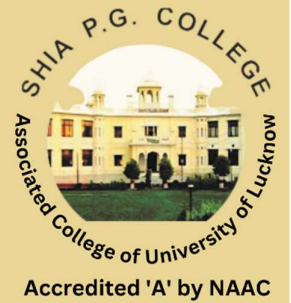




Indian Mental Health & Research Center
& Shia P.G. College (NAAC 'A' accredited)
affiliated to University of Lucknow
introduces NEP based



Certificate Course

COGNITIVE BEHAVIOUR THERAPY (CBT)

Supervision & Training

This 4 Credit Certificate course intends to cover theoretical framework of CBT as well as its practical application in general and across various clinical conditions.

Trainees will receive comprehensive understanding on behavioural and cognitive strategies used in CBT, structured & systematic use of CBT techniques, knowledge on prioritising the use of available techniques, challenges & contraindications of CBT.

Course Facilitator:

Dr. Geeta Singh

Asst. Prof. & Clinical Psychologist
Ph.D. Clin. Psy., AIIMS Delhi
M.Phil. Clin. Psy., CIP Ranchi
RCI CRR: A43781



Course Coordinator:

Dr. Mohd Ali

Assistant Professor
Department of Education, Shia P.G. College



ONLINE MODE

DURATION

3 Months

(Lecture, Case discussion,
Therapy demonstration)

ELIGIBILITY

P.G. in Psychology/Clinical,
Counselling, Forensic
Psychology/Social
Work/Sociology/
MD Psychiatry/M.Phil.
Clinical Psychology/PhD

SCAN TO REGISTER



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Apply Now



Fee: Rs 12000/-

Programme Structure

Course Duration:

3 Months (Lecture, Case discussion, therapy demonstration)
Weekend classes

Objectives of the Program:

1. To establish a systematized structure for curative, preventive and promotive cognitive behavioural practice, training, and supervision in India.
2. To work towards capacity building by establishing a network of trained multi-disciplinary CBT therapists in the country.
3. To establish high quality ethical and professional standards in intervention

Eligibility:

PG in Psychology / Clinical, Counselling, Forensic Psychology /MD Psychiatry/Social Work / Sociology/M.Phil. Clinical Psychology/ PDCP/PG Diploma Guidance & Counselling

COURSE CONTENT

Credit: 4 Credits

Programme Structure:

Lecture	Tutorial	Practical
1	1	2

Online Lectures	Tutorials & Practical
4 hours per week	16 hours per week

Module 1

1. Introduction to Cognitive Behaviour Therapy
2. Evolution of CBT
3. Cultural adaption of CBT
4. Essential skills for CBT practitioners
5. Feasibility of CBT: Number of sessions, durations
6. Indications and contraindications of Cognitive Behaviour Therapy
7. Assessment

Module 2: Identifying the mechanism of suffering using CBT lens

1. Understanding the network of Cognitions, thoughts, and emotions
2. Monitoring Dysfunctional thoughts

3. Identification of maladaptive behaviours
4. Identification of difficult emotions
5. Handling maladaptive emotional expressions
6. Understanding the core beliefs
7. Understanding intermediate beliefs: Rules, assumptions
8. Assessment

Module 3 Initiating the CBT Intervention

1. Analysing receptivity to CBT
2. CBT Case Formulation
3. Therapeutic alliance
4. The journey of CBT therapeutic process
5. Assessment

Module 4: CBT: Management Techniques

1. Behavioural techniques
2. Cognitive techniques
3. Behavioural experiments in CBT
4. Role of homework assignments
5. Assessment

Module 5: Application of CBT specific to common Mental disorders

1. Application of CBT specific to anxiety disorders
2. Application of CBT specific to depressive disorders
3. Application of CBT in schizophrenia
4. Application of CBT in OCD
5. Assessment

Module: 6

1. Terminating the sessions
2. Action planning and relapse prevention
3. Reflections on therapy process
4. Discussion on handling the challenges
5. Quiz questions