

# ADVANCED CBT MASTER CLASS



**ICS** INDIAN  
COUNSELLING  
SERVICES

YOUR MENTAL HEALTH, OUR PRIORITY

# **C** COGNITIVE **B** BEHAVIORAL **T** THERAPY



CBT is a form of psychotherapy that focuses on how a person's thoughts, beliefs, and attitude affect their feelings and behaviours. It is a talking therapy that can help you to deal with emotional problems.



**CBT Helps  
people with**

Depression,  
Anxiety  
Panic Disorder,  
Insomnia,  
Eating Disorder

CBT is about more than identifying thought patterns; it is focused on using a wide range of strategies to help people overcome negative thoughts. Techniques may include journaling, role-playing, relaxation techniques, and mental distractions.





# COGNITIVE BEHAVIORAL THERAPY



CBT is one of the most effective methods for treating mental health issues, such as depression, anxiety and addiction. The model was created by psychologist Aaron T. Beck in the 1960s, but has been continuously updated ever since to reflect new findings about how the brain works and how our thoughts influence it.

## HOW CBT WORKS :

- CBT focuses on identifying, understanding and changing thinking and behaviour patterns that help change the way you feel.
- Benefits are usually seen in 12 to 16 weeks, depending on the individual.
- CBT empowers you. You are actively involved in your own recovery : you read, keep records between appointments and Complete homework assignment.
- CBT provides a hands-on practical approach to problem solving.
- Reduce risk of a negative mood

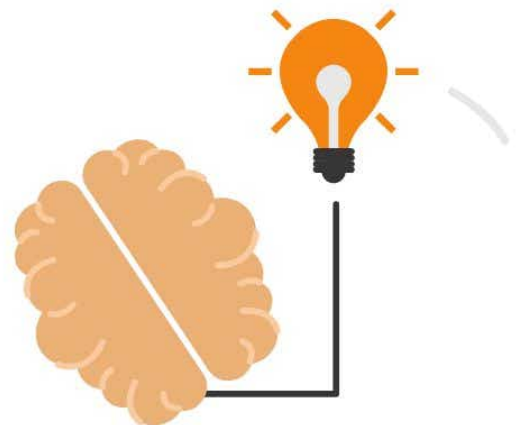


# HOW CBT IS DIFFERENT FROM OTHER THERAPIES



Have you ever heard of CBT? Cognitive Behavioral Therapy has become a widely used treatment for anxiety disorders & depression. The positive impact of this therapy is backed by many scientific studies, which have proven that CBT can be an extremely effective tool in treating these psychological issues. In fact, it is one of the more successful therapies in terms of long-term reduction in symptoms and relapse rates.

Cognitive Behavioral Therapy has been around for decades. It works by correcting the negative thinking processes & behaviors that can lead to anxiety, depression, addiction and other issues.



Cognitive behavioral therapy is different from traditional therapies because you are given the power to choose what your mood will be. You are given control over how you feel. This is a new and exciting opportunity to find out who you really are and what makes you happy.





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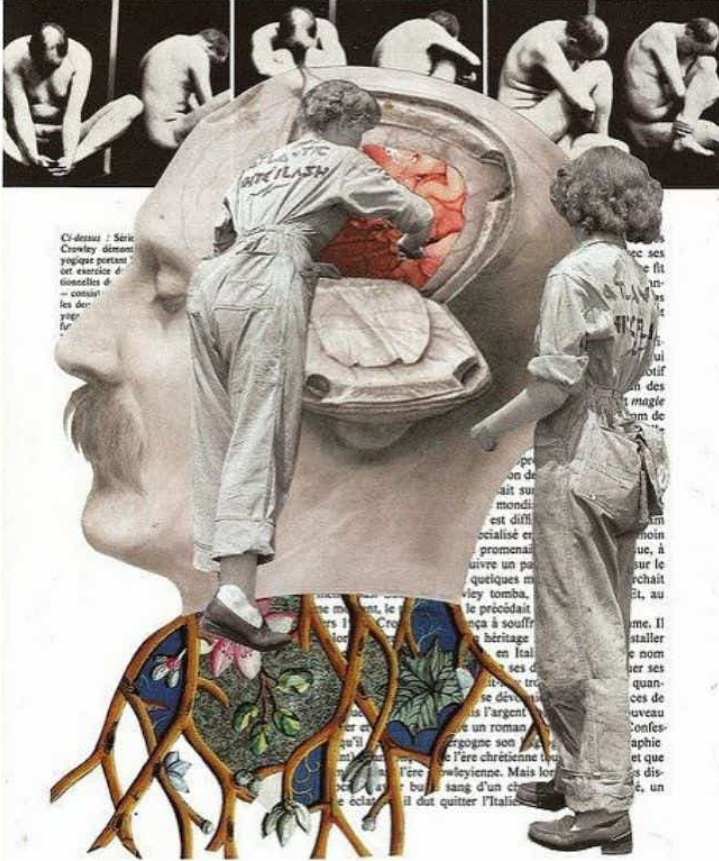
## ICS is presenting -

An exciting and innovative practical program on CBT. This program provides students and professional with the opportunity to experience various aspects of clinical work in a supervised setting.



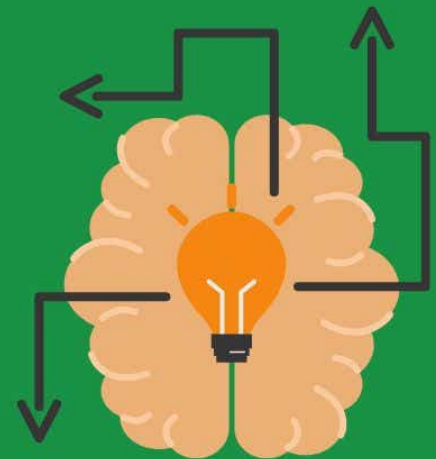


# What does it focus on ?



1. Signs and symptoms of disorders
2. Diagnostic Criteria of disorders
3. Case example
4. Prevalence of the disorders
5. Etiology or Causes of Disorders
6. Psychological assessment
7. Treatment
8. Common effective therapies

- Introduction to CBT
- Counselling Approaches
- ABC of CBT
- Automatic Thoughts
- ABCDE model of Cognitive Change
- STOPP- Thought stopping
- CBT Applications
- CBT Variations



(INDIAN COUNSELLING SERVICES) MSME,ISO certified :9001:2015  
and internationally certified by Career Development College London



# ▶ TAKE AWAY:

-  Grade Sheet
-  Study Materials
-  Online Resources
-  E-Certificate
-  Letter of Recommendation



Get to learn from licenced certified expert



Trainer is Doctorate in Psychology with 15+ year of experience

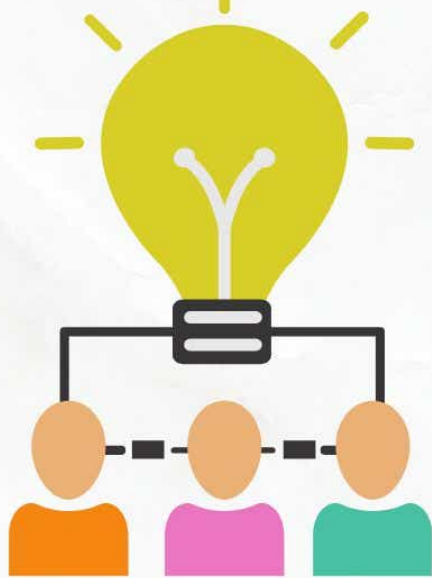
## Who can participate in this program

School Teacher|School students| Special Educators| School Counsellors | School Psychologists |Aspiring psychologist| Any professional involved in the mental health well-being



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## WHY CHOOSE US?

- Chance to get listed on ICS network
- Chance to handle real clients under the supervision of RCI Licensed Psychologists
- Live and recording session (Video notes)
- Ready to start a virtual office
- Awards to our star performer
- Get Hardcopy certificate & appreciation letter

## PERKS & BENEFITS

- Lifetime learning support
- Lifetime access of PDF study material and PPT note
- 24\*7 chat facility
- ID card and email confirmation
- Notification of the classes before the class start
- Dedicated academic counselor







## MODE OF PAYMENT

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- APPLICATION OF INDIAN COUNSELLING SERVICES
- CREDIT CARD
- DEBIT CARD
- BANK TRANSFER
- PHONE PAY
- GOOGLE PAY
- PAYTM
- THROUGH ANY UPI

## CONTACT

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**COURSE DURATION :  
1 MONTH**

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**TIMING : WEEKEND  
CLASSES**

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**BOOK YOUR  
SLOT NOW**

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**LIMITED SEATS  
AVAILABLE**

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