



— COURSE —

**COGNITIVE
BEHAVIOURAL
THERAPY (CBT)
(NVB0007)**

**VALUE ADDED
COURSE BROCHURE-30 HRS
2025-26**

ABOUT THE UNIVERSITY

Sharda University over the years has become one of the leading centres of education, research and innovation in Delhi NCR region. Established through an act of the State Legislature of Uttar Pradesh (14 of 2009), Sharda University offers over 130+ UGC recognised programmes in various disciplines. Sharda University has recently been accredited A+ by NAAC which puts it among 5% of select higher education institutions in India.

ABOUT SCHOOL

Sharda School of Nursing Science and Research was established in 2008 with an aim of developing top Nursing professionals. The Sharda School of Nursing Science & Research has evolved into one of the leading Nursing School in Delhi NCR. The school is committed to provide a transformative learning experience in a collaborative and diverse environment. The school's advanced learning equipment; focus on research and hi-tech laboratories give students a feel of practical and immersive education. Students have access to medical facilities within the campus as university has a world class 1200+ bedded NABH accredited multispecialty hospital with all modern medical facilities. Sharda Hospital is a well-equipped, multispecialty hospital with modern facilities situated in pollution free environment and easily accessible from Delhi international airport and city of Delhi.

ABOUT COURSE

This programme is organized for the Bachelor of Science (Nursing) and Post Basic BSc. (Nursing) students which is beneficial for them in gaining knowledge on the subject Cognitive Behavioural Therapy (CBT). This course is designed to help students acquire comprehensive knowledge regarding the basics of cognitive behavior therapy, further it is aimed at helping them to practice the principles of CBT for promoting mental health in nursing practice. This course is framed to enhance knowledge about Cognitive behavioural therapy so that students can develop insight into behaviour of self and others.

RESOURCE PERSONS

Mr. Suhel Masih

Mr. Suhel Masih, Assistant professor at Sharda School of Nursing Science and Research, Sharda University, Greater Noida, UP. He is Post graduate M.Sc. in Community Health Nursing and has over 13 years of academic and field experience.

Ms. Elizabeth Lalhrualuangi

Ms. Elizabeth Lalhrualuangi, Senior Tutor at Sharda School of Nursing Science and Research, Sharda University, Greater Noida, UP. She is Post graduate M.Sc. in Obstetric and Gynaecological Nursing and has over 3 months of experience.

Ms. Varsha Singh

Ms. Varsha Singh, Senior Tutor at Sharda School of Nursing Science and Research, Sharda University, Greater Noida, UP. She is Post graduate M.Sc. in Obstetric and Gynaecological Nursing and has over 3 months of experience.

Ms. Ritu Verma

Ms. Ritu Verma, Assistant Professor at Sharda School of Nursing Science and Research, Sharda University, Greater Noida, UP. She is Post graduate M.Sc. in Medical Surgical Nursing and has over 5 years of experience.

Ms. Monalisha Pal

Ms. Monalisha Pal, FMERU & FMERC, RN, M.Sc. Assistant Professor, Sharda School of Nursing Science and Research Sharda University, Greater Noida, Uttar Pradesh. Pursuing her PhD in Public Health. She is a dedicated educator and researcher in community/public health with over 6 years of academic and teaching experience.

Ms. Nishita Prakash

Ms. Nishita Prakash, Senior Tutor at Sharda School of Nursing Science and Research, Sharda University, Greater Noida, UP. She is Post graduate M.Sc. in Medical Surgical Nursing and has over 4 months of experience.

Ms. Hoihkim Thomte

Ms. Hoihkim Thomte, Assistant professor at Sharda School of Nursing Science and Research, Sharda University, Greater Noida, UP. She is Post graduate M.Sc. in Mental Health Nursing and has over 6 years of academic and field experience.

Ms. Diksha Saxena

Ms. Diksha Saxena, Assistant professor at Sharda School of Nursing Science and Research, Sharda University, Greater Noida, UP. She is Post graduate M.Sc. in Child Health Nursing and has over 5 years of academic and field experience.

Ms. Sandhya Kumari

Ms. Sandhya Kumari, Assistant professor at Sharda School of Nursing Science and Research, Sharda University, Greater Noida, UP. She is Post graduate M.Sc. in Obstetric and Gynaecological Nursing and has over 4 years of academic and field experience.

Ms. F. Lalremruati

Ms. F. Lalremruati, Senior Tutor at Sharda School of Nursing Science and Research, Sharda University, Greater Noida, UP. She is Post graduate M.Sc. in Medical Surgical Nursing and has over 5 months of exp.

Ms. Nandini Chauhan

Ms. Nandini Chauhan, Senior Tutor at Sharda School of Nursing Science and Research, Sharda University, Greater Noida, UP. She is Post graduate M.Sc. in Medical Surgical Nursing and has over 3 months of experience.

Ms. Sheetal Singh

Ms. Sheetal Singh, Assistant Professor at Sharda School of Nursing Science and Research, Sharda University, Greater Noida, UP. She is Post graduate M.Sc. in Medical Surgical Nursing and has over 5 years of experience.

Ms. Neha Karn

Ms. Neha Karn, Senior Tutor at Sharda School of Nursing Science and Research, Sharda University, Greater Noida, UP. She is Post graduate M.Sc. in Community Health Nursing and has over 2 years of experience.

Ms. Anjela Marandi

Ms. Anjela Marandi, Assistant Professor at Sharda School of Nursing Science and Research, Sharda University, Greater Noida, UP. She is Post graduate M.Sc. in Obstetrics and Gynaecological Nursing and has over 4 years of experience.

Ms. Deepti

Ms. Deepti, Senior Tutor at Sharda School of Nursing Science and Research, Sharda University, Greater Noida, UP. She is Post graduate M.Sc. in Child health Nursing and has over 1 year of experience.

Ms. Neeraj

Ms. Neeraj, Senior Tutor at Sharda School of Nursing Science and Research, Sharda University, Greater Noida, UP. She is Post graduate M.Sc. in Child Health Nursing and has over 1 year of experience.

Ms. Khushboo Singh

Ms. Khushboo Singh, a qualified nursing professional with 7.8 years of clinical experience as a Senior Executive Nurse. Currently, I am working as a Senior Nursing Tutor in the Department of Child Health Nursing at Sharda School of Nursing Science and Research.

Ms. Sanjana

Ms. Sanjana, Assistant professor at Sharda School of Nursing Science and Research, Sharda University, Greater Noida, UP. She is Post graduate M.Sc. in Medical Surgical Nursing and has over 5 years of academic and field experience.

Ms. Neha Srivastava

Ms. Neha Srivastava, Senior Tutor at Sharda School of Nursing Science and Research, Sharda University, Greater Noida, UP. She is Post graduate M.Sc. in Child Health Nursing and has over 4 years of experience.

Dr. Rizu Negi

Dr. Rizu Negi, PhD, is an Associate Professor at the School of Nursing Sciences and Research, Sharda University, Greater Noida with over 8 years of academic, clinical, and research experience.

Ms. Goldi Nayar

Ms. Goldi Nayar, Senior Tutor at Sharda School of Nursing Science and Research, Sharda University, Greater Noida, UP. She is Post graduate M.Sc. in Child Health Nursing and has over 4 years of experience.

Ms. Chanchal Lata

Ms. Chanchal Lata, Assistant professor at Sharda School of Nursing Science and Research, Sharda University, Greater Noida, UP. She is Post graduate M.Sc. in Community Health Nursing and has over 7 years of academic and field experience.

COURSE SCHEDULE

DATE	WEEK	TIME	TOPIC	RESOURCE PERSON
09/02/26- 13/02/26	2 nd Week	2 hr	Definition, Concept, techniques and applications of CBT	Mr. Suhel & Ms. Elizabeth (BSc N)/ Ms. Varsha (PBBSC N)
		1 hr	Factors influencing effective delivery of CBT	Ms. Ritu Verma(BSc N)/Ms. Varsha (PBBSC N)
		2 hr	CBT model, therapeutic relationship and setting goals with the clients	Ms. Monalisha & Ms. Nishita (BSc N)/ Ms. Varsha (PBBSC N)
Cognitive model				
16/02/26- 21/02/26	3 rd Week	3 hr	Three main levels of thoughts-automatic thought-development and tracking	Ms. Kim, Ms. Diksha & Ms. Sandhya (Bsc N)/Ms. Effy (PBBSC N)
23/02/26- 27/02/26	4 th Week	1 hr	Designing and implementing experiments to test automatic thoughts	Ms. Nandini (BSc N)/ Ms. Varsha (PBBSC N)
		2 hr	Biofeedback in CBT	Ms. Sheetal & Ms. Neha Karan (BSc N)/ Ms. Effy (PBBSC N)
Identifying, evaluating and responding to cognitions				
2/03/26- 7/03/26	5 th Week	1 hr	Socratic questioning- techniques of questioning	Ms. Anjela (BSc N)/ Ms. Effy (PBBSC N)
		2 hr	Behavior experiments- relaxation, mindfulness, distraction techniques, graded tasks assignments, task scheduling etc	Ms. Deepti & Ms. Neeraj (BSc N)/ Ms. Khushboo (PBBSC N)
Designing effective action plans				
09/03/26- 13/03/26	6 th Week	1 hr	Action plan components	Ms. Sanjana (BSc N)/ Ms. Khushboo (PBBSC N)
		1 hr	Facilitating completion of action plan & reviewing the action plan at the next session	Ms. Neha Srivastav (BSc N)/ Ms. Khushboo (PBBSC N)
Formulate thought record				
09/03/26- 13/03/26	7 th Week	1 hr	Thought records components	Dr. Rizu (BSc N)/ Ms. Khushboo (PBBSC N)
		1 hr	Identifying underlying and new core beliefs and assumptions	Ms. Goldi (BSc N)/ Ms. Khushboo (PBBSC N)
		1 hr	Designing & prepare the worksheets	Ms. Chanchal (BSc N)/ Ms. Khushboo (PBBSC N)
		1 hr	Quiz, assignment	Ms. Pinki & Dr. Neha Sharma

1. Course Code	NVB0007	
2. Course Title	COGNITIVE BEHAVIOURAL THERAPY (CBT)	
3. Credits	Audit Course	
4. Contact Hours (L-T-P)	20 Hours	
Course Type	Value added course	
5. Course Objective	This course is framed to enhance knowledge about Cognitive behavioural therapy so that students can develop insight into behaviour of self and others.	
6. Course Outcomes	CO1: The student will be able to understand the key concept & techniques of CBT CO2: The student will be able to learn and apply the techniques to develop therapeutic alliance based on CBT CO3: The student will be able to discuss cognitive conceptualization, automatic thoughts and alternative explanation based on cognitive models CO4: The student will be able to describe strategies to identify & respond to cognitions including dysfunctional cognitions CO5: The student will be able to design effective action plans CO6: The student will be able to prepare and evaluate the worksheet	
7. Course Description	This course is designed to help students acquire comprehensive knowledge regarding the basics of cognitive behavior therapy, further it is aimed at helping them to practice the principles of CBT for promoting mental health in nursing practice.	
8. Outline syllabus		CO Mapping
Unit 1	Concepts & techniques of CBT	
A	Definition, Concept, techniques and applications of CBT	CO1
B	Factors influencing effective delivery of CBT	CO1
C	CBT model, therapeutic relationship and setting goals with the clients	CO1
Unit 2	Cognitive model	
A	Three main levels of thoughts-automatic thought-development and tracking	CO2
B	Designing and implementing experiments to test automatic thoughts	CO2
C	Biofeedback in CBT	CO2
Unit 3	Identifying, evaluating and responding to cognitions	
A	Socratic questioning- techniques of questioning	CO3
B	Behavior experiments- relaxation, mindfulness, distraction techniques, graded tasks assignments, task scheduling etc	CO3
Unit 4	Designing effective action plans	
A	Action plan components	CO4
B	Facilitating completion of action plan & reviewing the action plan at the next session	CO4
Unit 5	Formulate thought record	
A	Thought records components	CO5
B	Identifying underlying and new core beliefs and assumptions	CO5
C	Designing & prepare the worksheets	CO6
Mode of examination	Quiz, assignment. Group discussion.	