Course Name	–	**ADVANCED TRAINING IN MENTAL HEALTH COUNSELLING (CN 063)**
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/training)
Interactive Sessions	–	1 interactive session/module - 24/7 Guide Email Support - 24/7 Advisor Call Support

MODULE NAME AND NUMBER	MODULE BRIEF
06301 – MENTAL HEALTH	Overview of mental health concepts, well-being, and common challenges.
06302 – PSYCHOLOGICAL ISSUES	Understanding emotional, behavioural, and cognitive difficulties.
06303 – COUNSELLING SKILLS & PROCESS	Core skills and structured steps for effective counselling practice.
06304 – CASE FORMULATION & TREATMENT PLANNING	Methods for assessing clients and designing intervention plans.
06305 – TALK THERAPY TECHNIQUES 1 - 100	Practical talk-based counselling strategies (set 1).
06306 – TALK THERAPY TECHNIQUES 101 - 200	Advanced talk-based counselling strategies (set 2).
06307 – EXPRESSIVE THERAPY TECHNIQUES 1 - 100	Creative and expressive therapy tools to support clients (set 1).
06308 – EXPRESSIVE THERAPY TECHNIQUES 101 - 200	Extended expressive therapy methods for deeper interventions (set 2).
06309 – WORKPLACE COUNSELLING	Approaches for addressing mental health in professional settings.
06310 – FAMILY MARITAL & COUPLE COUNSELLING	Counselling strategies for relationships and family systems.
06311 – CHILD & ADOLESCENT COUNSELLING	Techniques tailored to support younger clients' mental health needs.
06312 – GENERAL COUNSELLING	Broad counselling applications for diverse client concerns.

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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