

Course Name	–	POST GRADUATE DIPLOMA IN CHILD & ADOLESCENT COUNSELLING
Course Duration	–	12 months / 48 credits / Maximum 15 Modules / 24x7 Virtual Support / (CNO 852)
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/management/psychology/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

85201 – CHILD MENTAL HEALTH – 2cr / 30 days of learning	Focuses on psychological development, emotional regulation, and common mental health concerns in children. Covers developmental milestones, early identification of disorders, and family/school influences.
85202 – ADOLESCENT MENTAL HEALTH – 2 credits / 30 days learning	Explores the complex biopsychosocial changes during adolescence and their mental health implications. Addresses issues such as identity formation, peer dynamics, risk behaviours, and emotional challenges.
85203 – COUNSELLING SKILLS – 2 credits / 30 days	Introduces core micro-skills essential for effective counselling practice. Covers active listening, empathy, rapport building, questioning techniques, and communication ethics.
85204 – COUNSELLING PROCESS – 2 credits / 30 days of learning	Outlines the structured stages of the counselling journey from intake to termination. Includes goal setting, case formulation, intervention planning, and progress evaluation. Enables learners to manage counselling sessions systematically and ethically
85205 - 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.
85206 - 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

85297 - 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.,	
85208 –CBT TECHNIQUES	85213 – HISTORY TAKING & CASE DOCUMENTATION	85218 – CASE WORK – SCREEN ADDICTION
85209 –NLP TECHNIQUES	85214 – CASE WORK PHYSICAL DISABILITY	85219 – CASE WORK – DRUG ADDICTION
85210 – DBT TECHNIQUES	85215 – CASE WORK SELF INJURY	85220 – CASE WORK – SELF IMAGE ISSUES
85211 – ACT TECHNIQUES	85216 – CASE WORK ABUSE	85221 – CASE WORK - BULLYING
85212 – MINDFULNESS TECHNIQUES	85217 – CASE WORK FAMILY ISSUES	85222 – CASE WORK – RELATIONSHIP ISSUES
85223 – ART THERAPY TECHNIQUES	85224 – CASE WORK BEHAVIOUR ISSUES	85225 –CASE WORK – PEER ISSUES
85226 – PLAY THERAPY TECHNIQUES	85227 – CASE WORK – ACADEMIC ISSUES	85228 – CAREER COUNSELLING
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