

Course Name	–	<u>POST GRADUATE DIPLOMA IN PSYCHOLOGY SKILLS TRAINING</u>
Course Duration	–	12 months / 48 credits / Maximum 15 Modules / 24x7 Virtual Support / (CNO 500)
Course Mode	–	Online / Downloadable & Reusable Materials / Guide Assisted / Interactive
Course Structure	–	21 credits compulsory + 27 credits optional (as per learner's selection)/Advanced
Eligibility	–	10+2+3 or 15+2 Years (social work/management/psychology/hr/training/hd/edu)
Interaction	–	24/7 Advisor Call Support – 24/7 Guide Email Support / Self-paced or Scheduled

COMPULSORY MODULES – 21 CREDITS / 6 MODULES / 5 MONTHS

50001 – FOUNDATIONS OF PSYCHOLOGICAL SKILLS – 4 credits / 30 days learning	A comprehensive introduction to essential psychology concepts and core competencies used in helping professions.
50002 – COMMUNICATION & COUNSELLING MICRO-SKILLS – 4 credits / 30 days learning	Training in active listening, questioning, reflection, and other micro-skills that enhance interpersonal effectiveness.
50003 – BEHAVIOURAL & COGNITIVE INTERVENTION SKILLS – 4 credits / 30 days of learning	Practical tools and structured techniques drawn from CBT and behaviour modification for real-world application.
50004 – EMOTIONAL & SOCIAL SKILL DEVELOPMENT – 4 credits / 30 days of learning	Skill-building methods to enhance emotional regulation, empathy, and social effectiveness in personal and professional contexts.
50005 – PRAGMATISM – CASE WORK – 2 credit / 10 days of learning	Engage in practical case work to apply theory in real-life settings. This module enhances your confidence and professional skills.
50006 - DISSERTATION – 3 credit / 20 days of Inductive learning	Compiled work on a selected topic with guidance from a mentor. This module demonstrates the expertise and knowledge gained throughout the course.

OPTIONAL MODULES – CHOOSE ANY NINE MODULES FROM THE BELOW LIST - TOTALLING 27 CREDITS

50097 - Psychology – 3 credits/ 23 days of learning	<i>Compulsory in optional only for those who do not have a previous psychology background.</i> Knowledge about various theories of psychology, memory, cognition, learning etc.,	
50008 – RAPPORT BUILDING SKILLS	50015 – STRESS MANAGEMENT SKILLS	50022 – POSITIVE PSYCHOLOGY SKILLS
50009 – ACTIVE LISTENING SKILLS	50016 – ANGER MANAGEMENT TECHNIQUES	50023 – EXECUTIVE SKILLS FOR DAILY LIVING
50010 – MOTIVATIONAL INTERVIEWING SKILLS	50017 – MINDFULNESS SKILLS TRAINING	50024 – SOLUTION-FOCUSED BRIEF SKILLS
50011 – PROBLEM-SOLVING & DECISION-MAKING SKILLS	50018 – EMOTIONAL INTELLIGENCE SKILLS	50025 – SELF-EMPOWERMENT SKILLS
50012 – GOAL SETTING & ACTION PLANNING	50019 – ASSERTIVENESS TRAINING	50026 – RESILIENCE BUILDING TOOLS
50013 – COGNITIVE RESTRUCTURING TOOLS	50020 – CONFLICT RESOLUTION SKILLS	50027 – COACHING & MENTORING SKILLS
50014 – BEHAVIOURAL ACTIVATION TECHNIQUES	50021 – SOCIAL SKILLS TRAINING	50028 – CASE MODULES – GENERAL PRACTICE
Course Fee	Learners from India	International Learners
Life Member of IHMH	₹15,200/-	\$530
Others	₹16, 800/-	\$600

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

Institute of Holistic Mental Health @ www.imh.in @ www.ihmh.in