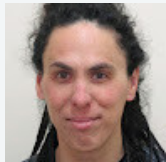




# Learner Achievement Verification

This is to certify that Alison has awarded Creative Educational Artist- living in New Zealand the certificate of completion in Diploma in Cognitive Behavioural Therapy.

## Learner Details



**Name:** Creative Educational Artist-

**E-mail:** yannakostidis@gmail.com

**Country:** New Zealand



## Course and Result



**Score**  
80%

**Study Time**  
11:01:39

### Diploma in Cognitive Behavioural Therapy

Today's world is full of stress-inducing situations caused by factors such as work, time limitations, family trouble and so on. If not managed well, stress can lead to depression and anxiety. Over the years, psychiatrists have developed treatments for those who suffer from such conditions, including cognitive behavioural therapy (CBT). This diploma course takes you through the history of CBT, the conditions it treats and the processes involved.

## Modules Studied

**Module 1:** Introduction to Cognitive Behavioural Therapy

**Module 2:** Techniques and Applications of Cognitive Behavioural Therapy

**Module 3:** Course assessment