

Course Name	–	POST GRADUATE TRAINING IN DBT & ACT (CNO 104)
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/hd/training/teaching)
Interaction	-	24/7 Advisor Call Support – 24/7 Guide Email Support / Self-paced or Scheduled

COMPULSORY MODULES - 12 CREDITS / 4 MODULES / 4 MONTHS

10401 – COUNSELLING PROCESS – 3 credits / 30 days of learning	Covers the foundational steps of the counselling process, from rapport building to goal setting. Learners understand how to structure sessions ethically and effectively for diverse client needs.
10402 – COUNSELLING SKILLS – 3 credits / 30 days	Focuses on essential skills such as active listening, empathy, questioning and reflection. Helps learners apply these skills confidently in real-life counselling conversations.
1040403 – DIALECTICAL BEHAVIOUR THERAPY – 3 credits / 30 days of learning	Introduces DBT principles, including emotion regulation, distress tolerance, and mindfulness. Learners gain clarity on how DBT supports clients dealing with intense emotions and behavioural patterns.
10404 – ACCEPTANCE COMMITMENT THERAPY – 3 credits / 30 days of learning	Explains ACT concepts like acceptance, values, and committed action. Learners explore how ACT promotes psychological flexibility in children, teens, and adults.

OPTIONAL MODULES - CHOOSE 08 MODULES FROM THE BELOW LIST

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

10408 – ADVANCED MINDFULNESS PRACTICES	10413 – EMOTION REGULATION SKILLS (DBT)	10418 – DISTRESS TOLERANCE SKILLS (DBT)
10409 – INTERPERSONAL EFFECTIVENESS SKILLS (DBT)	10414 – COGNITIVE DEFUSION TECHNIQUES (ACT)	10419 – ACCEPTANCE & WILLINGNESS SKILLS (ACT)
10410 – BEHAVIOUR CHAIN ANALYSIS & TARGET BEHAVIOURS	10415 – VALUES IDENTIFICATION & CLARIFICATION (ACT)	10420 – COMMITTED ACTION TECHNIQUES (ACT)
10411 – DBT FOR ADOLESCENTS (DBT-A)	10416 - ACT FOR ADOLESCENTS	10421 – DBT FOR ADDICTION
10412 – ACT FOR ANXIETY & DEPRESSION	10417 – DBT & ACT IN GROUP THERAPY	10422 – CASE WORK: DBT & ACT ACROSS DISORDERS
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