

Course Name	–	<u>INTENSIVE TRAINING IN COUNSELLING TECHNIQUES FOR ADOLESCENT'S ISSUES (268)</u>
Course Duration	–	Online / 30 days per module / 06 modules / 2 sessions per module / 18 credits
Course Mode	–	Reusable Learning Materials / Guide Assisted / Highly Interactive / Training Based
Course Structure	–	24/7 Advisor Call Support – 24/7 Guide Email & Whats App Support / Scheduled
Eligibility	–	10+2+3 Years or 15+2 Years (psychology/social work /training/HD/teaching)
Interactive Sessions	–	2 sessions per module - one at the beginning and one at the end of the module

26801 – CBT TECHNIQUES	This module focuses on applying Cognitive Behaviour Therapy (CBT) strategies for adolescents. It covers identifying negative thought patterns, restructuring unhelpful beliefs, and developing healthier coping mechanisms to manage stress, anxiety, and behavioural concerns.	
26802 – DBT & ACT TECHNIQUES	This module introduces Dialectical Behaviour Therapy (DBT) and Acceptance and Commitment Therapy (ACT) approaches. Learners explore emotion regulation, distress tolerance, acceptance-based strategies, and values-driven actions to support adolescents dealing with emotional dysregulation and adjustment challenges.	
26803 – MINDFULNESS TECHNIQUES	This module trains participants in mindfulness-based practices tailored for adolescents. It emphasizes techniques that enhance focus, self-awareness, stress management, and emotional balance, helping young individuals build resilience in their daily lives.	
26804 – ART THERAPY TECHNIQUES	This module explores the use of creative expression in counselling. Participants learn how art-based interventions can help adolescents communicate feelings, process trauma, enhance self-esteem, and develop healthier emotional expression.	
26805 – PLAY THERAPY TECHNIQUES	This module highlights therapeutic play as a medium for understanding and addressing adolescent issues. It focuses on symbolic play, role-play, and structured activities that provide safe avenues for expression and behavioural modification.	
26806 – ADVANCED CHILD AND ADOLESCENT COUNSELLING TECHNIQUES	This capstone module integrates advanced counselling strategies for complex adolescent issues. It covers case formulation, multi-modal interventions, ethical considerations, and tailored approaches for diverse developmental, emotional, and behavioural needs.	
Course Fee	Learners from India	International Learners
Continuous Guide Email Support & 24/7 Student Advisor Call Support	₹10,800 (Email-based)	\$260 (Email-based)
1:1 Guide Orientation Session Continuous Guide Whats App Support & 24/7 Student Advisor Call Support	₹22,800 (Session-based)	\$570 (Session-based)

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.org

INSTITUTE OF HOLISTIC MENTAL HEALTH @www.imh.in @www.psychologyonline.in