

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 / 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/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	<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>	
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
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@imh.in / info@imh.org

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