

Course Name	–	<u>POST GRADUATE DIPLOMA IN GUIDANCE AND COUNSELLING (COURSE NO 88)</u>
Course Duration	–	12 months / One year / 24 credits / Maximum 15 Modules
Course Mode	–	Online / Downloadable & Reusable Materials / Guide Assisted
Course Structure	-	24cr / 15 credit compulsory + 9 credit optional (as per learners' selection)
Eligibility	-	10+2+3 Years or 10+2+3 Years + 2 Years with Psychology preferred

COMPULSORY MODULES - 15 CREDITS / 7 MODULES

GCO01 – Abnormal Psychology – 3 credits / 45 days learning	Understanding Mental Health Issues
GCO02 – Counselling Theories – 3 credits / 45 days learning	Theories and factors related to Counselling and Guidance
GCO03 - Counselling Skills – 2 credits / 30 days of learning	Skills required for guiding and counselling
GCO04 - Counselling Techniques A – 2 credits / 30 days of learning	200 most important techniques from Psychotherapy, CBT, Play Therapy, ART Therapy, NLP, DBT, Mindfulness will be covered.
GCO07 - Counselling Techniques B – 2 credits / 30 days of learning	Proven advanced counselling techniques from both talk and expressive therapies will be covered.
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 TOTTALLING 9 CREDITS

PSY997 - Psychology – 2 credits/ 30 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.,	
GCO08 - Family Counselling (case approach) – 2 credits / 30 days	GCO13 – Academic Counselling – 2 credits / 30 days	GCO18 - Marital & Couple Counselling – 2 credits (case approach)
GCO09 – Counselling - self-injury behaviours (case approach) – 1 credit	GCO14 – Sports Counselling – 1 credit / 15 days of learning	GCO19 – Counselling – Relationship issues – 1 credit / 15 days of learning
GCO10 – Counselling Adolescents – 2 credits / 30 days of learning	GCO15 – Counselling Children – 2 credits / 30 days of learning	GCO20 – Counselling Young Adults - 2 credits / 30 days of learning
GCO11 – Career Assessment and Counselling – 2 credits / 30 days	GCO16 – Work Force Counselling – 2 credits / 30 days of learning	GCO21 – Correctional Counselling – 2 credits / 30 days of learning
GCO12 – Coaching and Mentoring – 2 credits / 30 days of learning	GCO17 – Health Counselling – 1 credit / 15 days of learning	GCO22 – Family Counselling – 1 credit / 15 days of learning
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**