

Postgraduate Training in Online Mental Health Counselling

The specialised training provides participants with the theoretical knowledge and practical skills necessary to carry out counselling tasks via the Internet in order to maintain and improve mental health and promote spiritual culture. On completion of the training, students will be able to develop and maintain a written online mental health support relationship in an online environment. This will enable them to provide support as online mental health counsellors to people who come to them online with emotional, life management and relationship difficulties, but who are also basically healthy in psychological and psychiatric terms.