

Course Name	–	POST GRADUATE TRAINING IN COUNSELLING AND PSYCHOTHERAPY (CNO 108)
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

10801 – COUNSELLING PROCESS AND SKILLS – 3 credits / 30 days of learning	Focuses on practical skills and structured steps in counselling.
10802 – COUNSELLING & PSYCHOTHERAPY THEORIES – 3 credits	Covers major theoretical models guiding counselling and psychotherapy.
10803 – ABNORMAL PSYCHOLOGY – 3 credits / 30 days of learning	Introduces mental health issues and diagnostic perspectives.
10804 – PSYCHOTHERAPY – 3 credits / 30 days of learning	Explores therapeutic approaches, methods, and applications.

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

10800 - 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>	
10808 – PSYCHOTHERAPY TECHNIQUES	10813 – MINDFULNESS TECHNIQUES	10818 – CASE WORK – CHILD & ADOLESCENT ISSUES (CPT)
10809 – CBT TECHNIQUES	10814 – ART THERAPY TECHNIQUES	10819 – CASE WORK – CHILD & ADOLESCENT ISSUES (CPT)
10810 – NLP TECHNIQUES	10815 – PLAY THERAPY TECHNIQUES	10820– CASE WORK – ADDICTION ISSUES (CPT)
10811 – DBT TECHNIQUES	10816 - MOTIVATIONAL INTERVIEWING	10821 – CASE WORK – GENERAL ISSUES
10812 – ACT TECHNIQUES	10817 – CASE FORMULATION	10822 – TREATMENT PLANNING
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