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| Course Name | – | **ADVANCED TRAINING IN COGNITIVE BEHAVIOURAL THERAPY (CN 067)** |
| 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 |
|---|---|
| **06701 – CBT** | Introduction to Cognitive Behavioural Therapy, its principles, and applications. |
| **06702 – CBT BASICS** | Covers the foundations of CBT, including thoughts, feelings, and behaviours |
| **06703 – CBT PROCESS** | Step-by-step structure of delivering CBT sessions effectively. |
| **06704 – CBT TECHNIQUES** | Practical tools and methods for addressing cognitive and behavioural issues. |
| **06705 – ADVANCED CBT TECHNIQUES** | Specialised interventions for complex client needs. |
| **06706 – CBT ACTIVITIES** | Hands-on exercises and activities to apply CBT in practice. |
| **06707 – BRIEF CBT** | Strategies for delivering short-term, focused CBT interventions. |
| **06708 – MOTIVATIONAL CBT** | Combining CBT with motivational strategies to enhance client engagement |
| **06709 – CBT CASE FORMULATION** | Frameworks for assessing client problems and identifying core beliefs. |
| **06710 – CBT TREATMENT PLANNING** | Designing structured CBT-based intervention plans. |
| **06711 – CBT PRACTICE** | Developing counselling competence through supervised practice. |
| **06712 – CBT CASE WORK** | Applying CBT skills in real-life case scenarios. |

| 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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