

Expand Your Knowledge
with Absolute Mind's
Continuous Learning Programme



CLP - Continuous Learning Programme
Join Absolute Mind's Wednesday
Programme Designed for Psychology
Students and Professionals

8 DAY ONLINE WORKSHOP ON PSYCHOTHERAPY

Join our Continuous Learning Programme (CLP), led by a team of experienced clinical psychologists and psychologists. This workshop series offers an in-depth exploration of key therapeutic approaches in psychotherapy. Designed exclusively for psychology students and professionals, it provides valuable insights into evidence-based techniques for addressing a range of mental and behavioural disorders. With a flexible schedule, Continuous Learning Programme (CLP) fits seamlessly into your busy schedule, making it easy to advance your knowledge and skills in a practical and supportive environment.



08th January 2025
to
26th February 2025



Every Wednesdays
8 PM - 9 PM



Google Meet

Registration Fee

Students

₹500/-

Professionals

₹800/-



For Registration, Call/WhatsApp



+91 8921 85 85 51

Limited seats available!

Certificate will be provided



Absolute Mind
A complete care for the mind
Counseling and Psychotherapy Centre

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WORKSHOP SCHEDULE



08 Jan 2025 **1**

Navya K P
Clinical Psychologist

Topic Cognitive Behavioural Therapy (CBT)



15 Jan 2025 **2**

Ameena Sithara
Clinical Psychologist

Topic Transdiagnostic CBT (TCBT)



22 Jan 2025 **3**

Binusha Baby
Consultant Psychologist

Topic Dialectical Behaviour Therapy (DBT)



29 Jan 2025 **4**

Najiya P
Consultant Psychologist

Topic Solution-Focused Brief Therapy (SFBT)



05 Feb 2025 **5**

Anagha M M
Consultant Psychologist

Topic Motivational Enhancement Therapy (MET)



12 Feb 2025 **6**

Shameena Bayan
Consultant Psychologist

Topic Assertiveness Skills Training



19 Feb 2025 **7**

Shabna Hazmi V K
Consultant Psychologist

Topic Social Skills Training



26 Feb 2025 **8**

Fathima Neha M
Consultant Psychologist

Topic Art Therapy