

Mental Wellness Hub

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Introduction to Cognitive Behavioural Therapy (CBT)

Online Course

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- The Idea of Fear- Agoraphobia- Exposure Therapy	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 certificates and transcripts. 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)
 - Online via Credit Card (via Wipay)

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.