

ITCM Informative document

Welcome to the Intensive Training in ITCM (Integrating the therapeutic strategies into the cognitive model) program—an immersive and interactive 8-month journey designed to immerse participants in the practical application of cognitive-behavioral therapy techniques. This program is centered around focused sessions, each dedicated to a specific topic within the vast realm of cognitive models. As participants embark on this comprehensive exploration, the program aims to provide a nuanced understanding of cognitive-behavioral therapy through hands-on experiences.

Duration: 8 Months (weekly meetings)

Key Topics:

- Cognitive Conceptualization
- Psychoeducation
- Functional Analysis
- Monitoring Forms
- Emotion Regulation
- Physiological Regulation
- Communication Skills
- Stages of Change
- Solution-focused Work
- Planning and Goal Setting
- Problem Solving Skills
- Decision Making Skills
- Relaxation Strategies
- Exposure and Response Prevention
- Acceptance Strategies
- Compassion and Self-Compassion Strategies
- Values
- Metaphors
- Validation
- Mindfulness
- Empathic Confrontation
- Chain Works
- DBT Skills
- Distress Tolerance
- Interpersonal Effectiveness
- Diagnostic Imagery
- Unmet Needs
- Attachment Styles
- Schemas
- Modes

- Chair Work
- Evaluation

Through the immersive experience of focused role-playing exercises, participants will actively engage with and internalize cognitive-behavioral therapy techniques. Constructive feedback during these exercises will be instrumental in honing participants' proficiency and confidence in applying these therapeutic approaches.

Upon Completion:

Upon successfully completing the ITCM program, participants will not only acquire theoretical knowledge but will also be equipped with practical skills ready for immediate integration into their professional practice. This intensive training is a unique opportunity to elevate your expertise in cognitive-behavioral therapy, refining your therapeutic skill set and enhancing your effectiveness as a practitioner.

Join us in this transformative journey of the ITCM program—where theory meets practice, and experiential learning paves the way for mastery in the application of cognitive models in diverse therapeutic scenarios. Elevate your professional journey with us and immerse yourself in the world of practical cognitive-behavioral therapy.

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