

Mental Wellness Hub

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# Mental Wellness Hub

## Advanced Counselling Online Course

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Part 1: Lectures 1 - 3 inclusive of additional reading, activities and professional worksheets

Part 2: Lectures 4 + 5 inclusive of additional reading, activities and professional worksheets

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Lecture	Details	Activities + Additional Readings
1. Child Psychology	<ul style="list-style-type: none"><li>- Introduction to Child Psychology</li><li>- Learning</li><li>- Emotions and Socialization</li><li>- Cognitive Development</li><li>- Morality</li></ul>	Yes
2. "Abnormal/ Atypical" Psychology	<ul style="list-style-type: none"><li>- Diagnoses in Childhood and Adolescence</li><li>- Cognitive Disorders such as Dementia</li><li>- Schizophrenia &amp; Other Psychotic Disorders</li><li>- Mood Disorders</li><li>- Somatoform, Factitious &amp; Dissociative Disorders</li></ul>	Yes
3. Crisis Psychology and Therapy	<ul style="list-style-type: none"><li>- Methods of Crisis Intervention</li></ul>	Yes

	<ul style="list-style-type: none"> <li>- Post-Traumatic Stress Disorder</li> <li>- Violence &amp; Sexual Assault</li> </ul>	
4. Grief Counselling	<ul style="list-style-type: none"> <li>- Stages of Grief</li> <li>- Adjustment to Bereavement</li> <li>- Abnormal Grief</li> </ul>	Yes
5. Stress Management	<ul style="list-style-type: none"> <li>- Psychology of Stress</li> <li>- Personality and Stress</li> <li>- New Stress Management Techniques</li> <li>- Relaxation and Nutrition</li> </ul>	Yes
Part 1: Assessment at End		
Part 2: Assessment at End		

### **Certificate Information**

- Upon successful completion, certificates will be emailed to the student. This course is internationally accredited by the International Practitioners of Holistic Medicine (IPHM).

### **Assessment**

- 2 multiple choice assessments must be completed and passed in order to obtain your certificate. Both assessments must be passed.

### **Payment Procedures**

- Payment Options:
  - Online Bank Transfer/Bank Deposit to our Account (details will be sent privately to each student)

### **Disclaimer**

- This course is for personal development only, and is not a substitute for a Degree in Psychology or any related Mental Health field.