

**BASIC COUNSELLING SKILLS
BUDDHIST COLLEGE OF SINGAPORE —
ACADEMIC YEAR 2020/2021 SEMESTER 1**

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LESSONS TOGETHER

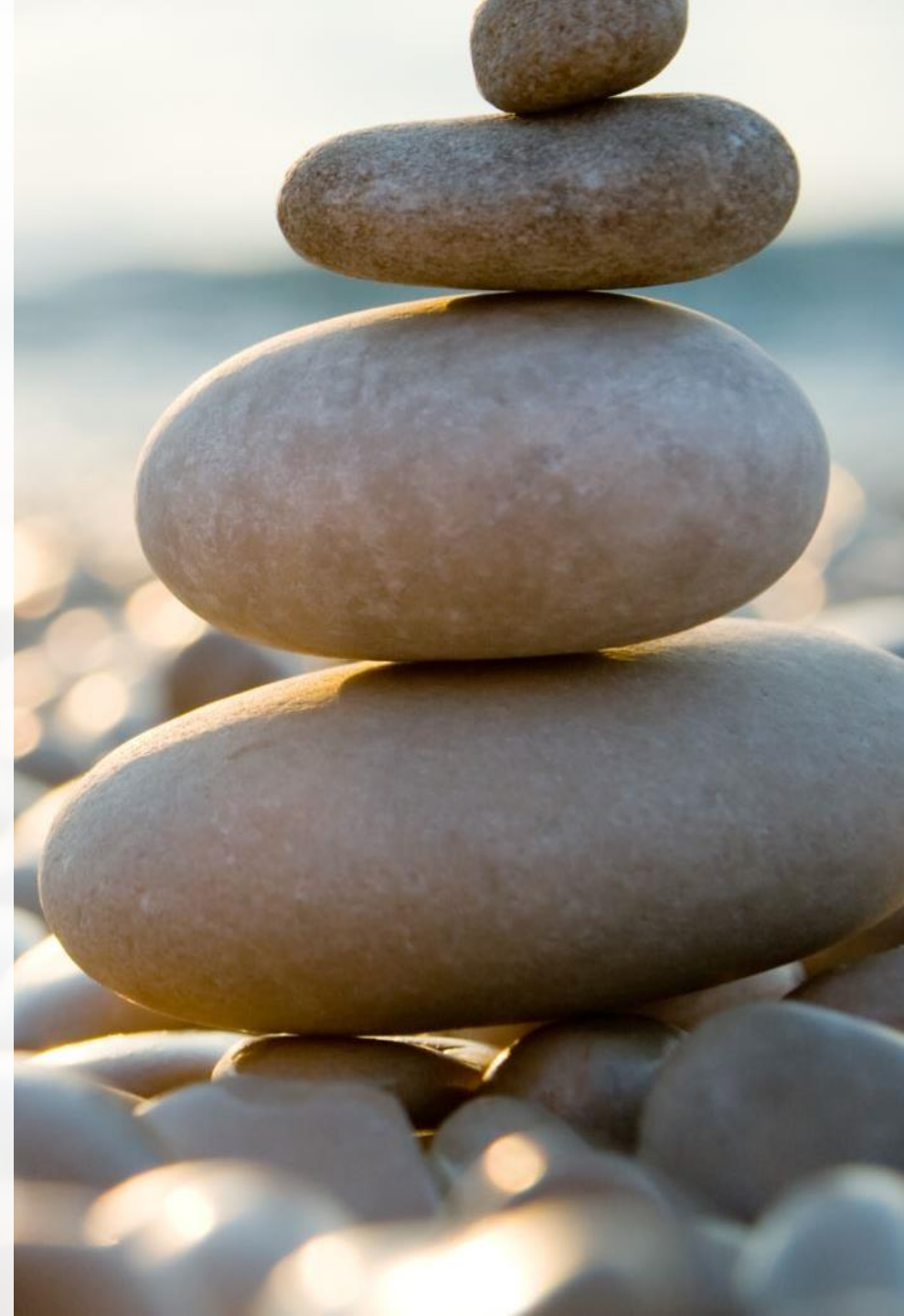


Week	Topic	Sub-Topics
5	Cognitive Behavioral (CBT) perspectives	Basic Tenets of Cognitive Behavioral Therapy i.e ABC model, REBT
6	Cognitive Behavioral (CBT) perspectives	Dialectical behavior therapy Mindfulness-based CBT Rational Emotive Therapy ABC Model Criticism / Limitations of CBT
7	Application - CBT	Case Study / Video

ABOUT COGNITIVE BEHAVIOURAL THERAPY

What a Cognitive Behavioral Therapy (CBT)
Session Looks Like

<https://www.youtube.com/watch?v=8-2WQF3SWwo>



COGNITIVE BEHAVIOURAL THERAPY IN ACTION

CBT Role-Play - Depressive Symptoms and
Lack of Motivation

<https://www.youtube.com/watch?v=8aDFvvjC6XM>

Getting Started: Cognitive Behavioral Therapy
in Action

https://www.youtube.com/watch?v=dJ1eDL15_Lw

Generalized Anxiety Disorder: The CBT
Approach

<https://www.youtube.com/watch?v=OwSz0uAioll>





THANK YOU

Please contact me if you have any questions:

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THANK YOU