

## COGNITIVE BEHAVIOUR THERAPY

### Foundation Programme

**MODE: ONLINE MODE**

**WEEKEND CLASSES**

#### **About the Course:**

Embark on a transformative learning journey that explores the foundations of 'normal' human functioning—cognitively, behaviourally, and emotionally—and the factors that contribute to psychological distress. As Cognitive Behavioural Therapy (CBT) evolves beyond traditional approaches, you'll also be introduced to innovative "third wave" interventions, such as emotion-focused work, acceptance techniques, and mindfulness strategies. You'll be guided step-by-step through an essential treatment framework, equipping you with compassionate and practical strategies to help clients from all backgrounds overcome a range of psychological challenges.

#### **Course Objectives:**

- Deliver CBT with warmth, empathy, and effectiveness.
- Develop key therapeutic skills that foster strong client relationships and tailor interventions to individual's needs.
- Collaborate with clients to formulate case conceptualizations that guide treatment throughout the therapeutic process.
- Understand the interconnectedness of thoughts, emotions, and behaviours.
- Delve into the underlying causes of clients' struggles to uncover core triggers.
- Address deeper cognitive, emotional, and behavioural issues to create lasting, positive change for your clients.

#### **Course includes:**

- Lectures, Case discussions, Therapy Demonstration and Case vignette.
- Handouts and worksheets.
- Certificate to all the successful participants.

**Course Duration: 03 Months**

**New Batch Starting: 08th February 2025**

**Credits: 04**

**Course Fee: ₹ 12000**

#### **Accreditation:**

The NEP based Certificate Course is offered by IMHRC (registered under Department for Empowerment of Persons with Disabilities, Govt. of Uttar Pradesh) in collaboration with Shia P.G. College (NAAC 'A' accredited) affiliated to University of Lucknow.

#### **Eligibility:**

Graduation/Post-Graduation in any of the following—  
Clinical Psychology, Counselling Psychology, Forensic Psychology, Social Work, Sociology & Special Education

OR

M.D. Psychiatry, M.Phil. Clinical Psychology, Rehabilitation Psychology, PDCP, Ph.D

## Course Structure:

Lecture	Tutorial	Practical	Total Credits
01	01	02	04

Online Lectures

Tutorial & Practical

04 hours per week

16 hours per week

## Course Modules:

- **Module 1:** Becoming a CBT Practitioner
- **Module 2:** Understanding Psychological Distress through a CBT Lens
- **Module 3:** Initiating Treatment
- **Module 4:** Cognitive Strategies
- **Module 5:** Exposure Techniques
- **Module 6:** Integrating Concepts and Planning for the Future
- **Final Assessment**

## Faculty and Trainer:

Dr. Geeta Singh is founder of Centre for Mental Healthcare Lucknow and currently serves as Director Research, IMHRC and Associate Professor at Sikkim Skill University.

She is RCI registered Clinical Psychologist and Certified Trauma-focused Cognitive Behaviour Therapy (CBT) and Acceptance and Commitment Therapy (ACT) practitioner. With an overall 13 years of experience, she worked extensively with cases involving adjustment issues, anxiety, depression, psychological trauma, and personality disorders. She is awarded with best thesis by Society of Addiction Psychology at AIIMS, Delhi and is also qualified with UGC-NET-JRF & SRF.



**Dr. Geeta Singh**

Certified Trauma Focused  
CBT Practitioner  
Ph.D-AIIMS Delhi &  
M.Phil-CIP Ranchi

## IMHRC Advantage:

- |                           |                            |                            |
|---------------------------|----------------------------|----------------------------|
| • 1000+ students trained  | • Comprehensive Curriculum | • Vast Alumni network      |
| • Experienced Faculty     | • Hands-on Training        | • Post-Course Support      |
| • RCI registered Faculty  | • Research-Driven Approach | • Research-Driven Approach |
| • Hospital based Training | • Access to Resources      | • IMHRC Fellowship         |

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