

Course Name	–	<b>ADVANCED TRAINING IN TALK THERAPIES (CN 065)</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>06501 – PSYCHOTHERAPY</b>	Introduction to psychotherapy approaches and their applications	
<b>06502 – COGNITIVE BEHAVIOUR THERAPY</b>	Evidence-based techniques to address maladaptive thoughts and behaviours.	
<b>06503 – DIALECTICAL BEHAVIOUR THERAPY</b>	Skills for emotion regulation, distress tolerance, and interpersonal effectiveness.	
<b>06504 – SOLUTION FOCUSED BRIEF THERAPY</b>	Strength-based methods for achieving quick, goal-oriented outcomes.	
<b>06505 – ACCEPTANCE &amp; COMMITMENT THERAPY</b>	Strategies to build psychological flexibility through acceptance and values-based action.	
<b>06506 – EMOTION FOCUSED COGNITIVE THERAPY</b>	Techniques integrating emotion processing with cognitive restructuring	
<b>06507 – BEHAVIOUR THERAPY</b>	Interventions to reinforce positive behaviours and reduce maladaptive ones.	
<b>06508 – GESTALT THERAPY</b>	Experiential techniques for self-awareness and present-moment focus.	
<b>06509 – MINDFULNESS</b>	Mind–body practices to cultivate awareness, calm, and resilience.	
<b>06510 – PERSON-CENTRED THERAPY</b>	Humanistic approaches emphasizing empathy, authenticity, and unconditional regard.	
<b>06511 – PSYCHODYNAMIC PSYCHOTHERAPY</b>	Exploring unconscious processes and early experiences in therapy.	
<b>06512 – PSYCHOANALYTIC PSYCHOTHERAPY</b>	In-depth therapeutic techniques based on classical psychoanalysis.	
<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)**

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