



# Institute of Holistic Mental Health



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## Course No & Name: **103. Post Graduate Diploma in Psychology**

“Understanding the basic principles of psychology and the theories behind human thinking and behavior”

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.

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.		
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### About the Course

Besides providing you with a broad overview of the subject of psychology, this course equips you with knowledge of psychological models, theories & methodologies. You will acquire the required expertise in any area of psychology of your choice (subject to availability). The course presents the different aspects of psychology as an art and science and how it is applied to understand human behaviour as well as for the prevention, diagnosis, & treatment of various mental and emotional problems.

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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 various Psychology domains
- Updated knowledge on current Psychology Practices
- Understanding about various professional branches of psychology
- A values-based curriculum that focuses on personal, as well as professional growth
- 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 Psychology.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](mailto: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](mailto:info@ihmh.in), for example, 088 SPACE xyz@gmail.com to 0979 00 88 00 2

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#### Learning Kit

- Complete Manual for each module
- E-books wherever required
- Charts and other learning aids (as required)

- Cases and Vignettes for better practice
- Videos (as required)
- 24 X 7 Guide support through email

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#### Trainer's Support

- 24 X 7 Guide support through email
- Audio and video support as and when required
- Flexible timings as per students' needs
- Home based activity at the end of each session for practical learning
- Additional reference documents (on request)
- Sessions through Skype for discussion and clarification (on request)
- Additional support through chat during the course period
- Career support after course completion

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#### Course Syllabus

Total 24 Credits

Study Time – 15 days per credit

Main Modules – 9 Credits

PYPY2301 -	Psychology	3 Credits
PYPY2302 -	Abnormal Psychology	3 Credits
PSYC0100 -	Pragmatism and Dissertation	3 Credits

Optional Modules – Select 15 Credits (not more than nine modules)

Module	Credits	Module	Credits
PYPY2303 - Developmental Psychology	2	PYPY2311 - Positive psychology	2
PYPY2304 - Counselling psychology	2	PYPY2312 - Cognitive Psychology	2
PYPY2305 - Health psychology	2	PYPY2313 - Sports Psychology	2
PYPY2306 - School Psychology	2	PYPY2314 - Mental health	2

PYPY2307 - Theories of Personality	1	PYPY2315 - Industrial Psychology	2
PYPY2308 - History of Psychology	1	PYPY2316 - Dream Psychology	2
PYPY2309 - Criminal Psychology	2	PYPY2317 - Educational Psychology	1
PYPY2310 - Child and Adolescent Psychology	2	PYPY2318- Psychological Assessments	1

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#### Recommended Background

10+2+3/4 or Post graduates or those who are doing their post-graduation in any discipline.

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#### Course Additional Details

- 24 X 7 Guide Support through Email and Chat
- Each module has reference materials in the form of eBooks, manuals, PPTs and charts
- Each module has its own activity and some pragmatic assignments for better understanding.
- Cases and Vignettes will be provided for more hands-on training.
- Resource materials required to advance your learning are included.

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#### Technical Requirements

- A computer or a laptop
- A good internet connection
- Having mike, headphone facility and web camera is an added advantage but required only for a few specific courses.

#### Statement of Accomplishment

On completion of the course, the participant will be certified by the Institute of Holistic Mental Health. The participant will receive a certificate, grade sheet and a transcript with all the details of his/her learning pertaining to the course taken.

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#### Contact to register

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

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## 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 after completing this course?

Yes, of course. This course will add expertise to your profile.

### 4. Can I pay the fee in instalments?

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

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### 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 your 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 our 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 health are also welcome to do a few courses provided they fulfil the course eligibility requirements. A university degree will normally be required as a condition of acceptance on the course. Go through each course page carefully as the requirements, course objective and target learners may differ from one course to another (check the *course page* above).

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### 9. Why choose our courses?

- Delivers a comprehensive understanding of internationally recognised mental health practices and standards
- Explains how therapeutics work and shows how they can be applied in practice
- Offers access to leading course materials and course techniques
- Provides a coherent account of international practices
- Shows the relevance of international mental health practices to domestic practice
- Improves critical awareness of key issues in contemporary mental health issues
- Provides you with the current practices in specific speciality

10. Can I start the course, take a break, and finish it later?

Yes. You can; but prior permission through email regarding break period is required.

11. Can I take online courses on a Mac?

Yes, you can. Some users have reported being able to use alternate operating systems.

12. Is there someone I can call for help?

Yes, if you experience any difficulties, you can contact the Student Advisor for assistance regarding any of the administrative or guide issues. For academic issues, you can contact the guide at any time as per your convenience.

13. What is included with my course registration?

Each course price includes the online training course and certification. You will not be asked to pay anything extra at any point of the course.

14. What are the session schedules?

Most courses are offered in different sessions. Each session has a specific start date and learners in the same session move through the course together according to a schedule of suggested deadlines. If a course doesn't have sessions, it's a self-paced course.

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15. What if I am not able to complete the course on time?

If you fall behind or want more time to complete a course, you can switch to the next session. If you can't complete a course in a single session, you can keep taking it in more sessions until you finish.

16. Should I have to be online at a certain time for class?

No, not required. You and your guide will decide on online schedules, as and when required.

17. When does the class begin?

Your course begins on the date on your course schedule. Your course guide will send you an email to begin class proceedings. On registration, you will be getting a course schedule.

18. How does online course, work?

Our online course will function like a traditional face-to-face class, but it will be delivered via distance technology through materials which are designed to bridge the absence of classroom interaction. You will be able to ask your instructor questions, complete assignments and take tests. Online students are connected with the support resources they need. We are here to help.

19. How to complete assignments?

Your course guide will provide clear instructions for completing each assignment, and you should email it to your course guide. You can either type it out or write down or draw or record as a voice file or capture a video and submit. Your guide will help you with this.

20. How will I be assessed for certification?

Your assignments will be assessed for certification. You won't be able to copy paste your assignments as they need your presence of mind and expertise to complete.

21. Whom to contact to register?

*Text or Wats App* the Course No and Your Email ID to 0091 979 00 88 002 or email us at [info@ihmh.in](mailto:info@ihmh.in) or [psy.courses@gmail.com](mailto:psy.courses@gmail.com), for example, 088 SPACE xyz@gmail.com to 09790088002

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