Course Name	–	**ADVANCED TRAINING IN COUNSELLING TECHNIQUES (COURSE NO 062)**
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
06201 – COUNSELLING SKILLS	Learn the basic skills of counselling in this module. It covers the essential abilities every counsellor need for a successful practice.
06202 – COUNSELLING PROCESS	Understand the step-by-step process of counselling. Learn how sessions begin, progress, and conclude effectively.
06203 – PSYCHOTHERAPY TECHNIQUES	Learn practical psychotherapy techniques and tools widely used in counselling and therapy.
06204 – CBT TECHNIQUES	Understand the core methods of CBT. Learn techniques and activities that help clients change unhelpful thoughts and behaviours.
06205 – NLP TECHNIQUES	Learn NLP techniques that can be applied in counselling practice.
06206 – DBT & ACT TECHNIQUES	Gain practical DBT and ACT strategies for teaching emotional regulation and mindful living.
06207 – ART THERAPY TECHNIQUES	Discover how creative art techniques and activities can be used for healing in therapy.
06208 – PLAY THERAPY TECHNIQUES	Discover how play-based techniques and activities can be used for therapeutic support.
06209 – MINDFULNESS	Understand the role of mindfulness in counselling. Learn simple methods to help clients stay present, calm, and focused.
06210 – CRISIS COUNSELLING	Train to support people in emergencies or high-stress situations. Learn to provide immediate emotional care and stability.
06211 – GRIEF COUNSELLING	Explore the process of grief and loss. Learn counselling skills to support individuals coping with bereavement.
06212 – CASE WORK	Understand how to plan, document, and manage client cases. Learn to apply counselling techniques in real-life practice.

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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