

Overview of Training Programs Conducted at IHMH - How They Differ @ www.imh.in

www.imh.in	Advanced Training	Applied Training	Post Graduate Training	Focused Training	Intensive Training	CE Training	Skill Based Webinar	Interactive Training
Course Duration	12 months – 24 months	6 months	12 months - 3 yrs	6 months	2 sessions in 30 days / Module	2 session/30 days/module	Session-based – 3 Sessions	Six Modules
Max Duration allowed	3 years	2 years	3 years	1 year	Course Specified	Course Specified	Course Specified	Course Specified
Credits	2 credits – total 24 credits	2 credits/module/month	2 credits/ - total 30 credits	1 module/month	3 credit per session/module	3 credit per session/module	No Credits	No Credits
Topic Coverage	Important and most required	Important and most required	Extensive	Extensive	Important and practically applicable work expertise	Intermediate & Work Skills	Specific Skill Oriented	Technical Work Skills
Trainer or Guide Interaction	1:1 Sessions (if opted) and continuous email support	1:1 Sessions (if opted) and continuous email support	Continuous email support & 1:1 Sessions for optional modules as per the guide’s discretion	Continuous email support and student advisor call support	1:1 Sessions and continuous email / WhatsApp app support from the guide	1:1 Sessions and continuous email support	1:1 Sessions	1:1 Discussions & Orientation
Flexible or fixed	Email Mode – Flexible Orientation Mode - Fixed	Email Mode – Flexible Orientation Mode - Fixed	Flexible – Scheduled or Self-Paced	Flexible – Scheduled or Self-Paced	Scheduled	Scheduled	Scheduled	24X7
Assignment	Required	Required	Required	Assignment & a Dissertation Required	Required	Not Required Only Quiz	Not Required	Fewer Assignments
Assignment Load	Moderate	Moderate	Moderate	Mild	Requires Time & Work	Easy	Not Required	Basics- to check learning
Learning Mode	Self-Learning + Orientation (if opted) + Casework and Activity-based Learning - Doubt Clearance	Self-Learning + Orientation (if opted) + Case work and Activity-based Learning + Doubt Clearance	Self-Learning + Doubt Clearance+ Casework and Activity-based Learning	Self-Learning + Doubt Clearance+ Casework and Activity-based Learning	Virtual Coaching + Self Practice + Doubt Clearance + Casework and Activity-based Learning + Learning Applicability Check	Taught Learning + Self Practice + Doubt Clearance	Self-Understanding through Orientation Sessions	Classroom like learning mostly covered with discussions
Level	Advanced – Narrow down to what is required.	Intermediate – Narrow down to what is most required.	Advanced – Comprehensive – Includes all the possible learning around the chosen topic.	Introductory – narrows down to what is required to understand the topic.	Advanced – Comprehensive – Application-based – Covers all those required for practicing/ working.	Intermediate - narrows down to what is required in the topic.	Introductory – narrows down to what is required to understand the topic.	Advanced – Trains on required & basic expertise.
What will you learn?	In-depth work expertise & all the tools & techniques required for practicing	In-depth work expertise & all the tools & techniques required for practicing	In-depth work expertise backed by theory exposure & all the tools & techniques required for practicing	Specific domain skills at an exploring level	Application-based Techniques and Tools required to start working in any associated setup	Exposure and Awareness about a specific topic	Awareness about a specific topic	Training on specific skills or domain or therapy or technique
Learning Materials	eBooks, ppts, charts, videos, audio files, quick reference guides, tip sheets, assessment forms, etc.	eBooks, ppts, charts, videos, audio files, quick reference guides, tip sheets, assessment forms, etc.	eBooks, ppts, charts, videos, audio files, quick reference guides, tip sheets, assessment forms, etc.	eBooks, ppts, charts, videos, audio files, quick reference guides, tip sheets, assessment forms, etc.	eBooks, ppts, charts, videos, audio files, quick reference guides, tip sheets, assessment forms, etc.	Quick reference guides, tip sheets, assessment forms, etc.	Materials not Provided	Virtual Discussions Voice Notes
Certification	By IHMH and any other domain-associated body	By IHMH and any other domain-associated body	By the Institute of Holistic Mental Health	By the Institute of Holistic Mental Health	By IHMH and any other domain-associated body	By the Institute of Holistic Mental Health	By the Institute of Holistic Mental Health	By Institute of Holistic Mental Health