

**BEHAVIOURAL MEDICINE UNIT,
DEPARTMENT OF CLINICAL PSYCHOLOGY,
NIMHANS DIGITAL ACADEMY, NATIONAL INSTITUTE OF MENTAL HEALTH AND NEURO
SCIENCES (NIMHANS)**

**COURSE ANNOUNCEMENT
ONLINE CERTIFICATE COURSE IN BASIC SKILLS AND APPLICATIONS OF
COGNITIVE BEHAVIOUR THERAPY (Batch 2)**

2022

OVERVIEW

- This is a 3-month online course for qualified Clinical Psychologists and Psychiatrists.
- The training will include didactic interactive online sessions, case presentations (conceptualization and treatment planning), online case discussions, and video demonstrations.
- Training will also require submission of a case report, where cases are conceptualized and managed using the CBT framework. There will be an exit exam at the end of the course which the candidates have to clear to obtain the course completion certificate.

COMPLETING THIS COURSE WILL HELP YOU TO:

- Acquire an understanding of the aims and principles of Cognitive Behaviour Therapy (CBT).
- Understand the various methods of assessment for therapy and basic case formulation of common mental health conditions.
- Plan interventions based on principles of CBT, which will include, structuring a session and building a therapeutic alliance, identifying the appropriate techniques based on the case formulation.
- Acquire an understanding of basic techniques such as arousal reduction, methods of eliciting negative automatic thoughts and dysfunctional assumptions, and modification of these beliefs.

ELIGIBILITY CRITERIA TO APPLY FOR THE COURSE:

1. Two-year full-time regular M.Phil. in Clinical Psychology from an RCI recognized Institute.
2. Psychiatrists who have completed their MD and are preferably employed.
3. Candidates can indicate if they have completed a basic Diploma in Mental Health from the NIMHANS Digital Academy.

MODE OF ADMISSION & COURSE FEE:

- Selection of suitable candidates will be based on fulfilment of the eligibility criteria.
- Online applications will be sought from the applicants.
- Short-listed candidates will be selected based on their qualifications, on a first- come-first served basis.
- Only after confirmation of selection by the course coordinator, candidates must complete payment of course fee.

IS IT RECOGNIZED?

Yes. Board of Studies (BOS) of NIMHANS Digital Academy, a statutory body of NIMHANS (Institute of National Importance), India has approved this course. It is not recognised by RCI or MCI/NMC nor does it have any credit points.

MODE OF ADMISSION & COURSE FEE:

- Applications can be submitted online, with complete details of eligibility and supporting documents.
- **Application form (to apply copy and paste below link into your browser address bar):**
<https://docs.google.com/forms/d/e/1FAIpQLSdG7AyFJiNJkqLsubRxxzb6VJ3KQgZ7T0j-u3JYUESbSyZTJLQ/viewform>.
- **Course fee for each candidate Rs 15,000**
- The payment link will be sent after checking the application for eligibility.
- **Payment MUST be made only after receiving confirmation mail from the course coordinator.**

BRIEF OVERVIEW OF COURSE CONTENT

1. Introduction to theoretical foundations and principles of Cognitive Behaviour Therapy (CBT).
2. Ethical practice in psychotherapy particularly in the context of CBT
3. Psychopathology and clinical features of common psychiatric disorders
4. Behavioural and cognitive assessments and case formulation
5. Interventions based on learning theories Arousal reduction strategies, Exposure therapies, behaviour modification procedure, social skills training, assertiveness skills training.
6. Approaches in CBT- by Beck, Ellis, problem-solving skills training, coping skills training.
7. Application of CBT across common mental health disorders
8. Introduction to mindfulness and its applications in the context of mental health.
9. Recent trends in CBT.

KEY RESOURCE PERSONS

- Dr. Paulomi M. Sudhir, Professor, Department of Clinical Psychology, NIMHANS
- Dr. Manjula M., Professor, Department of Clinical Psychology, NIMHANS
- Dr. Ajay Kumar, Associate Professor, Department of Clinical Psychology, NIMHANS

CRITERIA FOR ELIGIBILITY TO OBTAIN COURSE COMPLETION CERTIFICATE

- It is mandatory for candidates to have 80% attendance in the overall course.
- At least 50% marks in the online exit evaluation.
- A total of 3 attempts will be given for clearing the online evaluation.
- One case submission demonstrating the application of case formulation and therapy (CBT) by the candidate.

DISCLAIMERS

- The course is an online certificate course that is designed to enhance basic skills and applications of CBT. The course completion does not entitle the candidate to consider himself/herself as a Clinical Psychologist, unless they have completed M.Phil. in Clinical Psychology from a RCI recognized Institute.

The total number of seats: 30

Last date of application: 30th June 2022

Confirmation of candidate's selection: 1st July 2022

Fee deposit by selected candidates: 10th July 2022

Commencement of the CBT training: 15th July 2022

Contact Details of the Course coordinator:

Dr. Manjula M,

Professor, Department of Clinical Psychology,

NIMHANS, Bangalore 560029

Email: onlinecbttraining@gmail.com, 08026995182