



**INTRODUCTION TO
TEAM CBT-** *Developed*

by David Burns M.D

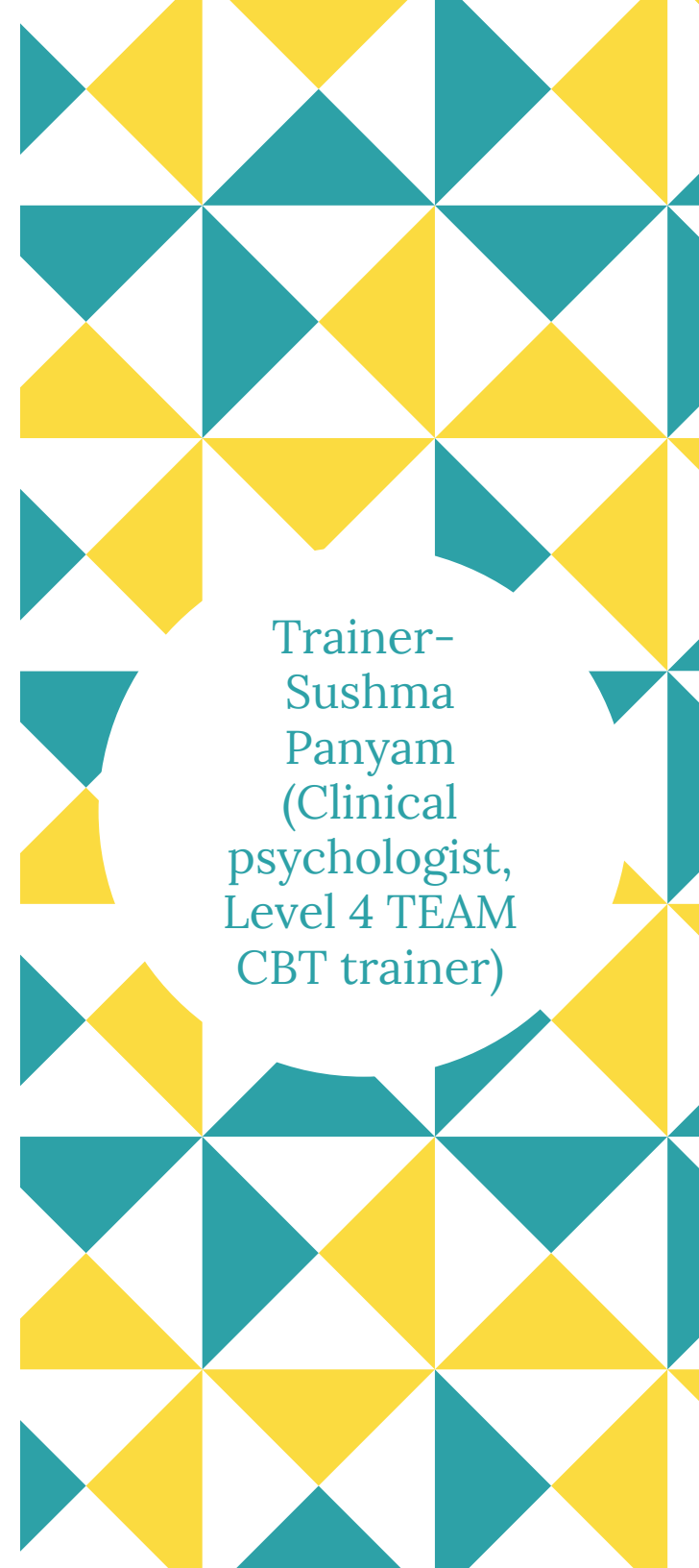
- *Course spread over
6 weeks*
- *Starts on - 16th
March 2024*
- *Time- 3 pm to 5 pm
via zoom*



YOU CAN EXPECT

- A great structure of administering CBT
- Lots of hands on practice
- Warm & safe atmosphere
- See meaningful change in clients by 6 sessions
- 8 times more effective than traditional CBT
- Opportunity to join and network with our awesome community

Trainer-
Sushma
Panyam
(Clinical
psychologist,
Level 4 TEAM
CBT trainer)



Overview of the curriculum

- **Testing - introduction to Brief mood survey and evaluation of therapy session**
- **Processing difficult client feedback**
- **Empathy- 5 secrets of communication**
- **Understanding empathy errors**
- **Agenda setting - Invitation, specificity, conceptualising the problem,**
- **Understanding client resistance - outcome resistance & Process resistance**
- **Learning how to hold the client accountable without convincing**
- **Introducing the daily mood log**
- **Methods - Straightforward restructuring, externalisation of voices, double standard, shades of grey, technique and more!**
- **Relapse prevention**

**Contact information -
9581022422
sushma.panyam@gmail.com**

**Fee details - 4000 INR
UPI : 9581022422**

Links

feelinggood.com

<https://www.feelinggoodinstitute.com/find-cbt-therapist/sushma-panyam>

beyondlabels.co.in