

Course Name	–	Post Graduate Diploma in Therapeutic Skills & Interventions
Course Duration	–	12 months / 48 credits / Maximum 15 Modules / 24x7 Virtual Support (CNO 872)
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/hr/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

87201 – COUNSELLING PROCESS – 4 credits / 30 days of learning	Develops the knowledge and practical competencies required to conduct ethical, structured, and client-centred counselling sessions.
87202 – COUNSELLING SKILLS I – 4 credits / 30 days of learning	Builds essential counselling skills including rapport building, active listening, empathy, questioning, and effective therapeutic communication.
87203 – COUNSELLING SKILLS II – 4 credits / 30 days of learning	Develops advanced counselling competencies for managing complex client situations, therapeutic interventions, and professional decision-making.
87204 – PSYCHOLOGY SKILLS – 4 credits / 30 days of learning	Equips learners with observation, case conceptualization, psychoeducation, and intervention planning skills.
87205 - 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.
87206 - 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 - TOTTALLING 27 CREDITS

87208 – CBT TECHNIQUES	87213 – MINDFULNESS TECHNIQUES	87218 – PERSON-CENTRED THERAPY TECHNIQUES
87209 – CBT ACTIVITIES	87214 – POSITIVE PSYCHOLOGY INTERVENTIONS	87219 – EMOTION-FOCUSED THERAPY TECHQNIUES
87210 – CBT EXERCISES	87215 – MOTIVATIONAL INTERVIEWING TECHNIQUES	87220 – GRIEF THERAPY TECHNIQUES
87211 – DBT TECHNIQUES	87216 – SOLUTION FOCUSED THERAPY TECHNIQUES	87221 – TRAUMA-INFORMED INTERVENTIONS
87212 – ACT TECHNIQUES & ACTIVITIES	87217 – ART THERAPY TECHQNIUES	87222 – FAMILY & COUPLE INTERVENTIONS
87223 – NLP TECHNIQUES	87224 – PLAY THERAPY TECHNIQUES	87225 – GESTALT THERAPY TECHNIQUES
87226 – BEHAVIOUR THERAPY TECHNIQUES	87227 – NARRATIVE THERAPY TECHNIQUES	87228 – COMPASSION-FOCUSED THERAPY TECHNIQUES
87229 - CRISIS COUNSELLING TECHNIQUES	87230 - PSYCHOANALYTIC / PSYCHODYNAMIC TECHNIQUES	
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