

Course Name	–	POST GRADUATE DIPLOMA IN CHILD AND ADOLESCENT PSYCHOLOGY
Course Duration	–	12 months / 48 credits / Maximum 15 Modules / 24x7 Virtual Support / (CNO 438)
Course Mode	–	Online / Downloadable & Reusable Materials / Trainer-Led 15 One-to-One Live Sessions
Course Structure	–	21 credits compulsory + 27 credits optional (as per learner’s selection)/Advanced
Eligibility	–	10+2+3 or 15+2 Years (social work/management/psychology/training/hd/edu)
Interaction	-	24/7 Advisor Call Support – 24/7 Guide Email Support / Self-paced or Scheduled

COMPULSORY MODULES - 21 CREDITS / 6 MODULES / 5 MONTHS

43801 – DEVELOPMENTAL PSYCHOLOGY OF CHILDHOOD AND ADOLESCENCE – 4cr / 30 days of learning	Focuses on cognitive, emotional, social, and behavioural developmental milestones, helping learners understand age-appropriate growth patterns and identify developmental deviations.
43802 – CHILD & ADOLESCENT MENTAL HEALTH AND PSYCHOPATHOLOGY – 4 credits / 30 days learning	Introduces common psychological disorders, behavioural challenges, and emotional disturbances in children and adolescents with emphasis on assessment and early identification.
43803 - COUNSELLING AND THERAPEUTIC INTERVENTIONS FOR CHILDREN AND ADOLESCENTS – 4 credits / 30 days	Covers evidence-based counselling approaches including CBT, play therapy, expressive therapies, and behavioural interventions tailored to developmental needs.
43804 – ASSESSMENT, CASE FORMULATION AND TREATMENT PLANNING – 4 credits / 30 days of learning	Trains learners in structured assessment, case conceptualisation, documentation, and designing age-appropriate intervention plans for child and adolescent clients
43805 - PRAGMATISM – CASE WORK – 2 credit / 10 days of learning	Engage in practical case work to apply theory in real-life settings. This module enhances your confidence and professional skills.
43806 - DISSERTATION – 3 credit / 20 days of Inductive learning	Compiled work on a selected topic with guidance from a mentor. This module demonstrates the expertise and knowledge gained throughout the course.

OPTIONAL MODULES - CHOOSE ANY NINE MODULES FROM THE BELOW LIST - TOTALLING 27 CREDITS

43897 - Psychology – 3 credits/ 23 days of learning	Compulsory in optional only for those who do not have a previous psychology background. Knowledge about various theories of psychology, memory, cognition, learning etc.,	
43808 – CHILD COUNSELLING SKILLS	43813 – EARLY CHILDHOOD MENTAL HEALTH AND DEVELOPMENT	43818 – RISK BEHAVIOUR AND ADDICTION PREVENTION IN ADOLESCENTS
43809 – ADOLESCENT COUNSELLING TECHNIQUES	43814 – CAREER COUNSELLING FOR ADOLESCENTS	43819 – CASE WORK PRACTICE IN CHILD AND ADOLESCENT COUNSELLING
43810 – PLAY THERAPY INTERVENTIONS	43815 – EMOTIONAL INTELLIGENCE DEVELOPMENT	43820 – LIFE SKILLS AND RESILIENCE BUILDING PROGRAMS
43811 – LEARNING DISABILITIES AND ACADEMIC INTERVENTION STRATEGIES	43816 - BEHAVIOUR MODIFICATION STRATEGIES FOR CHILDREN	43821 – NEURODEVELOPMENTAL DISORDERS AND MULTISENSORY INTERVENTIONS
43812 – ART AND EXPRESSIVE THERAPY WITH CHILDREN	43817 – ADHD ASSESSMENT AND INTERVENTION	43822 – SCHOOL MENTAL HEALTH AND SCHOOL COUNSELLING MODELS
43823 – CRISIS INTERVENTION AND PSYCHOLOGICAL FIRST AID FOR YOUTH	43824 – SOCIAL SKILLS TRAINING AND PEER RELATIONSHIP INTERVENTIONS	43825 – TRAUMA-INFORMED COUNSELLING FOR CHILDREN
43826 – AUTISM SPECTRUM DISORDERS	43827 – EXECUTIVE FUNCTION SKILL TRAINING	43828 – PARENTING GUIDANCE AND FAMILY COUNSELLING
Course Fee	Learners from India	International Learners
SESSION BASED LEARNING 1:1 Trainer Orientation for Each Module, with Supporting Learning Materials & dedicated WhatsApp Query Support	Full Course Fee - ₹32,800/- Includes 15 Live 1:1 Sessions	Full Course Fee - \$630 Includes 15 One-to-One Live Sessions
EMAIL-BASED LEARNING Supporting Learning Materials, Dedicated Trainer & Email Query Support	₹ 16, 800/- Full Course Fee	\$480 Full Course Fee

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