

VOL.20

COURSE
BROCHURE

PG DIPLOMA IN COUNSELLING AND PSYCHOTHERAPY

with Internship/Counselor Course Accredited
by International Association of Therapists

By,

Mr. Karthik Lakshmanan

M.Sc., (Coun. Psy.) M. Phil., (Psy. Onc.) SET (Psy.)

Founder of the EI Model™ Framework



CCS - ACADEMY

PG DIPLOMA IN COUNSELLING AND PSYCHOTHERAPY

Overview:

This PG Diploma in Counseling and Psychotherapy with Internship/ Counselor course is the one stop training for School Counselling, Corporate Counselling, Marital/Family Counselling, Gaming Addiction Counselling and Grief Counselling.

Goal:

It is designed for people who want to become Counselor / Therapist in Schools, Colleges, Hospitals, Corporates, NGOs and those who want to start one's own Counselling Centre. Participants can choose to attend it directly/offline or online through Google Meet.



Mode of Course:

Offline/Online – Hybrid (We use Bluetooth devices that enable online participants to interact with Offline participants and the trainer, and vice versa.)

Become a Certified Client Centered EI Counselor & Therapist

Transform your passion into a rewarding career: Become a certified counselor with our Accredited Training Program.



3000+

Counseling Entrepreneurs
trained



70+

Training Batches



100+

People established Private
Practice



Get Videos of the classes



Supervision Provided



Helping people to establish
Private Practice through
bookconsult.in

Curriculum:

1. Introduction to Professional Helping
2. Relationship between LifeCoaching, Counselling & Psychotherapy
3. Qualities of an effective Counselor & Therapist
4. Abnormal Psychology for Counselors & Therapists
5. Ethics of Counseling & Therapy Practice
6. How to choose an approach for a client using Easy Integration Model?
7. Roger's Person Centered Therapy
8. Application of Abraham Maslow's Needs theory in Counselling
9. Gestalt Therapy
10. Cognitive Therapy
11. Rational Emotive Cognitive Behaviour Therapy
12. Transactional Analysis
13. Reality Therapy
14. Solution Focused Brief Therapy
15. Life Skills Approach
16. Behaviour Therapy
17. Scope of Counselling and Therapy and Applying in Different Contexts
18. School and College Counseling
19. Career / Educational Guidance & Counseling
20. Tobacco Cessation / Alcohol De-addiction / Gaming De-Addiction / Netflix / Youtube / Social Media De-addiction



21. Other Psychological Scales for Counseling / Therapy Practice
22. Preparedness for Romantic Relationship
23. Relationship / Marital / Family Counselling
24. Healthcare Counselling
25. Suicide Prevention
26. Grief Counselling
27. Parenting
28. Study Skills Training and Conquering Exam Anxiety
29. Time Management
30. Stress Management
31. Assertiveness
32. Documentation and Records of Counselling Sessions
33. Research Methods for Evidence Based Practice
34. Liaison with other health professionals
35. How to market oneself as a Counsellor / Therapist – Employability Skills
36. How to start Private Practice & Guidelines to register under Govt. of India & Guidance for Higher Education and Specializations in Counselling & Psychotherapy
37. Legal Status of Therapists & Counselors in India
38. Personal Work – 2 hrs (Optional)
39. Maximum 2 Live Counselling Sessions as a Counsellor/Therapist (Optional)
40. Observation of 12-15 Real Counselling Sessions



“A groundbreaking, client-centered approach that integrates 10 proven therapeutic techniques to deliver personalized care, quicker breakthroughs, and lasting emotional growth.

The EI Model, Helps to Transform your counselling practice with this innovative framework designed by me, for real-world impact.”

— *Karthik Lakshmanan*

Facilitators:

Mr. Karthik Lakshmanan

M.Sc., (Coun. Psy.) M. Phil., (Psy. Onc.) SET (Psy.)

Founder of the EI Model™ Framework

Counselling Psychologist,
CCS/Formal Senior Counsellor,
IIT – Madras

Watch his videos on YouTube:

[Click Here](#)



Facilitators:

Ms. Sreeja Syamala M.Sc. (Coun. Psy.) PG Diploma in Counselling & Psychotherapy Counselling Psychologist, Chennai Counseling Services

Ms. Deepa Ganesh M.Sc. Psychology, PG Diploma in Counselling & Psychotherapy Counsellor & Psychologist, Chennai Counseling Services

Medium of Instruction:

English ONLY

Eligibility:

Any Degree – Preferably UG/PG in Psychology/Social Work/Counselling.

Total Seats:

30 (Filled on First Come First Served Basis)

Duration:

100 hrs (78 hrs of live class + 15 hrs of videos + 6 hrs of Counseling Supervision Meeting+ 1 hr of personal work session)

Venue:

Online Live: Google Meet App

Offline @ T.Nagar Branch:

13, Basement Section, Arulamabal Street, Off Bazulla Road, T. Nagar, Chennai – 600017

Google Location: [Click Here](#)

Offline @ OMR – Thoraipakkam Branch:

21, II Floor, Above Airtel Store, Rajiv Gandhi IT Expressway (OMR), Pettai, Thoraipakkam, Chennai – 600097

Google Location: [Click Here](#)

Fee:

INR 28,000/- + 18% GST The fee encompasses the access to course videos for 1 year; no additional fees will be applied. Please read Cancellation & Refund Policy before registration. For Installment Options, contact us.

Highlights of the Course:

- Observation of Real Counseling Sessions
- Hands on Training
- Case Analysis and Discussion
- Less theory and more practicum
- Simple Explanations of the Theories
- Easy-to-learn Materials

Certificate:

There will be 2 viva voice examinations. Certificate will be provided after successful completion of both examinations. Approval Details of International Association of Therapists and Ministry of MSME, Govt. of India will be given in the Certificate.

WE BELIEVE IN BEING COMPLETELY TRANSPARENT.

By exploring all the details provided on this brochure and our Frequently Asked Questions (FAQ) page [Click Here](#), you should find answers to most of your queries.

However, if you still need further clarification or additional information, please feel free to call or send a WhatsApp message to us at +91-96006 70536. We're happy to assist you!

SECURE YOUR SPOT EARLY – LIMITED SEATS AVAILABLE!

Seats are allocated on a first-come, first-served basis, so there are no fixed deadlines for batch registration.

For the Batches Open for Admission, visit [Click Here](#)