

Course Name	–	ADVANCED TRAINING IN ADDICTION COUNSELLING TECHNIQUES & STRATEGIES
Course Duration	–	12 months / 12 modules / 24 Credits / 24x7 Virtual Support / Assignment Based/ CN66
Course Mode	–	Online/Downloadable & Reusable Materials /1:1 Sessions /Highly Interactive/Advanced
Course Structure	-	Interactive sessions /24x7 Virtual Support /Work Expertise Based/ Guide Assisted
Eligibility	-	10+2+3 Years or 15+2 Years (psychology/social work/human development)
Interactive Sessions	–	1 interactive session/module - 24/7 Guide Email Support - 24/7 Advisor Call Support

MODULE NAME AND NUMBER		MODULE BRIEF
06601 – SCIENCE OF ADDICTION		Understanding the biology, psychology, and cycle of addiction
06602 – ADDICTIVE BEHAVIOURS		Exploring patterns and triggers behind different addictions.
06603 – CBT FOR ADDICTION		Applying cognitive-behavioural techniques to manage addictive thoughts and actions.
06604 – MINDFULNESS FOR ADDICTION		Using mindfulness practices to build self-awareness and control cravings.
06605 – TALK THERAPY TECHNIQUES		Verbal counselling strategies to support recovery.
06606 – EXPRESSIVE THERAPY TECHNIQUES		Creative interventions for emotional healing in addiction recovery.
06607 – COUNSELLING GAMBLERS		Therapeutic approaches for gambling addiction.
06608 – COUNSELLING GAME ADDICTION		Helping clients manage and overcome digital/game-related addictions.
06609 – DRUG ABUSE		Understanding substance abuse patterns, effects, and interventions.
06610 – INTERNET ADDICTION		Counselling strategies for excessive internet and online dependency.
06611 – COUNSELLING FAMILIES OF ADDICT		Supporting families in coping and contributing to recovery.
06612 – CASE WORK – ADDICTION COUNSELLING		Practical application of strategies through real-life casework.
COURSE FEE	INDIAN LEARNERS	LEARNERS FROM OTHER COUNTRIES
Continuous Guide Email Support & 24/7 Student Advisor Call Support	₹11,600	\$280
1:1 Guide Orientation Sessions - Continuous Guide Email Support & 24/7 Student Advisor Call Support	₹24,600	\$610

For Admissions - To Know about Course details and Commencement dates, Text or WhatsApp Course No and Your Email ID to 0091 979 00 88 002 or email us at info@ihmh.in / info@ihmh.org

Institute Of Holistic Mental Health @ www.imh.in @ www.ihmh.in