www.imh.in) @ [www.instagram.com/ihmh.in](https://www.instagram.com/ihmh.in)**