



# The Mind Care

Center for Mental Health

## Certificate Course in Cognitive Behavior Therapy (CBT)

CBT, Cognitive Behavior Therapy is a treatment in psychotherapy to change the thinking pattern and thereby bring change in the habits and behavior. This certificate course provides the professionals the basic knowledge of what CBT is as well as provides practical experiences in how to bring changes in the thinking pattern of the individuals.

This is an extremely useful course for students who take up psychology and mental health as a profession.

### **Who can take this course?**

All undergraduates and post graduates in the field of psychology, Diploma and PG Diploma holders in guidance and counseling and psychotherapy or any related fields of mental health, Psychologists, counselors and Psychotherapists and all mental health professionals.

### **Benefits of the course**

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| 1. World Class Training for CBT        | 7. Effective Client Centered Techniques learnt |
| 2. Enhances Professional Competence    | 8. Conducted by Eminent Psychologists          |
| 3. Hands on experience                 | 9. One to one online course                    |
| 4. Effective tools and techniques used | 10. Best and self explanatory study materials  |
| 5. Improves Clinical Practice          | 11. Effective classroom classes                |
| 6. Result oriented Techniques learnt   | 12. Flexible timings                           |

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### **Course Duration:**

**The duration of the course is 3 Months**

#### Course Content

Week 1 – CBT – An Introduction

Week 2 – CBT and Depression

Week 3 - CBT and Anxiety

Week 4 – CBT Techniques

Week 5 - Mind Management

Week 6 – Practical

**COURSE FEES – RS 5500**

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**[www.mindcareindia.com](http://www.mindcareindia.com)**

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