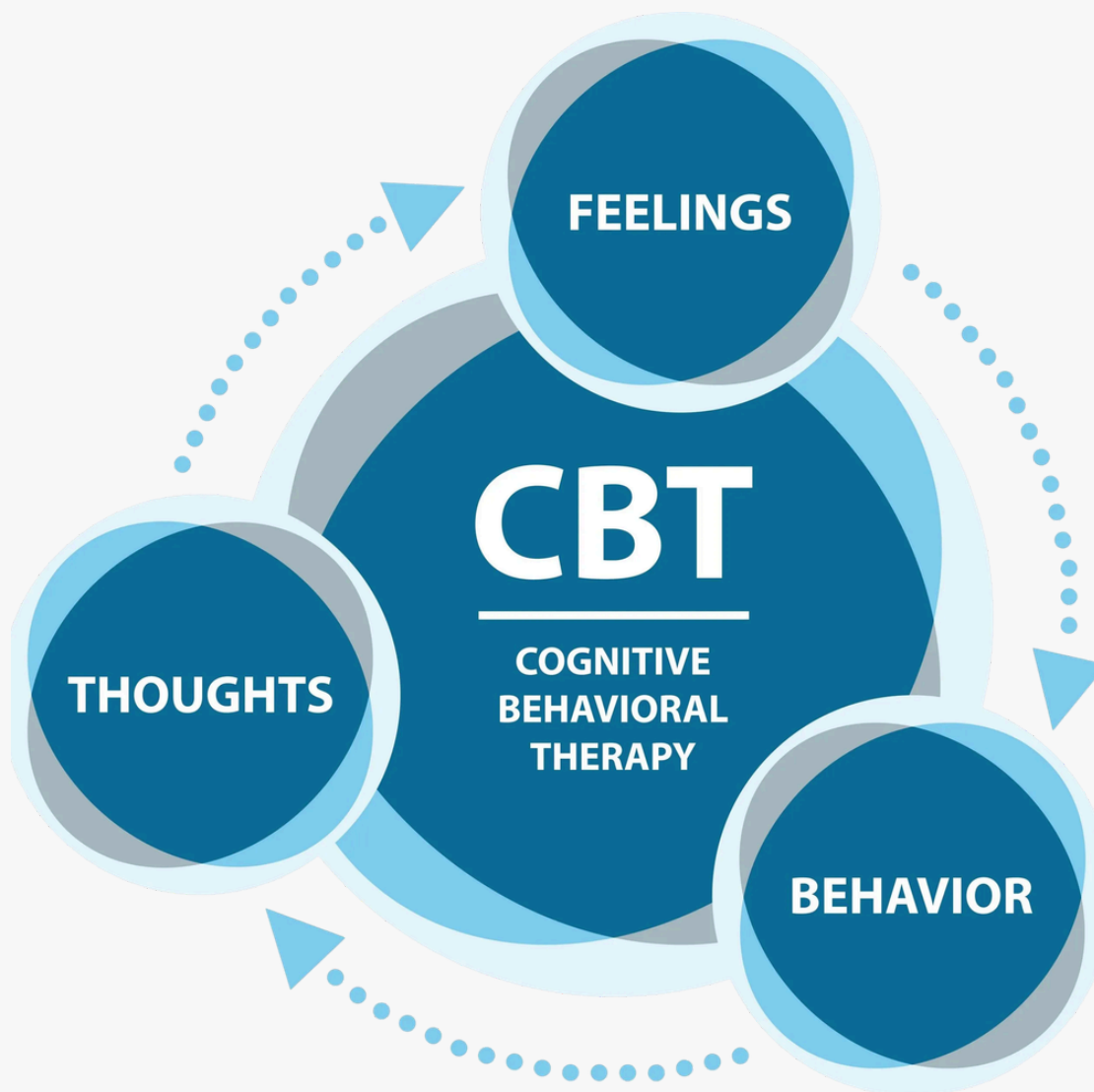


Integrating Artificial Intelligence into Cognitive Behavioral Therapy (CBT) Course Outlines



SEH ACADEMY

Integrating Artificial Intelligence into Cognitive Behavioral Therapy (CBT) Course Outlines

Program Overview

This advanced program is designed to equip participants with the skills to apply Cognitive Behavioral Therapy (CBT) in real-life and professional settings, while integrating Artificial Intelligence tools to enhance efficiency, accuracy, and decision-making.

The program focuses on:

- Building strong clinical foundations in CBT
- Applying structured therapeutic techniques
- Understanding anxiety and social phobia cases in depth
- Using AI as a supportive tool in assessment, analysis, and planning

Participants will learn how to combine human clinical expertise with AI-assisted tools to improve performance and outcomes.

Program Duration

- 36 Training Hours
- Graduation Project Included

Program Structure (7 Weeks)

Week 1: Foundations of CBT and the Role of AI

- Introduction to Cognitive Behavioral Therapy
- The cognitive model (thoughts, emotions, behaviors)
- Overview of AI in mental health practice
- AI as a support tool (not a replacement)
- Ethical considerations

Week 2: Cognitive Assessment and Case Conceptualization

- Identifying automatic thoughts
- Cognitive distortions
- Core beliefs and schemas
- Case formulation using CBT
- AI-assisted analysis tools

Week 3: Cognitive Interventions

- Cognitive restructuring techniques
- Challenging negative thinking
- Thought records
- Developing alternative thinking patterns
- AI-supported analysis

Week 4: Behavioral Interventions

- Behavioral activation
- Exposure techniques
- Behavioral experiments
- Managing avoidance
- Structured intervention planning

Week 5: Anxiety and Social Phobia

- Understanding anxiety disorders
- Social anxiety (social phobia)
- Triggers and maintaining factors
- CBT application in anxiety cases
- Practical case application

Week 6: Advanced Practice and Therapist Skills

- Therapeutic alliance
- Session structure
- Handling resistance
- Ethical practice
- Professional development

Week 7: Integration and Practical Application

- Full treatment plan design
- Integrating AI into workflow
- Case-based application
- Supervised practice
- Final project preparation

Graduation Project

Participants will develop a complete CBT case file, including:

- Initial assessment
- Case conceptualization
- Identification of cognitive distortions
- Treatment plan (8–12 sessions)
- Application of techniques
- Reflection and analysis

Learning Outcomes

By the end of the program, participants will be able to:

- Apply CBT techniques effectively
- Analyze cases professionally
- Work with anxiety and social phobia
- Design structured treatment plans
- Use AI tools to support practice
- Improve outcomes through structured approaches

Conclusion

This program is designed for individuals who want to move beyond theoretical understanding and develop real, applicable skills.

It is not just about learning CBT...

It is about practicing it with confidence in a modern, evolving environment.

About SEH International

SEH International is a leading training and professional development institution specialized in delivering high-impact, practical programs across various fields. With a strong focus on real-world application, SEH bridges the gap between theoretical knowledge and operational excellence.

Our programs are designed to equip participants with practical skills, enabling them to manage operations efficiently and make informed decisions based on data, in line with modern market demands and international standards.

