



JAGRAN LAKECITY
UNIVERSITY

FACULTY OF LIBERAL ARTS
AND HUMANITIES

CERTIFICATE PROGRAMME

**“COGNITIVE BEHAVIOUR THERAPY:
A PATHWAY TO TRANSFORMATIONAL CHANGE”**

26th, 27th & 29th
November,
2021

*“We are disturbed not by events, but by beliefs which we hold.”
Epictetus- Greek Philosopher*

OBJECTIVES

- To provide an insight into the theoretical foundations of CBT
- To explore the techniques used in CBT.
- To provide opportunities to practice the same in a simulated context
- To introspect and apply the techniques on oneself

CONTENT

MODULES	MAIN THEME	SUB-TOPICS	SCHEDULES
1	Theoretical foundations of CBT	<ul style="list-style-type: none"> • Understanding the human need and capacity to change • Defining CBT • Historical perspective • Key characteristics • Theoretical framework- Cognitive triad, negative schema and cognitive distortions 	<p>Day 1: Workshop offline: 5 Hours Self-Study/ Assignments /Practice+: 5 Hours</p> <p>Assignment 1- 30 marks</p>
2	Techniques of CBT- I	<ul style="list-style-type: none"> • Core beliefs • Identifying core beliefs • Changing core beliefs • Applying CBT to resolve interpersonal conflicts • Micro Skills in CBT and simulation • Practice 	<p>Day 2: Workshop offline: 5 Hours Self-Study/ Assignments /Practice+: 5 Hours</p> <p>Assignment 2- 30 marks</p>
3	Techniques of CBT- II	<ul style="list-style-type: none"> • Disputation technique • From pessimism to optimism • Practice • Case studies and discussion • Summing it up-closure 	<p>Workshop offline: 5 Hours Self-Study/ Assignments /Practice+: 5 Hours</p>



SPECIAL FEATURES

- The participants who have successfully completed will receive Certification from Jagran Lakecity University.
- The programme has been designed, executed and executed by senior academician and practitioner with more than 30 years of experience.
- The 'Points to Ponder' package will be provided as reading materials and e-resources – soft copy will be emailed.
- The offline sessions will be in workshop style and would be interactive and discussion oriented.
- Appropriate activities would be incorporated to ensure experiential learning.

ASSESSMENT

- There would be two assignments provided at the end of the first two modules.
- Each of these would be of 30 marks each.
- The practice sessions and reflections of the candidates would be assessed too. This would be marked on 40.
- Templates for submission would be provided.
- The performance of each participant would be scrutinized and feedback would be provided any end of course examination.
- The marks obtained by the participants on each assignment will be compiled and computed out of 100.

Facilitated by:
Dr. Shailaja Shastri,
Dean,
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