

Schedule November 2022 Batch			
LEVEL	Level 1. Nov. 7th to Nov. 21st 2022	Level 2. Nov. 22nd to Dec. 6th 2022	
Timings	12- 2 pm. IST.	12- 2 pm. IST.	
	2.30-4.30 pm Singapore time.	2.30-4.30 pm Singapore time.	
	1030-1230 Dubai time.	1030-1230 Dubai time.	
Nov. 7th	Introduction	Nov. 22nd	Depression theory
Nov. 8th	REBT theory	Nov. 23rd	Depression theory
Nov. 9th	REBT theory	Nov. 24th	Holiday
Nov. 10th	REBT theory	Nov. 25th	Anxiety theory
Nov. 11th	REBT theory + practice	Nov. 26th	Anxiety theory
Nov. 12th	REBT theory + practice	Nov. 27th	Anxiety theory + practice
Nov. 13th	REBT theory	Nov. 28th	OCD
Nov. 14th	Holiday	Nov. 29th	Case History
Nov. 15th	CBT Theory	Nov. 30th	Group therapy theory
Nov. 16th	CBT Theory	Dec. 1st	Practice
Nov. 17th	CBT Theory	Dec. 2nd	Peer supervision
Nov. 18th	Peer supervision	Dec. 3rd	Peer supervision
Nov. 19th	Peer supervision	Dec. 4th	Group therapy practice
Nov. 20th	CBT Theory + practice	Dec. 5th	Practice
Nov. 21st	Practice	Dec. 6th	Test
COLOUR KEY	Dr. Shishir Palsapure		Rohan Pande & Yogita Pande