

Mental Wellness Hub

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Mental Wellness Hub

Advanced Counselling Online Course

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

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

	<ul style="list-style-type: none"> - Post-Traumatic Stress Disorder - Violence & Sexual Assault 	
4. Grief Counselling	<ul style="list-style-type: none"> - Stages of Grief - Adjustment to Bereavement - Abnormal Grief 	Yes
5. Stress Management	<ul style="list-style-type: none"> - Psychology of Stress - Personality and Stress - New Stress Management Techniques - Relaxation and Nutrition 	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 certificates and transcripts. 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.