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| Course Name      | – | <b>POST GRADUATE TRAINING IN PSYCHOTHERAPY (CNO 096)</b>                        |
| 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/human development)                 |
| Interaction      | - | 24/7 Advisor Call Support – 24/7 Guide Email Support / Self-paced or Scheduled  |

**COMPULSORY MODULES - 12 CREDITS / 4 MODULES / 4 MONTHS**

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| 09601 – <b>ABNORMAL PSYCHOLOGY</b><br>– 3 credits / 30 days of learning | Introduces psychological disorders and their clinical understanding. |
| 09602 – <b>PSYCHOTHERAPY</b><br>– 3 credits / 30 days of learning       | Covers key approaches, methods, and applications of psychotherapy.   |
| 09603 – <b>COUNSELLING PROCESS</b><br>– 3 credits / 30 days of learning | Explores structured steps and frameworks in counselling practice.    |
| 09604 – <b>COUNSELLING SKILLS</b><br>– 3 credits / 30 days of learning  | Develops practical communication and helping skills for therapy.     |

**OPTIONAL MODULES - CHOOSE 08 MODULES FROM THE BELOW LIST**

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

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| 09600 - Psychology<br>– 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> |                                       |
| 09608 – COGNITIVE BEHAVIOUR THERAPY                    | 09613 – EMOTION FOCUSED COGNITIVE THERAPY   | 09618 – PSYCHODYNAMIC PSYCHOTHERAPY   |
| 09609 – DIALECTICAL BEHAVIOUR THERAPY                  | 09614 – PERSON-CENTRED THERAPY  | 09619 – PSYCHOANALYTIC PSYCHOTHERAPY  |
| 09610 – SOLUTION FOCUSED BRIEF THERAPY                 | 09615 – BRIEF PSYCHOTHERAPY   | 09620 – INTERPERSONAL PSYCHOTHERAPY   |
| 09611 – ACCEPTANCE & COMMITMENT THERAPY                | 09616 - SHORT-TERM DYNAMIC PSYCHOTHERAPY  | 09621 – MOTIVATIONAL INTERVIEWING     |
| 09612 – PRACTICING PSYCHOTHERAPIES                     | 09617 – RATIONAL EMOTIVE BEHAVIOUR THERAPY  | 09622 – CASE MODULES – GENERAL ISSUES |
| <b>Course Fee</b>                                      | <b>Learners from India</b>  | <b>International Learners</b>         |
| <b>Life Member of IHMH</b>                             | <b>Rs. 11, 800</b>  | <b>\$260</b>                          |
| <b>Others</b>  | <b>Rs. ₹12,800</b>  | <b>\$300</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 / info@ihmh.org