

Course Name	–	<u>POST GRADUATE DIPLOMA IN COUNSELLING PSYCHOLOGY (COURSE NO 87)</u>
Course Duration	–	12 months / One year / 24 credits / Maximum 14 Modules
Course Mode	–	Online / Downloadable & Reusable Materials / Guide Assisted
Course Structure	–	24cr / 15credit compulsory + 9credit optional (as per learners' selection)
Eligibility	–	10+2+3 Years or 10+2+3 Years + 2 Years with Psychology (preferred)

COMPULSORY MODULES - 15 CREDITS / 6 MODULES

COP01 – Abnormal Psychology – 3 credits / 45 days learning	Deeper Understanding of Mental Health Issues
COP02 –Counselling Psychology – 3 credits / 45 days learning	Theories and factors related to Counselling Psychology.
COP03 – Psychotherapy / Talk Therapy – 3 credits / 45 days of learning	Learning about all the types of talk therapies in practice
COP04 – Expressive Therapies – 3 credits / 45 days of learning	Learning about all the types of expressive therapies in practice
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 TOTALLING 9 CREDITS

PSY997 - Psychology – 2 credits/ 30 days of learning	<i>Compulsory in optional only for those who do not have a previous psychology background. Knowledge about theories of psychology, memory, cognition, learning etc.,</i>	
COP08 – Counselling Process – 2 credits / 30 days of learning	COP12 – Counselling Skills – 2 credits / 30 days of learning	COP16 – Counselling Techniques – 2 credits / 30 days of learning
COP09 – Advanced Counselling Techniques – 2 credits / 30 days	COP13 – Cognitive Behaviour Therapy – 2credits / 30 days of learning	COP17 – Dialectical Behaviour Therapy – 2credits / 30 days of learning
COP10 – Art Therapy – 2credits / 30 days of learning	COP14 - Play Therapy – 2credits / 30 days of learning	COP18 – Counselling Case Formulation – 2credits / 30 days of learning (learning to work with case examples)
COP11 – Mindfulness – 1 credit / 15 days of learning	COP15 – Brief Therapy – 1 credit / 15 days of learning	COP19 – Dance Movement Therapy – 1 credit / 15 days of learning
COP20 – Acceptance & Commitment Therapy –1 credit	COP21 – Rational Emotive Behaviour Therapy - 1credit / 15 days of learning	COP22 – Documentation in Counselling – 1credit / 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**