

Course Name	–	POST GRADUATE DIPLOMA IN COUNSELLING PSYCHOLOGY
Course Duration	–	12 months / 48 credits / Maximum 15 Modules / 24x7 Virtual Support / (CNO 487)
Course Mode	–	Online / Downloadable & Reusable Materials / Guide Assisted / Interactive
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/hr/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

48701 – ABNORMAL PSYCHOLOGY – 4 credits / 30 days learning	Examines psychological disorders, their symptoms, and therapeutic understanding.
48702 – COUNSELLING SKILLS – 4 credits / 30 days learning	Focuses on essential communication and interpersonal skills for effective counselling.
48703 - COUNSELLING PROCESS – 4 credits / 30 days of learning	Covers stages, methods, and approaches in the counselling relationship.
48704 – COUNSELLING PSYCHOLOGY – 4 credits / 30 days of learning	Introduces theories, applications, and practices of counselling psychology.
48705 - 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.
48706 - 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

48797 - Psychology – 3 credits/ 23 days of learning	<i>Compulsory in optional only for those who do not have a previous psychology background. Knowledge about various theories of psychology, memory, cognition, learning etc.,</i>	
48708 – COUNSELLING TECHNIQUES	48713 – CRISIS COUNSELLING	48718 – GROUP COUNSELLING
48709 – ADVANCED COUNSELLING TECHNIQUES	48714 – RELATIONSHIP COUNSELLING	48719 – COUNSELLING DOCUMENTATION
48710 – BRIEF COUNSELLING	48715 – WELLNESS COUNSELLING	48720 – COUNSELLING CHILDREN
48711 – PERSONAL COUNSELLING	48716 - WORKPLACE COUNSELLING	48721 – MOTIVATIONAL INTERVIEWING
48712 – SOLUTION FOCUSED COUNSELLING	48717 – FAMILY, MARITAL & COUPLE COUNSELLING	48722 – COUNSELLING ADULTS
48723 – TRAUMA-INFORMED COUNSELLING	48724 – ETHICS & PROFESSIONAL BOUNDARIES IN COUNSELLING	48725 – CROSS-CULTURAL COUNSELLING COMPETENCE
48726 – BEHAVIOURAL INTERVENTIONS & CASE FORMULATION	48727 – CLIENT EVALUATION & PROGRESS MONITORING	48728 – MINDFULNESS AND ACCEPTANCE-BASED INTERVENTIONS
Course Fee	Learners from India	International Learners
Life Member of IHMH	₹ 15,200/-	\$530
Others	₹16,800/-	\$600

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

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