

Course Name	–	<u>POST GRADUATE DIPLOMA IN COUNSELLING AND PSYCHOTHERAPY</u>
Course Duration	–	12 months / One year / 24 credits / Maximum 14 Modules – COURSE NO 116
Course Mode	–	Online / Downloadable & Reusable Materials / Guide Assisted
Course Structure	–	24cr / 15credit compulsory + 9credit optional (as per learners' selection)
Eligibility	–	10+2+ 3 Years + 2 Years with Psychology

COMPULSORY MODULES – 15 CREDITS / 6 MODULES

CPT01 – ABNORMAL PSYCHOLOGY – 3 credits / 45 days learning	Deeper Understanding of Mental Health Issues
CPT02 – Counselling Process and Skills – 3 credits / 45 days learning	Therapeutic process Knowledge and Skills required for counselling and psychotherapy
CPT03 – Psychotherapy – 3 credits / 45 days of learning	Learning about the science, theories, and types of talk therapies
CPT04 – Counselling and Psychotherapy – 3 credits / 45 days of learning	Theories and factors related to Counselling and Psychotherapy
PGD05 - Pragmatism – 1 credit / 15 days of case work	15 cases will be solved using all the techniques, skills, therapies, and exercises learnt throughout the course.
PGD06 - Dissertation – 2 credits/30 days of Inductive learning	Theoretical or empirical work on a selected topic with guide's assistance

OPTIONAL MODULES – CHOOSE FIVE TO EIGHT MODULES FROM THE BELOW LIST TALLING 9 CREDITS

CPT08 – Psychotherapy Techniques A – 2 credits / 30 days of learning	CPT13 – Psychotherapy Techniques B – 2 credits / 30 days of learning	CPT18 – Expressive Therapy Techniques A – 2 credit / 30 days
CPT09 – Expressive Therapy Techniques B – 2 credits / 30 days	CPT14 – Family, Marital and Couple Counselling (case work) – 2 credits	CPT19 – Work Life Mental Health Issues (Care Work) – 2 credit / 30 days
CPT10 – School Mental Health Issues (Case work) – 2credits / 30 days	CPT15 – Counselling for Self- Empowerment (Case Work) – 2 credits / 30 days	CPT20 – Child and Adolescent Issues (case work) - 2 credits / 30 days
CPT11 – Correctional Counselling (case work) – 1 credit / 15 days	CPT16 – Health Counselling (Case work) – 1 credit / 15 days	CPT21 – Counselling for Abuse / Addiction Issues (case work) – 2credits
CPT12 – Career Counselling (case work) – 1 credit / 15 days of learning	CPT17 – Counselling Challenging Clients / Issues (case work) – 1 credit	CPT22 – Therapy Records & Practice Documentation – 2 credits / 30 days
Course Fee	Learners from India	Learners from other countries
Life Member of IHMH	Rs. 11, 300	\$400
Others	Rs. 12, 800	\$460

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.co

**For other course details and course FAQ's visit relevant course page at our website
www.imh.in – www.psychologyonline.in**