

Diploma Course in Cognitive Behavioral Therapy (CBT)

Organized by: International Institute of Mind Training & Counseling (IIMTC)

Website: www.iimtc.institute

Email: iimtcofficial@gmail.com

Course Overview

Course Title: Diploma Course in Cognitive Behavioral Therapy (CBT)

Duration: 6 Months

Mode: Online (Live Class)

Class Time: Every Thursday at 9:30 PM to 11:00 PM onward (BD Time)

Course Structure:

6 Months – Theoretical Learning, Supervision and Case Study

Course Modules

Module 1: Introduction to CBT

- Introduction to Cognitive Behavioral Therapy
- Core Principles and Theoretical Basis
- Structure of CBT: Roles of Therapist and Client
- Session Planning and Step-by-Step Implementation

Module 2: Psychological Foundations of CBT

- Cognitive Science and CBT Theory
- Understanding Automatic Negative Thoughts (ANTs)
- Core Beliefs and Cognitive Behavioral Models

- Types of Cognitive Distortions
- Case Formulation, Diagnosis, and Treatment Planning

Module 3: CBT Techniques and Strategies

Cognitive Restructuring:

- Thought Challenging Techniques
- Developing Alternative Thinking
- ABC Model (Activating Event, Belief, Consequence)

Behavioral Techniques:

- Behavioral Activation
- Exposure Therapy
- Relaxation Techniques (Progressive Muscle Relaxation, Deep Breathing)
- Activity Scheduling

Mindfulness-Based CBT (MBCT):

- Role of Mindfulness in CBT
- Conscious Awareness Practice
- Thought Observation and Detachment

Module 4: CBT for Specific Disorders

CBT for Depression:

- Correcting Cognitive Distortions
- Behavioral Activation Techniques
- Coping with Negative Thinking

CBT for Anxiety Disorders:

- Social Anxiety Management
- Therapy for Panic Disorders and Phobias
- Treatment of Generalized Anxiety Disorder (GAD)

CBT for Obsessive Compulsive Disorder (OCD):

- Exposure and Response Prevention (ERP)
- Coping with Compulsions
- Managing Intrusive Thoughts

CBT for PTSD & Trauma:

- Trauma-Focused CBT
- Managing Flashbacks and Emotional Memories
- Relaxation & Emotional Regulation Techniques

CBT for Addictions:

- Identifying Triggers and Developing Coping Skills
- Behavior Modification and Habit Change

- Relapse Prevention and Self-Monitoring

Module 5: Advanced CBT Techniques

- Schema Therapy
- Compassion-Focused Therapy (CFT)
- Acceptance and Commitment Therapy (ACT)
- Dialectical Behavior Therapy (DBT)
- CBT for Self-Esteem and Confidence Development

Module 6: Practical Applications & Case Studies

- Conducting CBT Sessions: Tools and Flow
- Real-Life Case Study Analysis
- Report Writing and Therapy Documentation
- Career Guidelines and Ethical Counseling Practice

Module 7: Ethics & Professionalism in CBT

- Ethical Responsibilities and Boundaries of a Therapist
 - Core Counseling Skills and Techniques
 - Confidentiality and Client Data Protection
 - Addressing Ethical Dilemmas and Professional Conduct
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Trainer Information

All sessions are conducted by licensed psychologists and certified CBT practitioners from Bangladesh and India.

They have expertise in clinical psychology, counseling, and cognitive behavioral therapy with real-world experience in mental health practice.

Certification

Participants will receive:

Diploma Certificate from the International Institute of Mind Training & Counseling (IIMTC)

Course Outcomes

- Develop deep knowledge of CBT theory and techniques
- Apply CBT to treat anxiety, depression, and other psychological issues
- Conduct structured therapy sessions with confidence
- Gain practical experience through supervised internship and roleplay
- Suitable for counselors, psychologists, educators, and mental health professionals

Eligibility

Minimum Qualification: Graduation or equivalent (HSC holders may apply with counseling experience)

Strong interest in therapy, counseling, and mental health care

Course Fee

Description	Amount
Course Value	15,000 Taka
One Time Payment	12,500 Taka
Form Fee	200 Taka
Installment	(6 × 2,500) Taka

Total Payable: ₳15,200 BDT (Excluding Registration Fees)

Special Features

- Weekly Live Class
 - Real-life Case Studies and Internship
 - Diploma Certificate from IIMTC
 - Clinical Supervision and Feedback
 - Access to CBT Tools and Templates
 - Career Guidance and Therapy Practice Support
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Contact for Details & Registration

Email: iimtcofficial@gmail.com

Phone/WhatsApp: +880 1736 305959

Website: www.iimtc.institute