

Course Name	–	POST GRADUATE TRAINING IN COUNSELLING PSYCHOLOGY (CNO 087)
Course Duration	–	12 months / 36 credits / Total 12 Modules / 24x7 Virtual Support
Course Mode	–	Online / Downloadable & Reusable Materials / Guide Assisted / Practice Based
Course Structure	–	12credits compulsory + 24credits optional (as per learner’s selection)/Advanced
Eligibility	–	10+2+3 or 15+2 Years (psychology/social work/human development/training)
Interaction	-	24/7 Advisor Call Support – 24/7 Guide Email Support / Self-paced or Scheduled

COMPULSORY MODULES - 12 CREDITS / 4 MODULES / 4 MONTHS

08701 – ABNORMAL PSYCHOLOGY – 3 credits / 30 days learning	Examines psychological disorders, their symptoms, and therapeutic understanding.
08702 – COUNSELLING SKILLS – 3 credits / 30 days learning	Focuses on essential communication and interpersonal skills for effective counselling.
08703 - COUNSELLING PROCESS – 3 credits / 30 days of learning	Covers stages, methods, and approaches in the counselling relationship.
08704 – COUNSELLING PSYCHOLOGY – 3 credits / 30 days of learning	Introduces theories, applications, and practices of counselling psychology.

OPTIONAL MODULES - CHOOSE 08 MODULES FROM THE BELOW LIST

(03 CREDITS/ MODULE/ 30 DAYS OF LEARNING - 08 MONTHS – 08 MODULES – 24 CREDITS)

08700 - Psychology – 3 credits/ 30 days of learning	<i>This module is compulsory only for learners without a prior psychology background. It introduces key concepts such as psychological theories, memory, cognition, and learning.</i>	
08708 – COUNSELLING TECHNIQUES	08713 – CRISIS COUNSELLING	08718 – GROUP COUNSELLING
08709 – ADVANCED COUNSELLING TECHNIQUES	08714 – RELATIONSHIP COUNSELLING	08719 – COUNSELLING DOCUMENTATION
08710 – BRIEF COUNSELLING	08715 – WELLNESS COUNSELLING	08720 – COUNSELLING CHILDREN
08711 – PERSONAL COUNSELLING	08716 - WORKPLACE COUNSELLING	08721 – MOTIVATIONAL INTERVIEWING
08712 – SOLUTION FOCUSED COUNSELLING	08717 – FAMILY, MARITAL & COUPLE COUNSELLING	08722 – COUNSELLING ADULTS
Course Fee	Learners from India	International Learners
Life Member of IHMH	Rs. 11, 800	\$260
Others	Rs. ₹12,800	\$300

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