



Manoj S.

Honoris Causa

Counselling

Specialization in

Cognitive Behavior Therapy (CBT)

- He extensively demonstrates the practical application of Cognitive Behavioural Therapy-CBT by changing people's attitudes and their behaviour by focusing on the thoughts, images, beliefs and attitudes that are held (a person's cognitive processes) and how these processes relate to the way a person behaves, as a way of dealing with emotional problems.
- He is an unparalleled Cognitive Behavioural Therapy Practitioner, he has a wide range of CBT teachings and practices that transform how people typically think, believe and behave.
- He counsel's varied professionals with this modern form of Applied Psychology that is broadly used for therapies by helping relationships with people
- Due to the rational basis for its effectiveness, CBT is a
- popular helping system for many regular emotional difficulties, such as grief,
- anxiety and stress.
- As a social science, psychology seeks to understand the reasons
- behind human behaviour, and on completing this course, you will comprehend the His
- research and study of cognitive behavioural theories, standards, processes, and
- how to practice CBT upon a high standard of comprehension has benefited many
- people who have behavioural and relational problem