Course Name	–	**POST GRADUATE DIPLOMA IN COUNSELLING AND PSYCHOTHERAPY**
Course Duration	–	12 months / 48 credits / Maximum 15 Modules / 24x7 Virtual Support / **(CNO 508)**
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/psychology/hr/training/hd/teaching)
Interaction	-	24/7 Advisor Call Support – 24/7 Guide Email Support / Self-paced or Scheduled

COMPULSORY MODULES - 21 CREDITS / 6 MODULES / 5 MONTHS

50801 – COUNSELLING PROCESS AND SKILLS – 4 credits / 30 days of learning	Focuses on practical skills and structured steps in counselling.
50802 – COUNSELLING & PSYCHOTHERAPY THEORIES – 4 credits	Covers major theoretical models guiding counselling and psychotherapy.
50803 – ABNORMAL PSYCHOLOGY – 4 credits / 30 days of learning	Introduces mental health issues and diagnostic perspectives.
50804 – PSYCHOTHERAPY – 4 credits / 30 days of learning	Explores therapeutic approaches, methods, and applications.
50805 - 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.
50806 - 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

50897 - 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.,**	
50808 – PSYCHOTHERAPY TECHNIQUES	50813 – MINDFULNESS TECHNIQUES	50818 – CASE WORK – CHILD & ADOLESCENT ISSUES (CPT)
50809 – CBT TECHNIQUES	50814 – ART THERAPY TECHNIQUES	50819 – CASE WORK – CHILD & ADOLESCENT ISSUES (CPT)
50810 – NLP TECHNIQUES	50815 – PLAY THERAPY TECHNIQUES	50820– CASE WORK – ADDICTION ISSUES (CPT)
50811 – DBT TECHNIQUES	50816 - MOTIVATIONAL INTERVIEWING	50821 – CASE WORK – GENERAL ISSUES
50812 – ACT TECHNIQUES	50817 – CASE FORMULATION	50822 – TREATMENT PLANNING
50823 – INTEGRATIVE PSYCHOTHERAPY APPROACHES	50824 – TRAUMA-INFORMED PSYCHOTHERAPY	50825 – PSYCHODYNAMIC COUNSELLING SKILLS
50826 – CRISIS INTERVENTION & SUICIDE PREVENTION	50827 – ETHICAL & PROFESSIONAL PRACTICE IN PSYCHOTHERAPY	50828 – INTAKE ASSESSMENT & HISTORY TAKING
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