

Course Name	–	<b>ADVANCED TRAINING IN COUNSELLING TECHNIQUES (COURSE NO 062)</b>
Course Duration	–	12 months / 12 modules / 24 Credits / 24x7 Virtual Support / Assignment Based
Course Mode	–	Online/Downloadable & Reusable Materials /1:1 Sessions /Highly Interactive/Advanced
Course Structure	-	Interactive sessions /24x7 Virtual Support /Work Expertise Based/ Guide Assisted
Eligibility	-	10+2+3 Years or 15+2 Years (psychology/social work/human development)
Interactive Sessions	–	2 interactive session/module - 24/7 Guide Email Support - 24/7 Advisor Call Support

<b>MODULE NAME AND NUMBER</b>	<b>MODULE BRIEF</b>	
<b>06201 – COUNSELLING SKILLS</b>	Learn the basic skills of counselling in this module. It covers the essential abilities every counsellor need for a successful practice.	
<b>06202 – COUNSELLING PROCESS</b>	Understand the step-by-step process of counselling. Learn how sessions begin, progress, and conclude effectively.	
<b>06203 – PSYCHOTHERAPY TECHNIQUES</b>	Learn practical psychotherapy techniques and tools widely used in counselling and therapy.	
<b>06204 – CBT TECHNIQUES</b>	Understand the core methods of CBT. Learn techniques and activities that help clients change unhelpful thoughts and behaviours.	
<b>06205 – NLP TECHNIQUES</b>	Learn NLP techniques that can be applied in counselling practice.	
<b>06206 – DBT &amp; ACT TECHNIQUES</b>	Gain practical DBT and ACT strategies for teaching emotional regulation and mindful living.	
<b>06207 – ART THERAPY TECHNIQUES</b>	Discover how creative art techniques and activities can be used for healing in therapy.	
<b>06208 – PLAY THERAPY TECHNIQUES</b>	Discover how play-based techniques and activities can be used for therapeutic support.	
<b>06209 – MINDFULNESS</b>	Understand the role of mindfulness in counselling. Learn simple methods to help clients stay present, calm, and focused.	
<b>06210 – CRISIS COUNSELLING</b>	Train to support people in emergencies or high-stress situations. Learn to provide immediate emotional care and stability.	
<b>06211 – GRIEF COUNSELLING</b>	Explore the process of grief and loss. Learn counselling skills to support individuals coping with bereavement.	
<b>06212 – CASE WORK</b>	Understand how to plan, document, and manage client cases. Learn to apply counselling techniques in real-life practice.	
<b>COURSE FEE</b>	<b>INDIAN LEARNERS</b>	<b>LEARNERS FROM OTHER COUNTRIES</b>
<b>Continuous Guide Email Support &amp; 24/7 Student Advisor Call Support</b>	<b>₹10,600</b>	<b>\$250</b>
<b>1:1 Guide Orientation Sessions - Continuous Guide Email Support &amp; 24/7 Student Advisor Call Support</b>	<b>₹24,600</b>	<b>\$610</b>

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](mailto:info@ihmh.in) / [info@ihmh.org](mailto:info@ihmh.org)