



# CBT Practitioner Course – Basic to Expert Level – 100 Hours (10 Levels)

HROHOURBYESENGUPTA PRESENTS ✓

Each level is for 10 hrs each If taken all 10 level – extra certificates ✓

Format: Online Duration: 100 Hours (10 Levels × 10 Hours each) Class Timing: 1 Hour per class |Includes: Theory + Case Studies + Practical Supervision + Final Practicum

# Comprehensive 10-Level CBT Training Program

1

## LEVEL 1 – Foundations of CBT (10 Hours)

Objective: Build a clear grounding in the history, theory, and principles of CBT. Key Topics:

- Origins: From Stoicism to Beck & Ellis
- Key Principles: Cognitions, Emotions, Behaviours
- The CBT Model (ABCDE, Thought-Feeling-Behaviour Cycle)
- Ethics, Boundaries, Client-Centred Care
- Indications & Contraindications for CBT

Activities: Case vignettes, thought record intro, mapping personal beliefs.

2

## LEVEL 2 – Cognitive Distortions & Thought Restructuring (10 Hours)

Objective: Train to identify and reframe unhelpful thinking. Key Topics:

- 15+ Distortions (Catastrophizing, Overgeneralisation, Personalisation, etc.)
- Automatic Thoughts & Core Beliefs
- Thought Journals & Socratic Questioning
- Restructuring Techniques (Evidence for/against, balanced thought generation)

Activities: Thought record worksheets, role-play as therapist & client.

3

## LEVEL 3 – Behavioural Techniques (10 Hours)

Objective: Equip with behavioural strategies for change. Key Topics:

- Behavioural Activation (Depression protocol)
- Exposure Therapy (Anxiety, OCD, Phobias)
- Activity Scheduling
- Response Prevention & Habituation
- Graded Task Assignment

Activities: Behavioural experiments, anxiety hierarchy creation, homework plans.

# Advanced CBT Applications

## LEVEL 4 – CBT for Anxiety & Panic (10 Hours)

Objective: Apply CBT protocols for anxiety spectrum disorders. Key Topics:

- Generalised Anxiety Disorder (GAD)
- Panic Disorder & Agoraphobia
- Phobias (specific/social)
- Breathing retraining + progressive relaxation
- Exposure planning + cognitive challenge

Activities: Simulated panic session, exposure ladder design, relaxation practice.

## LEVEL 5 – CBT for Depression (10 Hours)

Objective: Apply CBT interventions for depressive disorders. Key Topics:

- Beck's Cognitive Triad
- Rumination & Hopelessness cycles
- Behavioural Activation Protocol
- Problem-Solving Therapy integrated with CBT
- Preventing Relapse

Activities: Behavioural diary, cognitive restructuring in depression, role-plays.

## LEVEL 6 – CBT for Trauma & PTSD (10 Hours)

Objective: Work with trauma survivors ethically and effectively. Key Topics:

- Trauma models (Ehlers & Clark, Cognitive Processing Therapy)
- Memory Processing & Imagery Rescripting
- Grounding & Stabilisation Techniques
- Avoidance Patterns & Cognitive Shifts
- Cultural Sensitivity in Trauma

Activities: Safe place imagery, trauma narrative reframing, flashback handling.

# Specialized CBT Applications

## LEVEL 7 – CBT with Children & Adolescents (10 Hours)

Objective: Adapt CBT for developmental stages. Key Topics:

- Simplifying cognitive models for kids
- Play-based CBT & storytelling
- Family/Parent integration
- School-related anxiety, bullying, self-esteem
- ADHD & behavioural issues

Activities: Puppet role-play, emotion thermometers, child-friendly thought records.

## LEVEL 8 – Advanced CBT Modalities (10 Hours)

Objective: Introduce third-wave & integrated approaches. Key Topics:

- Schema Therapy Basics (Early Maladaptive Schemas)
- Mindfulness-Based CBT
- DBT elements (distress tolerance, emotional regulation)
- ACT (Acceptance & Commitment Therapy intro)
- Compassion-Focused Therapy (CFT)

Activities: Schema mapping, mindfulness drawing, acceptance statements.



## LEVEL 9 – Group CBT & Case Formulation (10 Hours)

Objective: Learn group therapy dynamics & advanced planning. Key Topics:

- Group CBT structures (8-session model)
- Facilitator skills & group cohesion
- Case Formulation models (Beckian, 5Ps, "Hot Cross Bun")
- Relapse prevention & booster sessions

Activities: Mock group facilitation, case study formulation practice.

## LEVEL 10 – Practicum & Supervision (10 Hours)

Objective: Transition into professional practice. Key Topics:

- Orientation & Ethical Agreement
- 5 Supervised Practice Sessions with clients/peers
- Case Documentation & Reflective Reports
- Supervision & Feedback Loops
- Final Evaluation (Portfolio + Viva + Role-Play)

Activities: Conducting sessions, therapist portfolio creation, peer case conference.



# Outcomes & Achievements



## Comprehensive Certification

10 Level Certificates + Final CBT Practitioner Diploma



## Resource Access

Access to CBT Tools & Resource Kit (worksheets, journals, protocols)



## Private Practice

Build private practice offering CBT sessions (₹1,000–₹5,000/session)



## Practical Experience

Hands-on experience with real/simulated clients



## Career Opportunities

Eligible to work in schools, clinics, corporates, wellness centres



## Career Advancement

CV Power-Up + Letter of Recommendation (for top performers)

# CBT Practitioner – Daily Date Sheet

## Level 1 – Foundations of CBT

1. Thursday, 02 October 2025
2. Friday, 03 October 2025
3. Saturday, 04 October 2025
4. Sunday, 05 October 2025
5. Monday, 06 October 2025
6. Tuesday, 07 October 2025
7. Wednesday, 08 October 2025
8. Thursday, 09 October 2025
9. Friday, 10 October 2025
10. Saturday, 11 October 2025

## Level 2 – Cognitive Distortions & Thought Restructuring

1. Sunday, 12 October 2025
2. Monday, 13 October 2025
3. Tuesday, 14 October 2025
4. Wednesday, 15 October 2025
5. Thursday, 16 October 2025
6. Friday, 17 October 2025
7. Saturday, 18 October 2025
8. Sunday, 19 October 2025
9. Monday, 20 October 2025
10. Tuesday, 21 October 2025

## Level 3 – Behavioural Techniques

1. Wednesday, 22 October 2025
2. Thursday, 23 October 2025
3. Friday, 24 October 2025
4. Saturday, 25 October 2025
5. Sunday, 26 October 2025
6. Monday, 27 October 2025
7. Tuesday, 28 October 2025
8. Wednesday, 29 October 2025
9. Thursday, 30 October 2025
10. Friday, 31 October 2025

## Level 4 – CBT for Anxiety & Panic

1. Saturday, 01 November 2025
2. Sunday, 02 November 2025
3. Monday, 03 November 2025
4. Tuesday, 04 November 2025
5. Wednesday, 05 November 2025
6. Thursday, 06 November 2025
7. Friday, 07 November 2025
8. Saturday, 08 November 2025
9. Sunday, 09 November 2025
10. Monday, 10 November 2025

## Level 5 – CBT for Depression

1. Tuesday, 11 November 2025
2. Wednesday, 12 November 2025
3. Thursday, 13 November 2025
4. Friday, 14 November 2025
5. Saturday, 15 November 2025
6. Sunday, 16 November 2025
7. Monday, 17 November 2025
8. Tuesday, 18 November 2025
9. Wednesday, 19 November 2025
10. Thursday, 20 November 2025

## Level 6 – CBT for Trauma & PTSD

1. Friday, 21 November 2025
2. Saturday, 22 November 2025
3. Sunday, 23 November 2025
4. Monday, 24 November 2025
5. Tuesday, 25 November 2025
6. Wednesday, 26 November 2025
7. Thursday, 27 November 2025
8. Friday, 28 November 2025
9. Saturday, 29 November 2025
10. Sunday, 30 November 2025

## Level 7 – CBT with Children & Adolescents

1. Monday, 01 December 2025
2. Tuesday, 02 December 2025
3. Wednesday, 03 December 2025
4. Thursday, 04 December 2025
5. Friday, 05 December 2025
6. Saturday, 06 December 2025
7. Sunday, 07 December 2025
8. Monday, 08 December 2025
9. Tuesday, 09 December 2025
10. Wednesday, 10 December 2025

## Level 8 – Advanced CBT Modalities

1. Thursday, 11 December 2025
2. Friday, 12 December 2025
3. Saturday, 13 December 2025
4. Sunday, 14 December 2025
5. Monday, 15 December 2025
6. Tuesday, 16 December 2025
7. Wednesday, 17 December 2025
8. Thursday, 18 December 2025
9. Friday, 19 December 2025
10. Saturday, 20 December 2025

## Level 9 – Group CBT & Case Formulation

1. Sunday, 21 December 2025
2. Monday, 22 December 2025
3. Tuesday, 23 December 2025
4. Wednesday, 24 December 2025
5. Thursday, 25 December 2025
6. Friday, 26 December 2025
7. Saturday, 27 December 2025
8. Sunday, 28 December 2025
9. Monday, 29 December 2025
10. Tuesday, 30 December 2025

Level 10 Can be started anytime after 15th November

# Skills You Will Achieve as a Certified CBT Practitioner



## Core Clinical Skills

- CBT Model Mastery: Deep understanding of the thought–emotion–behaviour cycle.
- Case Formulation: Ability to create detailed case conceptualisations using Beck’s model and 5Ps.
- Cognitive Restructuring: Skill in identifying, challenging, and reframing irrational thoughts.
- Behavioural Activation: Designing activity schedules to counter depression and inactivity.
- Exposure Therapy: Planning and executing graded exposure for phobias, OCD, and anxiety.
- Relaxation Training: Teaching clients breathing, grounding, and progressive muscle relaxation.
- Relapse Prevention: Developing long-term maintenance and booster plans for clients.



## Advanced Cognitive Skills

- Distortion Spotting: Recognising 15+ cognitive distortions (e.g., catastrophising, overgeneralisation).
- Socratic Questioning: Using guided discovery to challenge beliefs.
- Core Belief Restructuring: Helping clients shift deep-rooted schemas.
- Imagery Rescripting: Reframing painful past experiences through guided imagery.
- Problem-Solving Therapy: Integrating structured decision-making within CBT.



## Behavioural & Experiential Skills

- Behavioural Experiments: Designing safe experiments to test faulty predictions.
- Habituation Techniques: Reducing avoidance and fear responses.
- Thought Journals & Homework: Assigning and reviewing structured client exercises.
- Mindfulness & Acceptance Skills: Using MBCT and ACT techniques to build acceptance and presence.
- Schema Mapping: Identifying early maladaptive schemas and their impact on clients.

## Specialised Application Skills

- CBT for Anxiety: Working with GAD, panic, phobias, and social anxiety.
- CBT for Depression: Using behavioural activation and cognitive triad work.
- CBT for Trauma/PTSD: Safe use of grounding, trauma narratives, and memory reprocessing.
- Child & Adolescent CBT: Adapting CBT with stories, games, and family work.
- Group CBT Facilitation: Running structured CBT groups and peer-support sessions.
- Cross-Cultural CBT: Sensitivity to race, faith, gender, and cultural contexts in therapy.

## Interpersonal & Professional Skills

- Therapeutic Alliance Building: Establishing trust, empathy, and safety.
- Ethical Practice: Handling confidentiality, consent, and boundaries with professionalism.
- Supervision Skills: Receiving and applying feedback effectively.
- Report Writing: Creating professional session notes, case reports, and therapy portfolios.
- Public Speaking & Group Leadership: Leading CBT-based workshops, classes, or group sessions.
- Crisis Management: Recognising red flags and responding safely in emergencies.

# Career & Professional Growth Opportunities

## Career & Professional Growth Skills

- **Clinical Confidence:** Readiness to work with clients under supervision.
- **Workshop Design:** Ability to create CBT-based workshops for schools, corporates, and wellness centres.
- **Corporate Application:** Applying CBT for stress management, resilience training, and performance coaching.
- **Entrepreneurial Skills:** Setting up private practice, pricing sessions (₹1,000–₹5,000+ per client), and marketing ethically.
- **CV & Profile Boost:** Certificate adds credibility for jobs in psychology, mental health, HR, teaching, and wellness industries.
- **Networking:** Access to a professional community of therapists and mental health practitioners.

## Final Outcome

By the end of this diploma, graduates will be able to:



### Conduct Professional Sessions

Confidently conduct 1:1 CBT therapy sessions for a wide range of issues.



### Develop Therapy Plans

Develop therapy plans, reports, and relapse prevention strategies.



### Deliver Group Programs

Deliver group therapy programs and corporate training modules.



### Build Sustainable Career

Build a sustainable therapy career with multiple income streams (private sessions, corporate contracts, workshops, online courses).



# Why the CBT Practitioner Diploma is Incredibly Value-Worthy

## Academic & Knowledge Value

- Evidence-Based Curriculum: Rooted in Aaron Beck's and Albert Ellis' research, aligned with international CBT standards.
- Structured 10-Level Program: Progression from basics to advanced CBT ensures no knowledge gaps.
- Third-Wave Exposure: Students learn not just CBT, but also ACT, DBT, Mindfulness, and Schema therapy.
- Specialised Applications: Covers CBT for anxiety, depression, trauma, children, adolescents, and groups.
- Practical Case Formulation: Teaches real-world case planning, not just textbook theory.
- Daily Contact Hours: Intensive learning with daily practice accelerates mastery.

## Skill-Building Value

- Hands-On Therapy Practice: Real and simulated client sessions to build confidence.
- Diagnostic Skills: Recognise thought patterns, distortions, and behavioural loops in clients.
- Intervention Skills: Learn to use journaling, restructuring, exposure, and relaxation with precision.
- Adaptability: Train to work across ages (children to adults), cultures, and different problem sets.
- Crisis Handling: Tools to manage panic, trauma flashbacks, and high-risk situations.
- Professional Reports: Session notes, case reports, therapy portfolios — a must for clinical credibility.

## Professional & Career Value

- Practitioner Certification: Adds weight to CV, LinkedIn, and job applications in psychology, HR, education, wellness.
- Supervised Client Work: Employers and institutions value candidates with live practice experience.
- Eligibility for Freelance Work: Practitioners can start offering CBT-based counselling sessions.
- Corporate Applications: High demand for CBT-trained facilitators in stress management & resilience training.
- Workshop Opportunities: Design and deliver group programs in colleges, schools, corporates, and NGOs.
- Portfolio Creation: A professional therapist portfolio is included — invaluable for interviews & clients.

## Financial & Career Growth Value

- Private Practice Income: Ability to charge ₹1,000–₹5,000+ per session as a practitioner.
- Workshops & Seminars: Potential to earn ₹10,000–₹50,000 per workshop.
- Corporate Contracts: Opportunities to work with HR/wellness programs for consistent revenue.
- CV Differentiator: Makes candidates stand out in competitive psychology and HR fields.
- Side Hustle to Full Career: Can start part-time while studying/working and scale into full-time.
- Multiple Streams of Income: 1:1 sessions, groups, workshops, online courses, corporate training.



## Global & Community Value

- Global Recognition: CBT is universally acknowledged and used in every major therapy setting.
- Cross-Cultural Practice: Skills learned apply across different countries, communities, and populations.
- Networking Opportunities: Access to a therapist community for collaboration and referrals.
- Professional Recommendation: Top performers earn Letters of Recommendation — gold for global opportunities.
- Credibility in Wellness Market: Distinguishes graduates from generic "life coaches" by being clinical and certified.



## Personal Growth & Transformation Value

- Self-Therapy Skills: Students learn to manage their own thoughts, emotions, and behaviours.
- Emotional Resilience: Strong tools to handle stress, anxiety, procrastination, and low moods personally.
- Confidence & Communication: Therapy role-plays build interpersonal and public speaking skills.
- Leadership Qualities: Leading group CBT teaches team facilitation and influence skills.
- Life-Long Toolkit: Worksheets, journals, and protocols become permanent resources.
- Empowerment: Ability to help others creates personal fulfilment and social contribution.

# Final Promise of Value

This diploma is not just a course — it's:

- A career-launchpad into therapy and counselling.
- A financial multiplier, opening new income streams.
- A professional credibility badge for CVs, LinkedIn, and corporate contracts.
- A personal transformation journey, making students emotionally resilient.

🌟 In short: They don't just walk away with knowledge — they walk away with a profession, a portfolio, and a powerful identity as a CBT Practitioner.