

ADVANCED COURSE IN COUSSELLING & PSYCHOTHERAPY



ADVANCED COURSE IN COUNSELLING & PSYCHOTHERAPY

CONTENTS

- 1.General Introduction
- 2.Essentials of CBT
- 3.Therapeutic Conceptualization
- 4.CBT techniques and strategies
- 5.CBT for specific Conditions
- 6.CBT for depression
- 7.Mindfulness based CBT
- 8.Theory, simulation & group activities

RESOURCE PERSONS



DR. RAVI SAMUEL

Director & founder of Urclinic, Chennai. Specialized in emotional, behavioral, psychological, psychiatric problems, marital problems and corporate mental health issues.



DR. SAJU M.D

Assistant professor, Assistant Director & Administrator, Department of Social work, Rajagiri College of Social Sciences Kalamassery

20,21,22

February

2020

Course Fee

The total course fee is Rs. 2500, Which includes training materials, food, accommodation(shared) and refreshments.

Bank Details

Account No. 10447876917
Bank: State Bank of India
Branch: Kalamassery
IFSC : SBIN0010570
No. of seats : 25
(first come first served basis)

For Details Contact

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To Apply: <https://forms.gle/3ckF1P9Wpp83jy6eA>

Website: <https://www.rajagiri.edu/>