

**JUN-JUL 2025 | 10 SEATS ONLY**



**ASCEND-PSY CARE**  
Wellbeing & Innovation

# **FOUNDATION COURSE IN CBT**

- This is a one-of-its-kind course of 5-week duration & open to students/professionals from a Psychology or related field having a UG degree who want to learn CBT for self-improvement or development of professional skills.
- Easy to grasp, experiential, high quality, hands-on training with supervision using real-life case examples to be delivered by Dr. Nimisha Kumar, PhD. She is a Senior Consultant Psychologist & UK trained CBT Therapist with significant practice, training and academic experience.
- The course will cover the Cognitive Behavioral assessment, formulation and management of depression, anxiety, low self-esteem and anger related issues with relevant case examples and practice exercises.
- The training will be a stepping stone for further/advanced training at attractive discounts and internship/job opportunities as a member of the Ascend-PsyCare Community.

**SIGN UP NOW**



**FEE:**

UG Student: Rs.5,000

PG Student: Rs.6,000

Professional: Rs.10,000

+91 8287804056 (WHATSAPP ONLY)

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