



24-25

# UpLife

*CBT course – level 1 & level 2*  
*Online & Offline both available*

Elevate Your Learning  
Journey & Stand Out!



# INTRODUCTION

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UpLife is a mental health organization that was founded to make a positive impact on the lives of people. Our team has tirelessly worked towards providing more than just therapy; we have offered valuable internships, workshops, seminars, and webinars that have helped shape the mental health industry. At UpLife, we believe that everyone deserves the best care and attention when it comes to their mental health.

Our CBT internship program offers hands-on training in Cognitive Behavioral Therapy (CBT), a highly effective approach for managing various mental health conditions. Through our program, interns gain practical experience in conducting CBT sessions, learning about cognitive distortions, and developing coping strategies. We prioritize affordability and accessibility, ensuring that individuals can gain valuable CBT training without breaking the bank. By participating in our internship, you'll be well-equipped to contribute to the field of mental health and help individuals improve their lives through CBT-based interventions..



# TOPICS

Topics	Level 1	Level 2
<ul style="list-style-type: none"><li>• History and Development</li><li>• The 7 principles</li><li>• The cognitive model and the concept of CBT</li><li>• Cognitive distortions</li></ul>	✓	✓
<ul style="list-style-type: none"><li>• ANTs</li><li>• Intermediate beliefs</li></ul>	✓	✓
<ul style="list-style-type: none"><li>• Core beliefs</li></ul>	✗	✓
<ul style="list-style-type: none"><li>• Techniques for modifying ANTs</li><li>• Techniques for modifying intermediate beliefs</li></ul>	✓	✓
<ul style="list-style-type: none"><li>• Techniques for modifying core beliefs</li></ul>	✗	✓









# TOPICS

Topics	Level 1	Level 2
<ul style="list-style-type: none"><li>• CBT for Anxiety, Depression, Stress, and Overthinking</li></ul>	✓	✓
<ul style="list-style-type: none"><li>• Initial phase</li><li>• Middle phase</li><li>• End phase</li></ul>	✗	✓
<ul style="list-style-type: none"><li>• Mastery of CBT Case Formulation and Planning</li><li>• Comprehensive Case Formulation</li></ul>	✗	✓
<ul style="list-style-type: none"><li>• Activity scheduling</li><li>• Behavioral activation</li><li>• Exposure techniques</li></ul>	✓	✓
<ul style="list-style-type: none"><li>• ABC's of CBT</li></ul>	✗	✓



# TOPICS

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Topics	Level 1	Level 2
<ul style="list-style-type: none"><li>• Skill training</li><li>• Contingency management</li><li>• Behavioural experiments</li><li>• Graded exposure</li><li>• Habit reversal</li></ul>		
<ul style="list-style-type: none"><li>• Basic Case conceptualisation</li></ul>		
<ul style="list-style-type: none"><li>• Combining CBT with psychodynamic, humanistic, and systemic approaches</li><li>• Case examples of integrated therapy models</li></ul>		



# PRACTICAL EXPOSURE

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Topics	Level 1	Level 2
Role Plays	✓	✓
Counseling Micro Skills	✓	✓
Tests + Quiz	✓	✓
Case studies	✓	✓
Observation of client sessions	✓	✓
Group Projects	✓	✓
Direct client interaction	✗	✓
Extensive Practical Practice	✗	✓
Take sessions of the clients (Pro bono)	✗	✓



# DETAILS ONLY L1

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- The course will start on the 22nd of September and last 6 weeks.
- The days for the course - Friday & Sunday (5:30 P.M. - 7:00 P.M.)
- A certificate would be given at the end of the course for completing Level 1.  
(INTERNATIONAL ACCREDITATION INCLUDED)
- There would be an option to avail LOR whenever needed.
- The fee would be - INR 4600 per person. A group of 2 or more would be charged INR 4200 per person
- The mode will be online. If you are in Indore, you can attend it from the office.



# ELIGIBILITY L1

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- All students in Psychology + Non-Psychology
- Practising Psychologists



## DETAILS ONLY L2

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- The course will start on the 5th November 2024 and will last for 3 months
- The days for the course - Friday & Sunday (5:30 P.M. - 7:00 P.M.)
- A certificate would be given at the end after clearing your assessments & sessions within 1 week of ending the course. (INTERNATIONAL ACCREDITATION INCLUDED)
- There would be an option to avail LOR whenever needed.
- The fee would be INR 7600 per person, or INR 7000 per person for a group of 2 or more.
- The mode will be online. If you are in Indore, you can attend it from the office.



# ELIGIBILITY L2

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- Masters students (psychology background)
- Postgraduates (psychology background)
- Practicing psychologists



# L1 + L2 COMBINED COURSE DETAILS

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- The course will start on the 22nd of September and last 5 months.
- The days for the course - Friday & Sunday (5:30 P.M. - 7:00 P.M.)
- A certificate would be given at the end after clearing your assessments & sessions within 1 week of ending the course.  
  
(INTERNATIONAL ACCREDITATION INCLUDED)
- There would be an option to avail LOR whenever needed.
- The fee would be - INR 10,000 per person. A group of 2 or more would be charged INR 9500 per person.
- The mode will be online. If you are in Indore, you can attend it from the office.



# ELIGIBILITY L1 + L2

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- All students in Psychology
- Practising Psychologists



# YOUR MENTORS

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**Deeksha Upadhyay**  
(Head Psychologist,  
Founder)




**Gayatri Thakre**  
(Psychologist at UpLife  
Tata Institute Of Social  
Science)




# REGISTER WITH US


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