



CBT Coach Certification

About Us

- Welcome to Endorphin Corporation - where Knowledge Meets Transformation!
- At Endorphin Corporation, we believe in the extraordinary potential that lies within each individual. Our mission is to empower professionals and enthusiasts alike through cutting-edge online certification courses that not only enrich minds but also transform lives.
- Endorphin offers Behavior Science Courses in India for enhancement of the skills of psychologists, psychotherapists, psychiatrists, doctors, nurses, alternate medicine doctors, alternative therapists, yoga, therapists, counsellors.



**36.3K+
Certified**



**4.20
Average CGPA**



**50+
Trainers**

Introduction_CBT

- We often experience thoughts or feelings that reinforce or compound faulty beliefs. Such beliefs can result in problematic behaviors that can affect numerous life areas ,including family, work, academics and relationships.
- Endorphin offers a range Certifications to help professionals upgrade their skills in various disciplines. The certification scheme includes training/ workshop, practical and test.

Course Contents - CBT Practitioner Level

- Key Concepts: Automatic Thoughts/Underlying Assumptions
Core Beliefs
- Activating Beliefs
- The Theory of "Self-World-Future"
- Cognitive Distortions
- Responsibility Pi
- Helicopter View
- Cost Benefit Analysis Form
- The Worry Decision Tree
- 5 Aspect Model
- Thought Record Sheet
- Mood Diary
- Common Cognitive Errors
- Question-Statement Cycle
- Active Listening -Questioning

Course Contents - CBT Practitioner Level

- Interruption
- Paraphrasing
- Empathy :Reflective Statement
- Perception Check
- Context Driven Model –Constraint Driven Model
- Content & Function Words in the Brain



**Practitioner
Level**



20 hrs.



**Practitioner Level
₹ 16,000/-**

Course Contents - - CBT Advance Practitioner Level

- What is depression?
- Suicidal Addiction
- Your own thoughts on depression
- Why I am depressed?
- Assessing your depression
- Recording your thoughts and feelings
- Using CBT to deal with depression
- Sleep Diary
- ABC Model
- What is anxiety?
- 11. Assessing my anxiety
- Using CBT to deal with anxiety
- Getting over social anxiety part 1 and part 2
- The Star Model
- 15. Dealing with panic attacks Two lines, two types of thinking
- Dealing with panic attacks
- Two types of thinking.

Course Contents - CBT Advanced Practitioner Level

- Introduction to core beliefs.
- How do core beliefs develop?
- Identifying negative core beliefs.
- Generating in-between beliefs.
- Phobias
- Challenging obsession
- Facing your fears
- What is agoraphobia?
- The negative cycle of agoraphobia
- How do I manage agoraphobia?
- What is OCD?
- Thinking errors in OCD
- Rationalization, Socratic questioning and others
- Maintaining the OCD with thought change

Course Contents - CBT Advanced Practitioner Level

- Ways to access and manage relapse
- What is generalized anxiety disorder?
- Thinking errors
- Ways to cope www.endorphin.in
- Management of GAD



**Advance
practitioner
level**



40 hrs.



**Practitioner level +
Advance practitioner
₹ 34,000/-**

Course Contents – Trainer / Coach Certification

❖ **MODULE 1 - Process of Learning**

- Learning & The Brain
- Attention & Focus
- Adult learning styles
- Difference between teacher, trainer & coach

❖ **MODULE 2 - COACHING FOR TRANSFORMATION**

- Individual Coaching
- Organizational Coaching
- Gap Analysis
- Using Tools: TNA

❖ **MODULE 3 - Establishing as SME**

- Principles in Practice
- Proving authority through examples
- Universal References
- Deeper Designs

❖ **MODULE 4 - Skill Acquisition Process**

- Skills & Competencies
- Learning Outcomes
- ADDIE Model
- Modern Tools and Techniques for Delivery

❖ **MODULE 5 - TRAINING DELIVERY**

- Start with a Story
- Engagement Initiation
- Establish Authenticity
- Parity Model, Classroom vs Virtual facilitation

❖ **MODULE 6 - CONTENT DEVELOPMENT**

- Meaning of Instruction Design
- Cone of Experience
- Assisted Learning Method
- Social Learning

❖ **MODULE 7 - Training Effectiveness Evaluation**

- CIPP Model
- LTEM Model
- Phillips ROI Model
- Kaufman's Five Levels of Evaluation

❖ **MODULE 8 - Establishing Identity**

- Understanding your Audience
- Connecting with the core
- Designing Communication
- Identifying Brand Archetype

❖ **MODULE 9 - Means of Marketing**

- Deal Opening: Seminars, Webinars & Workshops
- Core Tools for Nurturing
- Prospecting Methods
- Closing the Deal

❖ **MODULE 10 - Multiverse: Society, Identity Perception & Web 3.0 = Battleground, Powers & Weapons**

- Using Internet as the primary Universe
- Social Media: FB, Insta, YouTube
- AI Tools for Practitioners, Trainers & Coaches
- Action plan for next 90 days



**10 Hrs Live Session
& 10 Hrs Practical**



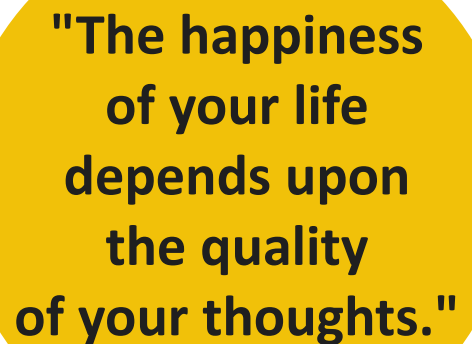
60 hrs.



**Practitioner + Advanced
practitioner + Coach
Certification
₹ 54,000/-**

Benefits of Endorphins certifications

- ✓ Practical approach for implementation of the subject matter.
- ✓ Hand holding available for longer time.
- ✓ Special highlight for endorphin certificate candidates on the platform.
- ✓ Inputs for establishing your practice Guidance on finding worthwhile employment.
- ✓ Displaying your profile on our website on Certified Professionals page.
- ✓ Unique verification system with certificate number on website.
- ✓ Support for authentication of your skills acquired with endorphin through mail or calls.
- ✓ Online exam at convenient time.



**"The happiness
of your life
depends upon
the quality
of your thoughts."**

Contact Us



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