

Course Name	–	<u>POST GRADUATE DIPLOMA IN FAMILY MARITAL AND COUPLE COUNSELLING</u>
Course Duration	–	12 months / One year / 24 credits / Maximum 15 Modules (COURSE NO 89)
Course Mode	–	Online / Downloadable & Reusable Materials / Guide Assisted
Course Structure	-	24cr / 15credit compulsory + 9credit optional (as per learners' selection)
Eligibility	-	10+2+3 Years or 10+2+3 Years + 2 Years with Psychology

COMPULSORY MODULES - 15 CREDITS / 7 MODULES

FMC01 – Abnormal Psychology – 3 credits / 45 days learning	Understanding Mental Health Issues
FMC02 – Counselling Process & Skills – 3 credits / 45 days learning	Counselling Process and Skills required for counselling adults and groups
FMC03 – Counselling Techniques A – 2 credits / 30 days of learning	200 most important techniques from Psychotherapy, CBT, Play Therapy, ART Therapy, NLP, DBT, Mindfulness will be covered.
FMC04 – Counselling Techniques B – 2 credits / 30 days of learning	Proven advanced counselling techniques from both talk and expressive therapies will be covered
FMC07 – Family, Marital & Couple Counselling – 2 credits / 30 days of learning	Related Theories and Documentation Involved in family, marital and couple counselling
PGD05 – Pragmatism – 1 credit / 15 days of case work	15 cases will be solved using all the techniques, skills, therapies, and exercises learnt throughout the course.
PGD06 – Dissertation – 2 credits / 30 days of inductive learning	Theoretical or empirical work on a selected topic with guide's assistance

OPTIONAL MODULES - CHOOSE FIVE TO EIGHT MODULES FROM THE BELOW LIST TOTALLING 9 CREDITS

FMC08 - Family, Marital and Couple Therapy Strategies & Techniques - I – 2 credits / 30 days of learning	FMC13 – Family, Marital and Couple Therapy Strategies & Techniques - II – 2 credits / 30 days	FMC18 – Assessment in Couple and Family Therapy – 1 credit / 15 days
FMC09 – Working with Couples and Families (case approach) – 2 credits	FMC14 – Family Therapy Skills & Interventions – 2 credits / 30 days	FMC19 – Various Models of Family Therapy – 1 credit / 15 days
FMC10 – Emotionally focused couple therapy – 2 credits / 30 days	FMC15 – Expressive and Talk Therapy Techniques – 2 credits / 30 days	FMC20 – Acceptance & Commitment Therapy – 1 credit / 15 days
FMC11 – Family Issues (case approach) – 2 credits / 30 days	FMC16 – CBT with Family Therapy – 2 credits / 30 days of learning	FMC21 – Short term Couples Therapy – 1 credit / 15 days of learning
FMC12 – Marital Conflicts (case approach) – 2 credits / 30 days	FMC17 – Couple Issues (case approach) – 2 credits / 30 days	FMC22 – Abuse & Bullying Issues (case approach) – 1 credit / 15 days
Course Fee	Learners from India	Learners from other countries
Life Member of IHMH	Rs. 15, 300	\$460
Others	Rs. 16, 800	\$520

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.co

For other course details and course FAQ's visit relevant course page at our website

www.imh.in – www.psychologyonline.in