

Course Name	–	POST GRADUATE TRAINING IN PSYCHOLOGY SKILLS TRAINING (CNO 440)
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/teaching)
Interaction	-	24/7 Advisor Call Support – 24/7 Guide Email Support / Self-paced or Scheduled

COMPULSORY MODULES - 12 CREDITS / 4 MODULES / 4 MONTHS

44001 – FOUNDATIONS OF PSYCHOLOGICAL SKILLS – 3 credits / 30 days learning	A comprehensive introduction to essential psychology concepts and core competencies used in helping professions.
44002 – COMMUNICATION & COUNSELLING MICRO-SKILLS– 3 credits / 30 days learning	Training in active listening, questioning, reflection, and other micro-skills that enhance interpersonal effectiveness.
44003 - BEHAVIOURAL & COGNITIVE INTERVENTION SKILLS – 3 credits	Practical tools and structured techniques drawn from CBT and behaviour modification for real-world application.
44004 – EMOTIONAL & SOCIAL SKILL DEVELOPMENT– 3 credits	Skill-building methods to enhance emotional regulation, empathy, and social effectiveness in personal and professional contexts.

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

440000 - 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>	
44008 – RAPPORT BUILDING SKILLS	44015 – STRESS MANAGEMENT SKILLS	44022 – POSITIVE PSYCHOLOGY SKILLS
44009 – ACTIVE LISTENING SKILLS	44016 – ANGER MANAGEMENT TECHNIQUES	44023 – EXECUTIVE SKILLS FOR DAILY LIVING
44010 – MOTIVATIONAL INTERVIEWING SKILLS	44017 – MINDFULNESS SKILLS TRAINING	44024 – SOLUTION-FOCUSED BRIEF SKILLS
44011 – PROBLEM-SOLVING & DECISION-MAKING SKILLS	44018 – EMOTIONAL INTELLIGENCE SKILLS	44025 – SELF-EMPOWERMENT SKILLS
44012 – GOAL SETTING & ACTION PLANNING	44019 – ASSERTIVENESS TRAINING	44026 – RESILIENCE BUILDING TOOLS
44013 – COGNITIVE RESTRUCTURING TOOLS	44020 – CONFLICT RESOLUTION SKILLS	44027 – COACHING & MENTORING SKILLS
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