

Plan 2022 - TEAM CBT

Based on the work of Dr. David Burns

Year Long Learning Program

First Quarter (Jan, Feb, Mar)

Focus : Empathy

(**Click for Curriculum**)

Second Quarter (Apr, May, Jun)

Focus : Melting Away Resistance

Click for Curriculum)

Third Quarter (Jul, Aug, Sep)

Focus : Methods Based on Cognitive Distortions

(**Click here for Curriculum**)

Fourth Quarter (Oct, Nov, Dec)

Focus : Methods based on Conceptualisation

(**Click here for Curriculum**)

With Dr. Dipti Joshi

Level 4 TEAM CBT Therapist & Trainer

Contact Details : <https://drdiptijoshi.com>

Phone : 9898502493

E mail : drdipti9@gmail.com

