

Mental Wellness Hub

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# Mental Wellness Hub

## Introduction to Cognitive Behavioural Therapy (CBT)

### Online Course

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Part 1: Lectures 1 - 4 inclusive of additional reading, activities and professional worksheets

Part 2: Lectures 5 - 8 inclusive of additional reading, activities and professional worksheets

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Lecture	Handout/Worksheets	Activities
Lecture 1: Introduction to CBT	Yes	Yes
Lecture 2: CBT & Depression <ul style="list-style-type: none"><li>- Depressive Disorders</li><li>- Suicidal Ideation</li><li>- Bipolar I and II</li></ul>	Yes	Yes
Lecture 3 + 4: CBT & Anxiety <ul style="list-style-type: none"><li>- Anxiety and Anxious Disorders</li><li>- Social Anxiety</li><li>- Thinking Errors</li><li>- Panic Attacks</li></ul>	Yes	Yes
Lecture 5 + 6: CBT & Phobias <ul style="list-style-type: none"><li>- Introduction to Phobias</li><li>- The Idea of Fear</li><li>- Agoraphobia</li><li>- Exposure Therapy</li></ul>	Yes	Yes

- Obsession & Phobias		
Lecture 7 + 8: CBT & Personality Disorders - The Clusters (summary) - Borderline Personality Disorder - Paranoid Personality Disorder - Avoidant Personality Disorder	Yes	Yes
Part 1: Assessment at End		
Part 2: Assessment at End		

### **Certificate Information**

- Upon successful completion, certificates and transcripts will be mailed to the student. This course is internationally accredited by the International Practitioners of Holistic Medicine (IPHM).

### **Assessment**

- 2 assessments must be completed and passed in order to obtain your certificate. Both assessments must be passed.

### **Payment Procedures**

- Payment Options:
  - Online Bank Transfer/Bank Deposit to our Account (details will be sent privately to each student)

### **Disclaimer**

- This course is for personal/professional development only, and is not a substitute for a Degree in Psychology or any related Mental Health field.