Course Name	–	**ADVANCED TRAINING IN CBT SKILLS TO MANAGE STRESS, ANXIETY, PERSONALITY & MOOD ISSUES (C NO 70)**
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
07001 – CBT TECHNIQUES	Introduces key CBT methods to identify and challenge negative patterns.
07002 – CBT SKILLS	Develops core skills required for effective CBT practice.
07003 – COGNITIVE LEVEL INTERVENTIONS	Focuses on restructuring maladaptive thoughts and core beliefs.
07004 – EMOTION LEVEL INTERVENTIONS	Techniques to regulate emotions and build resilience.
07005 – BEHAVIOUR LEVEL INTERVENTIONS	Strategies to replace unhelpful behaviours with healthier alternatives.
07006 – CBT FOR STRESS & ANXIETY	CBT approaches to reduce stress and manage anxiety symptoms.
07007 – STRESS & ANXIETY – CASE MODULE	Practical case applications for handling stress and anxiety issues.
07008 – CBT FOR PERSONALITY DISORDERS	Using CBT frameworks to address personality-related challenges.
07009 – PERSONALITY DISORDERS – CASE MODULE	Case-based practice for managing personality disorders.
07010 – CBT FOR MOOD DISORDERS	CBT strategies for depression, bipolar, and other mood conditions.
07011 – MOOD DISORDERS – CASE MODULE	Hands-on case applications for mood disorder interventions.
07012 – CBT FOR BEHAVIOUR MODIFICATIONS	Applying CBT techniques to encourage positive behavioural change.

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

Institute Of Holistic Mental Health @ www.imh.in @ www.ihmh.in