



MES COLLEGE ERUMELY

**CERTIFICATE COURSE
B. Sc PSYCHOLOGY**



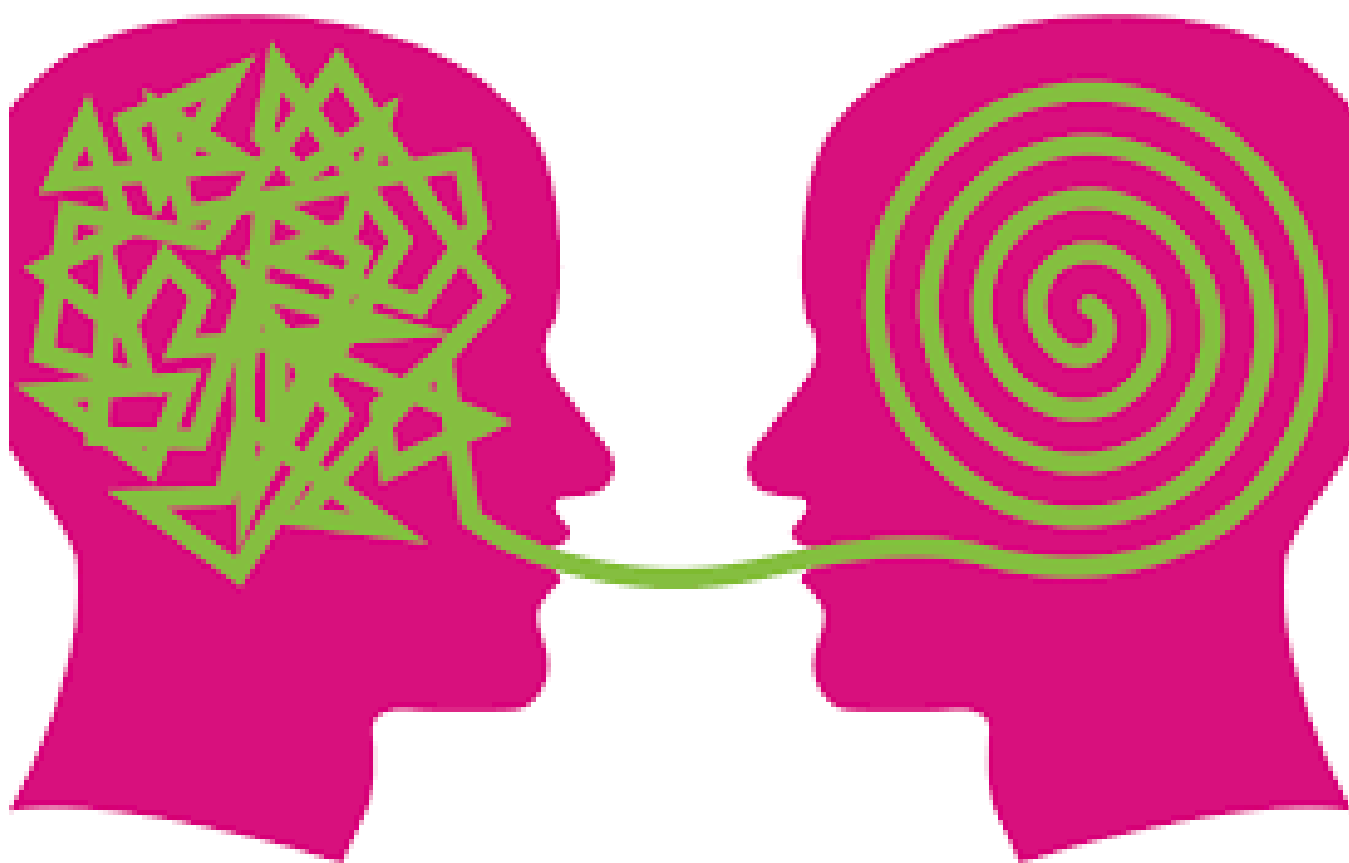
2021 - 2022



MES COLLEGE ERUMELY

DEPARTMENT OF PSYCHOLOGY

Certificate course 2021-2022 - CBT



CBT

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Cognitive-behavioral therapy (CBT) is a form of psychotherapy that treats problems and boosts happiness by modifying dysfunctional emotions, behaviors, and thoughts. Unlike traditional Freudian psychoanalysis, which probes childhood wounds to get at the root causes of conflict, CBT focuses on solutions, encouraging patients to challenge distorted cognitions and change destructive patterns of behavior.

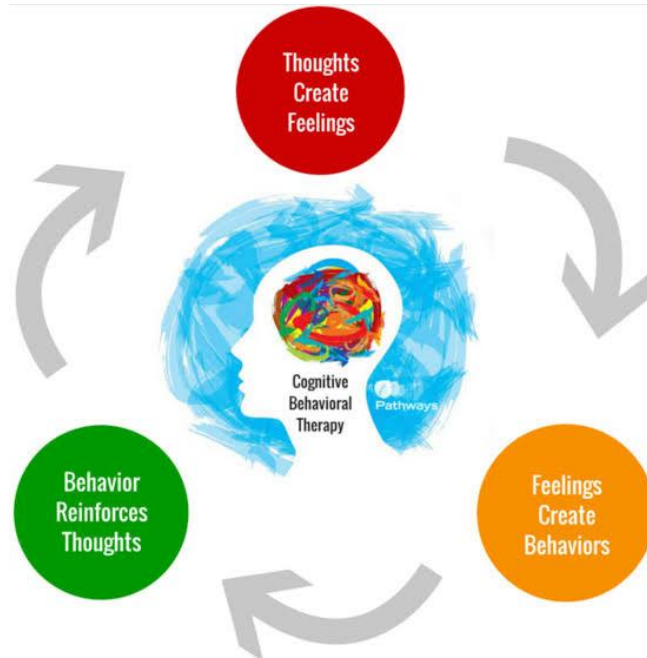
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Cognitive therapy seeks to alleviate psychological stresses by correcting faulty conceptions and self-signals. By correcting erroneous beliefs we can lower excessive reactions

-Aaron T. Beck

(founding father of CBT movement)

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Why CBT ?

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One of the key tenets of CBT is that distorted thinking leads to distress and problematic behaviors, whereas thinking realistically with less negativity allows individuals to respond to challenging life circumstances in an effective way.

Research shows this technique is an effective therapy for not only depression and panic disorder, but many illnesses and dysfunctional behaviors.

Additionally, this therapy involves clear identification of the problem, establishing attainable goals, empathic communication, frequent feedback, reality checks, homework assignments, and teaching individuals to use learned tools to promote positive behavioral change and growth.

MES COLLEGE ERUMELY

DEPARTMENT OF PSYCHOLOGY

SYLLABUS FOR CERTIFICATE COURSE- CBT

Instructional hours : 30 Hrs

Module I

Unit 1

Introduction to Cognitive Behaviour Therapy

Unit 2

History of cognitive therapy

Unit 3

Theory behind CBT

Module II

Unit 4

Principles and Elements of Cognitive Behavior Therapy

Unit 5

Therapeutic techniques and tools of CBT. Benefits of CBT

Unit 6

Types of Cognitive therapies

Module III

Unit 7

Cognitive therapy (CT)

Unit 8

Rational Emotive Behaviour Therapy (REBT)

Unit 9

Dialectical Behaviour Therapy (DBT)

Module IV

Unit 10

Cognitive Processing Therapy (CPT)

Unit 11

Mindfulness-based cognitive therapy (MBCT)

Unit 12

Acceptance and commitment therapy (ACT)

Module V

Unit 13

conditions CBT can treat and its risks, Pros & cons.

Unit 14

Essential CBT skills

Unit 15

Potential Brief CBT Session

Module VI

Unit 16

Things to Consider in Evaluating Patients for Brief CBT

Unit 17

Case Conceptualization and Treatment Plan

Unit 18

Famous case studies and demonstrations(Practical)

References

Baron, R. A. & Misra, G. (2014).Psychology, 5thed. New Delhi: Pearson Education, Ch. 6. Ciccarelli, S. K.,

Meyer, G. E. (2008).Psychology, South Asian ed. New Delhi: Pearson, Ch. 6.

Weiten, W. (2002).Psychology: Themes and variations, 5thed. New York: Brooks/Cole Publishing Co., Ch.7.

M.E.S College Erumely
BSc Psychology

Certificate course- CBT

Attendance of students

Sl. No	Name of Students	Permanent Register number	percentage of attendance
1	Aadhila P Navas	210021043929	97
2	Aayisha Yoonus	210021043930	96
3	Amna M Azeez	210021043931	97
4	Athulya Anilkumar	210021043932	94
5	Chanjal Abraham Thomas	210021043933	97
6	Fathima Marjan	210021043934	94
7	Grizel D' Silva	210021043935	96
8	Juhi Sara Varghese	210021043936	94
9	Muhammed Akram	210021043937	96
10	Nithya K	210021043938	94
11	Pranav M Sajan	210021043939	97
12	Jishitha M Nair	210021043940	95
13	Meera Thomas	210021043941	94
14	Milan Roy	210021043942	96

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19/10/2022

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Prof. (Dr.) ANIL KUMAR. S
Principal
MES College, Erumely


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AYRIN PETER,
ASST. PROF.
DEPT. OF PSYCHOLOGY

MES COLLEGE ERUMELY
Directorate of Human Resource Development Council
CERTIFICATE COURSE Eligible List :2021-2022
DEPARTMENT OF PSYCHOLOGY
Course :Cognitive Behviural Therapy(CBT)

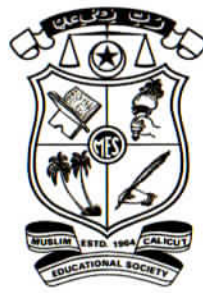
<u>Sl.No.</u>	<u>Reg. No</u>	<u>Name of the Student</u>	<u>Score</u>
1	210021043929	Aadhila P Navas	42
2	210021043930	Aayisha Yoonus	41
3	210021043931	Amna M Azeez	44
4	210021043932	Athulya Anilkumar	42
5	210021043933	Chanjal Abraham Thomas	42
6	210021043934	Fathima Marjan	41
7	210021043935	Grizel D' Silva	35
8	210021043936	Juhi Sara Varghese	39
9	210021043937	Muhammed Akram	45
10	210021043938	Nithya K	40
11	210021043939	Pranav M Sajan	44
12	210021043940	Jishitha M Nair	43
13	210021043941	Meera Thomas	46
14	210021043942	Milan Roy	41


Ayam Peter
Head of the Department


Director HRDC
R. S. J. O. L. A. D. M.


Principal
Prof. (Dr.) ANIL KUMAR S.
PRINCIPAL
MES COLLEGE ERUMELY





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M E S Erumely P.O., Kottayam Dist., Pin. 686 509

MES/EC/HRDC/1186

30/11/22

Certificate of Merit

This is to certify that Mr./Ms..... *Meesa Thomas*

has successfully completed the 30 hours Certificate Course entitled..... *Cognitive Behavioural*

..... *Therapy (CBT) - An Introduction* Conducted by MES College Erumely



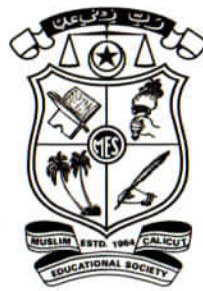
[Signature]
Head of the Department
Department of Psychology
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Head of the Department

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REJOOLA O.M

Co-Ordinator

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MES/EC/HRDC/1185

30/11/22

Certificate of Merit

This is to certify that Mr./Ms..... *Jishitha M. Nair*.....
has successfully completed the 30 hours Certificate Course entitled..... *Cognitive Behavioural*.....
Therapy (CBT) - An Introduction..... Conducted by MES College Erumely



Adrian Peter
Head of the Department
Department of Psychology
MES College Erumely

Head of the Department

Rejoola O.M
REJOOLA O.M

Co-Ordinator

Anil Kumar S.
Prof. (Dr.) ANIL KUMAR S.
Principal
MES College Erumely