

# FOUNDATION COURSE IN CBT

Learn the Fundamentals of Cognitive Behavioral Therapy

## Introduction

Cognitive Behavioral Therapy (CBT) is one of the most widely practiced and empirically supported approaches in contemporary psychotherapy. Grounded in the understanding that thoughts, emotions, and behaviors are interconnected, CBT equips mental health professionals with practical strategies to understand and address psychological difficulties. As a foundational therapeutic modality, CBT is highly relevant for psychology students seeking to broaden their understanding of evidence-based approaches to mental health and psychological well-being.

## Why Learn CBT?

- One of the most researched and effective psychotherapy approaches worldwide
- Relevant across clinical, counseling, educational, and community settings
- Enhances understanding of psychological assessment and intervention
- Valuable for internships, higher studies, and professional development
- Provides a strong foundation for advanced psychotherapy training

## About the Course

The CBT Foundation Course is designed to provide psychology students with a comprehensive introduction to the theory, principles, and practice of Cognitive Behavioral Therapy. Combining conceptual learning with practical application, the course introduces participants to the cognitive model, fundamental CBT concepts, and commonly used cognitive and behavioral techniques.

Through interactive discussions, demonstrations, case examples, and experiential exercises, students will gain insight into how CBT is applied across a range of psychological concerns, including anxiety, depression, stress, and adjustment difficulties.

The course aims to build a strong foundation in Cognitive Behavioral Therapy by familiarizing participants with its historical development, core principles, and basic techniques. Through theoretical learning, practical examples, and interactive discussions, students will explore how CBT concepts can be applied to understand the relationship between thoughts, emotions, and behaviors within a structured therapeutic framework.

Serving as a stepping stone into the world of Cognitive Behavioral Therapy, this course offers psychology students an accessible introduction to one of the most widely used and evidence-based approaches in mental health care. It provides a solid platform for further learning and advanced training in psychotherapy, counseling, and related mental health disciplines.

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Whether you are exploring psychotherapy for the first time, preparing for internships, or considering a future career in mental health, this course offers an engaging introduction to the fundamental concepts and applications of CBT.

## Learning Outcomes

By the end of the course, participants will be able to:

- ✓ Understand the historical development and theoretical foundations of CBT
- ✓ Explain the cognitive model and the relationship between thoughts, emotions, and behaviors
- ✓ Recognize common cognitive distortions and maladaptive thinking patterns
- ✓ Identify the basic components of CBT assessment and case formulation
- ✓ Describe commonly used cognitive and behavioral techniques
- ✓ Understand the application of CBT principles across different psychological concerns
- ✓ Develop a foundation for further training in CBT and psychotherapy

## Course Highlights

- ★ Interactive Learning Experience
- ★ Real-Life Case Examples
- ★ Demonstrations and Guided Activities
- ★ Practical Worksheets and Learning Resources
- ★ Exposure to Evidence-Based Psychological Practice
- ★ Certificate of Completion

## Training Methodology

- Interactive Lectures
- Group Discussions
- Demonstrations
- Case-Based Learning
- Experiential Exercises
- Question & Answer Sessions

## Who Should Attend?

- Undergraduate (Final Year) Psychology Students
- Postgraduate Psychology Students

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## **Duration**

24 Hours | 12 Classes | Weekend Batch

## **Mode of Training**

Online

## **Certification**

Participants who successfully complete the course requirements will receive a Certificate of Completion in CBT Foundation Training.

**Enroll Today and Begin Your Journey into Evidence-Based Psychological Practice!**