



Institute of Holistic Mental Health



www.ihmh.in - www.psychologyonline.in - www.imh.in (since 2006)

The course structure has changed from 2017 matching the requirements of international standards of assessment and credit marking. The website is getting updated, for now please refer this document for the currently available course structure.

Course No & Name: **096. Post Graduate Diploma in Psychotherapy**

“Expert training in psychotherapeutic approaches”

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|--|---|--|-------------------------------------|--|
| Credits – 24 | Duration – 12 months | Assessment based on coursework submitted after each module. No Exams. | | |
| Expert Guide Assistance – Available | Work Load – 2 – 4 hrs / fortnight | What you will learn? –Theoretical Background, Concepts and Applications. | | |
| About the Course | About the Instructor(s) | Course Format | Course Syllabus | Course Objectives |
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About the Course

Psychotherapists use several approaches based on the theoretical models they generally adopt & the therapy they practise. They work one-to-one with individuals as well as with couples, families and a group of clients. In psychotherapy, the client happens to be an active participant. This course helps you gain specialized knowledge on the various psychotherapeutic approaches & practices.

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About the Instructor(s)

Trainers from Center for Webinars, IHMH

Course Format

- Trainer assisted learning
- Twenty-Four Credits
- Twelve Months

- Learning Materials for each module
- Pre and Post Assignment for each modules
- 24 X 7 Email/ Chat assistance
- Additional reference materials for a great learning experience
- No exams – you will be assessed entirely on your coursework.

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Course Objectives

- In-depth understanding about Psychotherapy Approaches
- Updated knowledge on Therapeutic Practices
- Practical work knowledge about using various psychotherapeutic approaches
- Session Managing Expertise
- Expertise to conduct counselling sessions with psychotherapeutic approaches
- Expertise to strengthen your professional practice

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Course Fee

| Category | Participants from India (in Indian Rupee) | Participants from Rest of the world (in United States Dollars) |
|---------------------------|--|---|
| Member of Psykology.in | Rs. 11,300/- | 240US\$ |
| Non – Members | Rs. 12,800/- | 280US\$ |

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Important Dates

- Participant Capacity is Limited to 10 per batch. Registration will close on completion of 10 registrations.
- Course intake is scheduled during Jan/ Feb, June/July and Oct/ Nov of every year for Indian students.
- Course intake is scheduled during April/ May and August/ September of every year for International students.
- Self-Paced Courses can be started at any point of the year and can be completed as per the student's convenience. To know whether this course can be done through self-paced mode, contact us at info@psychologyonline.in
- For course details and commencement dates [Text or Wats App](#) the Course No and Your Email ID to 0091 979 00 88 002 or email us at info@ihmh.in, for example, 088 SPACE xyz@gmail.com to 09790088002

Contact to register

Contact your student advisor at info@ihmh.in or info@psykology.in for more details on registration, availability of seat, payment of fee, etc.

FAQ's

1. Will I get a certificate after completing this class?

Yes. Participants who successfully complete the course by completing all the module assignments will receive a registered certificate, grade sheet and a transcript from the Institute of Holistic Mental Health.

2. What resources will I need for this class?

You will get all the materials required for the course during the training period.

3. Will I be able to work at after completing this course?

Yes, of course.

4. Can I pay the fee in instalments?

Please note that there is no option to pay in instalments.

5. When should I register?

Registrations are accepted on a 'first come first served' basis, and the registration process will be closed once all places on the course are taken. You are advised to register early to avoid disappointment. Contact 09600800020 through text or Wats app.

6. What is IHMH's cancellation policy?

You may make a substitution without charge at any time before the start of the course, but all cancellations must be confirmed in writing. If your cancellation is received more than three weeks before the commencement of the course, you will be eligible for a full refund. If your cancellation is received in the three-week period before the course starts, 25% of the course fee will be retained and after the start of the course, 50% of the course fee will be retained and if you cancel after eight weeks, the course fee is entirely non-refundable. If written notification is not received and you do not attend the course, the full course fee will be retained as a cancellation charge.

7. What materials will I be provided with?

A full course pack together with supplementary materials will be provided at the first session of each module through email.

8. For whom IHMH courses will suit?

The course is designed to benefit professional participants who are or will be leaders in their fields. This includes psychologists, counsellors, social workers, special educationists, academicians, human resource professionals, teachers, management executives and NGO representatives. Interested members of the public who want to improve their knowledge of mental

