Course Name	–	**ADVANCED TRAINING IN TALK THERAPIES (CN 065)**
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
06501 – PSYCHOTHERAPY	Introduction to psychotherapy approaches and their applications
06502 – COGNITIVE BEHAVIOUR THERAPY	Evidence-based techniques to address maladaptive thoughts and behaviours.
06503 – DIALECTICAL BEHAVIOUR THERAPY	Skills for emotion regulation, distress tolerance, and interpersonal effectiveness.
06504 – SOLUTION FOCUSED BRIEF THERAPY	Strength-based methods for achieving quick, goal-oriented outcomes.
06505 – ACCEPTANCE & COMMITMENT THERAPY	Strategies to build psychological flexibility through acceptance and values-based action.
06506 – EMOTION FOCUSED COGNITIVE THERAPY	Techniques integrating emotion processing with cognitive restructuring
06507 – BEHAVIOUR THERAPY	Interventions to reinforce positive behaviours and reduce maladaptive ones.
06508 – GESTALT THERAPY	Experiential techniques for self-awareness and present-moment focus.
06509 – MINDFULNESS	Mind–body practices to cultivate awareness, calm, and resilience.
06510 – PERSON-CENTRED THERAPY	Humanistic approaches emphasizing empathy, authenticity, and unconditional regard.
06511 – PSYCHODYNAMIC PSYCHOTHERAPY	Exploring unconscious processes and early experiences in therapy.
06512 – PSYCHOANALYTIC PSYCHOTHERAPY	In-depth therapeutic techniques based on classical psychoanalysis.

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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