

Course Name	–	POST GRADUATE TRAINING IN CORPORATE COUNSELLING (CNO 090)
Course Duration	–	12 months / 36 credits / Total 12 Modules / 24x7 Virtual Support
Course Mode	–	Online / Downloadable & Reusable Materials / Guide Assisted / Practice Based
Course Structure	–	12credits compulsory + 24credits optional (as per learner’s selection)/Advanced
Eligibility	–	10+2+3 or 15+2 Years (psychology/social work/hd/training/hr/mgt)
Interaction	-	24/7 Advisor Call Support – 24/7 Guide Email Support / Self-paced or Scheduled

COMPULSORY MODULES - 12 CREDITS / 4 MODULES / 4 MONTHS

09001 – WORKPLACE MENTAL HEALTH ISSUES – 3 credits / 30 days of learning	Covers common psychological challenges employees face at work and their impact.
09002 – COUNSELLING SKILLS – 3 credits / 30 days of learning	Builds essential interpersonal and therapeutic skills for workplace counselling
09003 – COUNSELLING PROCESS – 3 credits / 30 days of learning	Introduces structured steps and methods in delivering effective counselling.
09004 – WORKPLACE COUNSELLING MODALITY – 3 credits / 30 days	Explores models and approaches tailored to corporate counselling settings.

OPTIONAL MODULES - CHOOSE 8 MODULES FROM THE BELOW LIST

(03 CREDITS/ MODULE/ 30 DAYS OF LEARNING - 08 MONTHS – 08 MODULES – 24 CREDITS)

09000 - Psychology – 3 credits/ 30 days of learning	<i>This module is compulsory only for learners without a prior psychology background. It introduces key concepts such as psychological theories, memory, cognition, and learning.</i>	
09008 – CBT TECHNIQUES	09013 – DBT & ACT TECHNIQUES	09018 – COUNSELLING FOR SELF EMPOWERMENT
09009 – MINDFULNESS TECHNIQUES	09014 – COUNSELLING FOR WORK LIFE BALANCE	09019 – GROUP COUNSELLING TECHNIQUES
09010 – PSYCHOTHERAPY TECHNIQUES	09015 – COUNSELLING FOR WORKPLACE BULLYING	09020 – COACHING SKILLS
09011 – ART THERAPY TECHNIQUES	09016 - NLP TECHNIQUES	09021 – MOTIVATIONAL INTERVIEWING
09012 – COUNSELLING FOR PERFORMANCE	09017 – COUNSELLING FOR RELATIONSHIP ISSUES	09022 – SELF EMPOWERMENT TOOLS
Course Fee	Learners from India	International Learners
Life Member of IHMH	Rs. 11, 800	\$260
Others	Rs. ₹12,800	\$300

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