

Course Name	–	POST GRADUATE DIPLOMA IN NEURO LINGUISTIC PROGRAMMING
Course Duration	–	12 months / 48 credits / Maximum 15 Modules / 24x7 Virtual Support / (CNO 495)
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

49501 – COUNSELLING SKILLS – 4 credits / 30 days learning	Builds essential communication and helping skills for effective counselling.
49502 – COUNSELLING PROCESS – 4 credits / 30 days learning	Covers structured steps and approaches in the counselling journey.
49503 - COACHING AND MENTORING – 4 credits / 30 days of learning	Introduces guidance methods to support personal and professional growth.
49504 – NEURO LINGUISTIC PROGRAMMING – 4 credits / 30 days of learning	Focuses on NLP principles, techniques, and applications in practice.
49505 - 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.
49506 - 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

49597 - 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>	
49508 – NLP TECHNIQUE'S PART 1	49513 – NLP COACHING	49518 – CASE MODULES – NLP FOR PHOBIA
49509 – NLP TECHNIQUE'S PART 2	49514 – NLP TOOLS	49519 – CASE MODULES – NLP FOR MANAGEMENT
49510 – NLP SKILLS	49515 – MODELLING	49520– CASE MODULES – NLP FOR SELF EMPOWERMENT
49511 – NLP & SOCIAL INTELLIGENCE	49516 - BRIEF NLP	49521 – MOTIVATIONAL INTERVIEWING
49512 – NLP FOR BUSINESS	49517 – NLP AT WORK	49522– CASE MODULES – NLP FOR GENERAL ISSUES
49523 – ADVANCED NLP LANGUAGE PATTERNS	49524 – TIMELINE THERAPY (NLP-BASED)	49525 – NLP FOR EMOTIONAL MASTERY & STATE MANAGEMENT
49526 – NLP FOR COMMUNICATION & INFLUENCE	49527 – NLP FOR LEADERSHIP & TEAM DYNAMICS	49528 – NLP FOR GOAL SETTING & PERSONAL TRANSFORMATION
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

Institute of Holistic Mental Health @ www.imh.in @ www.ihmh.in