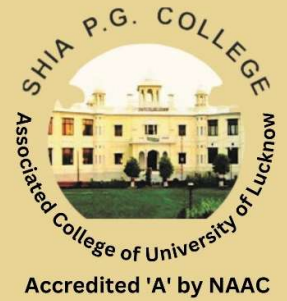




Indian Mental Health & Research Center  
& Shia P.G. College (NAAC 'A' accredited)  
affiliated to University of Lucknow  
introduces NEP based



**Certificate Course**

## COGNITIVE BEHAVIOUR THERAPY (CBT)

### Supervision & Training Level-1

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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+91-9005421242

**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