

Course Name	–	<b><u>POST GRADUATE DIPLOMA IN COGNITIVE BEHAVIOURAL THERAPY (CBT)</u></b>
Course Duration	–	12 months / One year / 24 credits / Maximum 14 Modules ( <b>COURSE NO 94</b> )
Course Mode	–	Online / Downloadable & Reusable Materials / Guide Assisted
Course Structure	-	24cr / 15credit compulsory + 9credit optional (as per learners' selection)
Eligibility	-	10+2+ 3 Years or 10+2+ 3 Years + 2 Years with Psychology

**COMPULSORY MODULES - 15 CREDITS / 6 MODULES**

<b>CBT01 – ABNORMAL PSYCHOLOGY</b> – 3 credits / 45 days learning	<b>Deeper Understanding of Mental Health Issues</b>
<b>CBT02 – Cognitive Behavioural Therapy</b> – 3 credits / 45 days learning	<b>Learning about the science and theories behind Cognitive Behavioural Therapy</b>
<b>CBT03 – CBT Techniques A</b> – 3 credits / 45 days of learning	<b>Widely used ready to use CBT Techniques</b>
<b>CBT04 – CBT Techniques B</b> – 3 credits / 45 days of learning	<b>Advanced and most popular CBT techniques</b>
PGD05 - Pragmatism – 1 credit / 15 days of case work	15 cases will be solved using all the techniques, skills, therapies, and exercises learnt throughout the course.
PGD06 - Dissertation – 2 credits / 30 days of Inductive learning	Theoretical or empirical work on a selected topic with guide's assistance

**OPTIONAL MODULES - CHOOSE FIVE TO EIGHT MODULES FROM THE BELOW LIST TOTTALLING 9 CREDITS**

CBT08 – CBT BASICS – 2 credits / 30 days of learning	CBT14 – CBT for Depression – 2 credits / 30 days of learning	CBT20 -Working with Emotions – 1credit / 15 days of learning
CBT09 – Strategies for CBT Practice – 2 credits / 30 days of learning	CBT15 – CBT for Eating Disorders & Feelings – 2 credits	CBT21 – CBT WITH OLDER ADULTS – 1 credit / 15 days of learning
CBT10 – CBT for Personality Disorders – 2credits / 30 days of learning	CBT16 – CBT THERAPY PROCESS – 2 credits / 30 days of learning	CBT22 – CBT for ANXIETY - 2 credits / 30 days of learning
CBT11 – WORKING WITH THOUGHTS AND FEELINGS – 1 credit / 15 days	CBT17 – CBT FOR BIPOLAR DISORDER – 1 credit / 15 days of learning	CBT23 – CBT AT SCHOOLS – 1 credit / 15 days of learning
CBT12 – Cognitive Therapy – 2credits / 30 days of learning	CBT18 – CBT WITH Children and Adolescents – 2 credits / 30 days	CBT24 – CBT FOR CHALLENGING PROBLEMS – 1 credit / 15 days
CBT13 – CBT IN GROUPS – 2 credits / 30 days of learning	CBT19 – GAMES AND ACTIVITIES – 2 credits / 30 days of learning	CBT25– CBT FOR GAMBLING, SUBSTANCE ABUSE AND OCD – 2 credits / 30 days of learning
<b>Course Fee</b>	<b>Learners from India</b>	<b>Learners from other countries</b>
<b>Life Member of IHMH</b>	<b>Rs. 11, 300</b>	<b>\$400</b>
<b>Others</b>	<b>Rs. 12, 800</b>	<b>\$460</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.co

**For other course details and course FAQ's visit relevant course page at our website  
[www.imh.in](http://www.imh.in) – [www.psychologyonline.in](http://www.psychologyonline.in)**