Course Name	–	**ADVANCED TRAINING IN PSYCHOTHERAPY TECHNIQUES (CN 060)**
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	–	1 interactive session/module - 24/7 Guide Email Support - 24/7 Advisor Call Support

MODULE NAME AND NUMBER	MODULE BRIEF
06001 – PSYCHOTHERAPY TECHNIQUES	Overview of major psychotherapy methods and their applications.
06002 – CBT TECHNIQUES	Core cognitive-behavioural interventions for thoughts and behaviours.
06003 – DBT TECHNIQUES	Dialectical behaviour therapy skills for emotion regulation and distress tolerance.
06004 – ACT TECHNIQUES	Acceptance and Commitment Therapy approaches for psychological flexibility.
06005 – REBT TECHNIQUES	Rational Emotive Behaviour Therapy strategies to challenge irrational beliefs
06006 – MINDFULNESS TECHNIQUES	Mindfulness-based practices to enhance self-awareness and emotional balance.
06007 – BEHAVIOUR INTERVENTIONS	Techniques to modify and reinforce positive behaviours.
06008 – SFBT TECHNIQUES	Solution-Focused Brief Therapy strategies to build strengths and solutions.
06009 – EFCT TECHNIQUES	Emotion-Focused Couple Therapy methods to strengthen relationships.
06010 – NLP TECHNIQUES	Neuro-Linguistic Programming tools for communication and change.
06011 – PCT TECHNIQUES	Person-Centred Therapy approaches emphasizing empathy and unconditional regard.
06012 – SINGLE SESSION THERAPY TECHNIQUES	Brief, focused interventions designed for single-session effectiveness.

COURSE FEE	INDIAN LEARNERS	LEARNERS FROM OTHER COUNTRIES
Continuous Guide Email Support & 24/7 Student Advisor Call Support	**₹11,600**	**$280**
1:1 Guide Orientation Sessions - Continuous Guide Email Support & 24/7 Student Advisor Call Support	**₹24,600**	**$610**

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

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