

Mental Wellness Hub

297 Maclean Street. Block One, Palmiste, La Romaine || 1-868-359-9043

Facilitator: Ms. Celeste Dass MSc MBPsS

Email: mentalwellnesshub@gmail.com

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Introduction to Cognitive Behavioural Therapy (CBT) Online Course

Cost: \$800

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

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

<ul style="list-style-type: none"> - The Idea of Fear - Agoraphobia - Exposure Therapy - Obsession & Phobias 		
Lecture 7 + 8: CBT & Personality Disorders <ul style="list-style-type: none"> - 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 multiple choice assessments must be completed and passed in order to obtain your certificates and transcripts. Both assessments must be passed.

Payment Plans and Procedures

- You can pay the full price of the course and receive the entire course at once, or;
- Payment can be made in 2 equal parts (\$400/month for 2 months). The course will be separated into 2 parts: Part 1 and Part 2. One each installment, a part of the course will be sent until payment is complete.
- Please notify us of your preference beforehand.
- Payment Options:
 - Online Bank Transfer/Bank Deposit to our Account (details will be sent privately to each student)
 - Online via Credit Card (via Wipay)

- Cash at the office: an appointment must be made if you're coming to pay at the office.

Disclaimer

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