

Course Name	–	<b>POST GRADUATE TRAINING IN DBT &amp; ACT (CNO 104)</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/hd/training/teaching)
Interaction	-	24/7 Advisor Call Support – 24/7 Guide Email Support / Self-paced or Scheduled

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

<b>10401 – COUNSELLING PROCESS</b> – 3 credits / 30 days of learning	Covers the foundational steps of the counselling process, from rapport building to goal setting. Learners understand how to structure sessions ethically and effectively for diverse client needs.
<b>10402 – COUNSELLING SKILLS</b> – 3 credits / 30 days	Focuses on essential skills such as active listening, empathy, questioning and reflection. Helps learners apply these skills confidently in real-life counselling conversations.
<b>1040403 – DIALECTICAL BEHAVIOUR THERAPY</b> – 3 credits / 30 days of learning	Introduces DBT principles, including emotion regulation, distress tolerance, and mindfulness. Learners gain clarity on how DBT supports clients dealing with intense emotions and behavioural patterns.
<b>10404 – ACCEPTANCE COMMITMENT THERAPY</b> – 3 credits / 30 days of learning	Explains ACT concepts like acceptance, values, and committed action. Learners explore how ACT promotes psychological flexibility in children, teens, and adults.

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

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

<b>10408 – ADVANCED MINDFULNESS PRACTICES</b>	<b>10413 – EMOTION REGULATION SKILLS (DBT)</b>	<b>10418 – DISTRESS TOLERANCE SKILLS (DBT)</b>
<b>10409 – INTERPERSONAL EFFECTIVENESS SKILLS (DBT)</b>	<b>10414 – COGNITIVE DEFUSION TECHNIQUES (ACT)</b>	<b>10419 – ACCEPTANCE &amp; WILLINGNESS SKILLS (ACT)</b>
<b>10410 – BEHAVIOUR CHAIN ANALYSIS &amp; TARGET BEHAVIOURS</b>	<b>10415 – VALUES IDENTIFICATION &amp; CLARIFICATION (ACT)</b>	<b>10420 – COMMITTED ACTION TECHNIQUES (ACT)</b>
<b>10411 – DBT FOR ADOLESCENTS (DBT-A)</b>	<b>10416 - ACT FOR ADOLESCENTS</b>	<b>10421 – DBT FOR ADDICTION</b>
<b>10412 – ACT FOR ANXIETY &amp; DEPRESSION</b>	<b>10417 – DBT &amp; ACT IN GROUP THERAPY</b>	<b>10422 – CASE WORK: DBT &amp; ACT ACROSS DISORDERS</b>
<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@imh.in / info@imh.org