

Schedule					
	Level 1	Level 2		Level 3	Level 4
	May 30th- June 13th	June 14th to June 28th		July 1st to sept. 30th	Oct. 1st to Dec. 1st
Timings	5-7 pm	5-7 pm		Tue, Wed, Friday 5 pm to 7 pm Sunday (12 pm to 3 pm)	Tue, Wed, Thursday 5 pm to 7 pm Sunday (12 pm to 3 pm)
30th May	Introduction	14th June	Depression theory	Rational Emotive Imagery	Addictions- Behavioural including internet
31st May	REBT theory	15th June	Depression theory	Children & Adolescents	Addictions Substance use
1st June	REBT theory	16th June	Case History taking	Preventive emotional education	Personality development/ Life coaching
2nd June	REBT theory	17th June	Anxiety theory	Therapist's Dilemmas	Corporate settings
3rd June	REBT theory + practice	18th June	Anxiety theory	ERP for Anxiety Disorders	Geriatric settings
4th June	REBT theory + practice	19th June	Holiday	Psychiatry	
5th June	Holiday	20th June	Anxiety + Practice	School Settings	Population with Special Needs
6th June	REBT theory + practice	21st June	Group therapy theory	Medical conditions	
7th June	CBT Theory	22nd June	Group therapy theory	Personality Disorders	Sexual Problems
8th June	CBT Theory	23rd June	Practice	Anger	Sleep Disorders
9th June	CBT Theory	24th June	Anxiety + Practice	Relationship counselling	Hospital Settings
10th June	CBT theory (Alternate Explanation)	25th June	OCD	Group Therapy	Image Management
11th June	CBT theory + Practice	26th June	Peer supervision (11-5)	Parenting	Pain management
12th June	Peer supervision (11-5)	27th June	Holiday	Procrastination	Weight loss
13th June	Test	28th June	Test	Teachers Training	Group Discussions
				RECBT revision	Practice
				Practice	Supervision
				Supervision	Supervision
				Supervision	
COLOUR KEY	Dr. Shishir Palsapure		Rohan Pande & Yogita Pande	Guest Expert speakers	