

Course Name	–	POST GRADUATE DIPLOMA IN PSYCHOTHERAPY (CNO 496)
Course Duration	–	12 months / 48 credits / Maximum 15 Modules / 24x7 Virtual Support
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/ training/hd)
Interaction	-	24/7 Advisor Call Support – 24/7 Guide Email Support / Self-paced or Scheduled

COMPULSORY MODULES - 21 CREDITS / 6 MODULES / 5 MONTHS

49601 – ABNORMAL PSYCHOLOGY – 4 credits / 30 days learning	Introduces psychological disorders and their clinical understanding.
49602 – PSYCHOTHERAPY – 4 credits / 30 days learning	Covers key approaches, methods, and applications of psychotherapy.
49603 - COUNSELLING PROCESS – 4 credits / 30 days of learning	Explores structured steps and frameworks in counselling practice.
49604 – COUNSELLING SKILLS – 4 credits / 30 days of learning	Develops practical communication and helping skills for therapy.
49605 - 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.
49606 - 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

49697 - 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>	
49608 – COGNITIVE BEHAVIOUR THERAPY	49613 – EMOTION FOCUSED COGNITIVE THERAPY	49618 – PSYCHODYNAMIC PSYCHOTHERAPY
49609 – DIALECTICAL BEHAVIOUR THERAPY	49614 – PERSON-CENTRED THERAPY	49619 – PSYCHOANALYTIC PSYCHOTHERAPY
49610 – SOLUTION FOCUSED BRIEF THERAPY	49615 – BRIEF PSYCHOTHERAPY	49620 – INTERPERSONAL PSYCHOTHERAPY
49611 – ACCEPTANCE & COMMITMENT THERAPY	49616 - SHORT-TERM DYNAMIC PSYCHOTHERAPY	49621 – MOTIVATIONAL INTERVIEWING
49612 – PRACTICING PSYCHOTHERAPIES	49617 – RATIONAL EMOTIVE BEHAVIOUR THERAPY	49622 – CASE MODULES – GENERAL ISSUES
49623 – INTEGRATIVE PSYCHOTHERAPY APPROACHES	49624 – TRAUMA-FOCUSED PSYCHOTHERAPY	49625 – MINDFULNESS-BASED PSYCHOTHERAPY
49626 – FAMILY & COUPLE PSYCHOTHERAPY TECHNIQUES	49627 – SOMATIC & BODY-ORIENTED PSYCHOTHERAPY	49628 – CULTURAL COMPETENCE IN PSYCHOTHERAPY
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