

Course Name	–	<b>POST GRADUATE TRAINING IN PSYCHOLOGY SKILLS TRAINING (CNO 440)</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/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>44001 – FOUNDATIONS OF PSYCHOLOGICAL SKILLS – 3 credits / 30 days learning</b>	A comprehensive introduction to essential psychology concepts and core competencies used in helping professions.
<b>44002 – COMMUNICATION &amp; COUNSELLING MICRO-SKILLS – 3 credits / 30 days learning</b>	Training in active listening, questioning, reflection, and other micro-skills that enhance interpersonal effectiveness.
<b>44003 - BEHAVIOURAL &amp; COGNITIVE INTERVENTION SKILLS – 3 credits</b>	Practical tools and structured techniques drawn from CBT and behaviour modification for real-world application.
<b>44004 – EMOTIONAL &amp; SOCIAL SKILL DEVELOPMENT – 3 credits</b>	Skill-building methods to enhance emotional regulation, empathy, and social effectiveness in personal and professional contexts.

**OPTIONAL MODULES - CHOOSE 08 MODULES FROM THE BELOW LIST  
(03 CREDITS/ MODULE/ 30 DAYS OF LEARNING - 08 MONTHS – 08 MODULES – 24 CREDITS)**

<b>440000 - Psychology – 3 credits/ 30 days of learning</b>	<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>	
<b>44008 – RAPPORT BUILDING SKILLS</b>	<b>44015 – STRESS MANAGEMENT SKILLS</b>	<b>44022 – POSITIVE PSYCHOLOGY SKILLS</b>
<b>44009 – ACTIVE LISTENING SKILLS</b>	<b>44016 – ANGER MANAGEMENT TECHNIQUES</b>	<b>44023 – EXECUTIVE SKILLS FOR DAILY LIVING</b>
<b>44010 – MOTIVATIONAL INTERVIEWING SKILLS</b>	<b>44017 – MINDFULNESS SKILLS TRAINING</b>	<b>44024 – SOLUTION-FOCUSED BRIEF SKILLS</b>
<b>44011 – PROBLEM-SOLVING &amp; DECISION-MAKING SKILLS</b>	<b>44018 – EMOTIONAL INTELLIGENCE SKILLS</b>	<b>44025 – SELF-EMPOWERMENT SKILLS</b>
<b>44012 – GOAL SETTING &amp; ACTION PLANNING</b>	<b>44019 – ASSERTIVENESS TRAINING</b>	<b>44026 – RESILIENCE BUILDING TOOLS</b>
<b>44013 – COGNITIVE RESTRUCTURING TOOLS</b>	<b>44020 – CONFLICT RESOLUTION SKILLS</b>	<b>44027 – COACHING &amp; MENTORING SKILLS</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@ihmh.in](mailto:info@ihmh.in) / [info@ihmh.org](mailto:info@ihmh.org)