

Course Name	–	<u>POST GRADUATE DIPLOMA IN MENTAL HEALTH (Course No 104)</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

Compulsory Modules - 15 Credits / 6 Modules

MHD01 – ABNORMAL PSYCHOLOGY – 3 credits/45 days learning	Understanding about mental health issues and concerns.
MHD02 – MENTAL HEALTH – 3 credits/45 days learning	Knowledge about prevalent Mental Health practices as well mental health working model with expertise on related work domains
MHD03 – POSITIVE PSYCHOLOGY – 3 credits/45 days of learning	Additional Knowledge about prevalent Positive Psychology practices
MHD04 – COUNSELLING SKILLS & PROCESS – 3 credits/45 days of learning	Counselling Skills and Process Knowledge Involved in Mental Health Practice
MHD05 - 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.
MHD06 - 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 various theories of psychology, memory, cognition, learning etc.,</i>	
MHD08 - Risk Assessment & Management – 2 credits / 30 days	MHD12 – Early Identification – 2 credits / 30 days of learning	MHD16 - Social Media – 1 credit / 15 days of learning
MHD09 – Improving well-being – 2 credit / 30 days of learning	MHD13 – Substance Misuse – 2 credits / 30 days of learning	MHD17 – Self-Harm/Self-Injury – 1 credit / 15 days of learning
MHD10 – Skills for Mental Health Professionals – 2 credits / 30 days	MHD14 - Emotional/Mental wellbeing – 2 credits / 30 days of learning	MHD18 – Legislation and guidance – 1 credit / 15 days
MHD11 – Coaching and Mentoring – 2 credits / 30 days of learning	MHD15 – Cognitive Behavioural Therapy – 2 credits / 30 days	MHD19 – Mental Health and Young People – 1 credit / 15 days of learning
MHD20 - Evidence-based psychosocial interventions – 2 credits / 30 days	MHD21 -Child and Adolescent Mental Health – 2 credits / 30 days	MHD22 - Mental Health Care – 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**