

VOL.20

CCS - ACADEMY

COURSE
BROCHURE

ADVANCED SKILL DIPLOMA IN COUNSELLING AND PSYCHOTHERAPY

with Specialisation in Career &
Relationship Counselling

Duration – 1 Year | Internship Included

in Partnership with



GLOCAL
UNIVERSITY
SHAPING GLOBAL MINDS



By,

Mr. Karthik Lakshmanan

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

Founder of the EI Model™ Framework

ADVANCED SKILL DIPLOMA IN COUNSELLING AND PSYCHOTHERAPY

Overview:

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

GLOCAL UNIVERSITY is a UGC recognized private university which has the approval under Section 22 of the UGC Act, 1956. It is the regular member of Association of Indian Universities (AIU) and has the approval of AICTE & NCTE.

CCS Academy has partnered with GLOCAL UNIVERSITY and provides this 1-year Advanced Skill Diploma



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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 Psychology
2. Subject Matter of Psychology
3. Personality Psychology
4. Developmental Psychology
5. Abnormal Psychology
6. Social Psychology
7. Psychological Testing
8. Personal Helping Vs Professional Helping
9. Relationship between Guidance/Life Coaching, Counselling and Psychotherapy
10. Subject Matter of Professional Helping
11. Easy Integration Model of Mental Health TM – How to choose a school of thought or approach for a client?
12. Qualities of an Effective Practitioner
13. Rogers' Person-Centered Therapy
14. Application of Abraham Maslow's Needs theory in Counselling
15. Gestalt Therapy
16. Rational Emotive Cognitive Behaviour Therapy
17. Cognitive Behaviour Therapy
18. Transactional Analysis
19. Solution Focused Brief Therapy
20. Choice Therapy



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21. Behaviour Therapy
22. Life Skills Approach
23. Mindfulness
24. Trauma Informed Therapy
25. Queer Affirmative Therapy
26. Gender Therapy
27. Narrative Therapy
28. Psycho-drama
29. Art Therapy
30. Dance Movement Therapy
31. Play Therapy
32. Music Therapy
33. Dialectical Behaviour Therapy
34. Acceptance & Commitment Therapy
35. Networking with other professionals and Various Work Titles
36. Adapting to Different Settings & Concerns
37. Scope of Counselling & Psychotherapy
38. School and College Counselling
39. Corporate Counselling/Coaching
40. Hospital/Health Care/Geriatric Counselling

41. Counselling in Private Practice- Entrepreneurship Skills
42. Career/Educational Guidance & Counseling (Useful in School, College & Corporate Setting)
43. Tobacco Cessation/ Alcohol/Illegal Substances/Digital De-addiction
44. Grief and Trauma Counselling
45. Suicide/Self-Harm Prevention
46. Marital/Relationship/Couple's/Family Counseling/Coaching
47. Preparedness for Marriage/ Romantic Relationship/ Pre-marital Guidance
48. Parenting/Leadership
49. Study Skills Training and Conquering Exam Anxiety
50. Work Life Balance
51. Stress Management
52. Time Management
53. Assertiveness
54. Psychological Training Methodologies
55. Ethics in Practice
56. Documentation and Records of Counselling Sessions
57. Research Methods for Evidence Based Practice
58. Employability Skills of a Counsellor
59. Information on Higher Education & Specialisations
60. Legal Status of Therapists & Counsellors in India

“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.”

— Mr. 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/Former Senior Counsellor,
IIT – Madras**

Watch his videos on YouTube:

[Click Here](#)



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

Mr. Shravan Shankar M.A., PG Diploma in Counselling & Psychotherapy
Counsellor & Psychotherapist, Chennai Counseling Services

Medium of Instruction:

English ONLY

Eligibility:

12th Std/Any Degree – Preferably UG/PG in Psychology/Social Work/Counselling.

Total Seats:

20 (Filled on First Come First Served Basis)

Duration:

175 hrs (132 class hours + 19 Hours of Videos+ 12 Supervision Meetings
for 24 hrs)

Venue:

Online Live: Google Meet App

Offline @ OMR Branch:

21, 2nd Floor, Rajiv Gandhi IT Expressway (OMR), Pettai, Thoraipakkam,
Chennai, Tamil Nadu – 600097.

[Google Location: Click Here](#)

Fee:

INR 65,000+ 18% GST. The fee includes video access for 400 days and 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

Certificates:

There will be 3 viva voice internal examinations. Final Exam will be conducted online by GLOCAL UNIVERSITY in MCQ format. Course Certificate will be provided GLOCAL UNIVERSITY. 300 hrs of Internship Certificate will be provided by Chennai Counseling Services separately.

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 +91-98403-10536. We're happy to assist you!

Sample Certificate:



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](#)