



INDIAN
MENTAL HEALTH
SUMMIT

Presents In Collaboration with



Centre for Psychotherapy and Training

MASTERING MODERN RELATIONSHIPS

APPLYING CBT, REBT, ACT, AND GOTTMAN
TECHNIQUES TO DIVERSE COUPLES AND
RELATIONSHIP DYNAMICS.



MARCH, 2025

3rd, 4th, 5th March



6 PM to 8 PM

ASIRA CHIRMULEY

DIRECTOR OF ATHA CENTRE
FOR PSYCHOTHERAPY AND TRAINING

About the Facilitator:

- Trained ACT Therapist, listed on the Association for Contextual Behavioral Science website
- RECBT Supervisor & Associate Fellow, Albert Ellis Institute, USA (Training Faculty, Level 2)
- Trained in CBT at Beck Institute for Cognitive Behavior Therapy, USA
- Certified Gottman Leader, USA

COURSE HIGHLIGHTS

- Learn techniques like CBT, REBT, ACT, and Gottman to help couples at every stage—from premarital to post-divorce.
- Apply practical strategies to improve communication, resolve conflicts, and rebuild relationships.
- Use worksheets, case studies, and assignments to sharpen your skills.
- Get lifetime access to recorded sessions for continuous learning.



Individual INR 3,500/-
Group of 3+ INR 3,150/-
Early Bird- INR 3,001/-
(Valid 15th Jan- 10th Feb
2025)

Contact no: +91 7738174265

Email: shiksha@athapsychotherapy.com



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