

Course Name	–	POST GRADUATE TRAINING IN PSYCHOTHERAPY (CNO 096)
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)
Interaction	-	24/7 Advisor Call Support – 24/7 Guide Email Support / Self-paced or Scheduled

COMPULSORY MODULES - 12 CREDITS / 4 MODULES / 4 MONTHS

09601 – ABNORMAL PSYCHOLOGY – 3 credits / 30 days of learning	Introduces psychological disorders and their clinical understanding.
09602 – PSYCHOTHERAPY – 3 credits / 30 days of learning	Covers key approaches, methods, and applications of psychotherapy.
09603 – COUNSELLING PROCESS – 3 credits / 30 days of learning	Explores structured steps and frameworks in counselling practice.
09604 – COUNSELLING SKILLS – 3 credits / 30 days of learning	Develops practical communication and helping skills for therapy.

OPTIONAL MODULES - CHOOSE 08 MODULES FROM THE BELOW LIST
(03 CREDITS/ MODULE - 30 DAYS OF LEARNING - 08 MONTHS – 08 MODULES – 24 CREDITS)

09600 - 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>	
09608 – COGNITIVE BEHAVIOUR THERAPY	09613 – EMOTION FOCUSED COGNITIVE THERAPY	09618 – PSYCHODYNAMIC PSYCHOTHERAPY
09609 – DIALECTICAL BEHAVIOUR THERAPY	09614 – PERSON-CENTRED THERAPY	09619 – PSYCHOANALYTIC PSYCHOTHERAPY
09610 – SOLUTION FOCUSED BRIEF THERAPY	09615 – BRIEF PSYCHOTHERAPY	09620 – INTERPERSONAL PSYCHOTHERAPY
09611 – ACCEPTANCE & COMMITMENT THERAPY	09616 - SHORT-TERM DYNAMIC PSYCHOTHERAPY	09621 – MOTIVATIONAL INTERVIEWING
09612 – PRACTICING PSYCHOTHERAPIES	09617 – RATIONAL EMOTIVE BEHAVIOUR THERAPY	09622 – CASE MODULES – GENERAL ISSUES
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