CS - ACADEMY

PG DIPLOMA IN COUNSELLING AND PSYCHOTHERAPY WITH INTERNSHIP

By,

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Founder of the EI Model Framework



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.)



Curriculum:

- 1. Introduction to Professional Helping
- 2. Relationship between LifeCoaching, Counselling & Psychotherapy
- 3. Qualities of aneffective 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 1 hr (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."

- Karthif Lafchmanan

Facilitators:

Mr. Karthik Lakshmanan

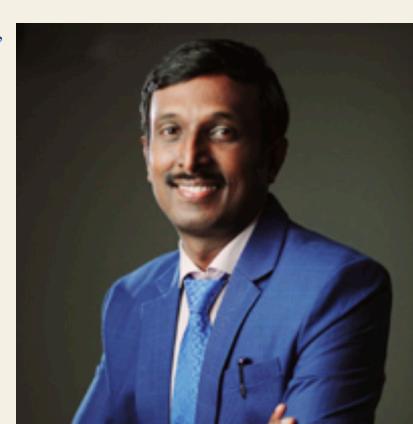
M.Sc., (Coun. Psy.) M. Phil., (Psy. Onc.) SET (Psy.)

Founder of the EI Model[™] Framework

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

Watch his videos on YouTube:

Click Here



Ms. Vidhya Narayanan M.Sc. (Psy.) PG Diploma in Counselling & Psychotherapy Counselling Psychologist, Chennai Counselling Services

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

Medium of Instruction:

English ONLY

Eligibility:

Any Degree - Suitable for Counselors/Psychologists/Social Workers/Special Educators/Occupational Therapists/Teachers/HRs/Health Professionals like General Physicians, Dentists, Nurses, Physiotherapists etc. who want to add counselling as one of the services to their clients.

Total Seats:

Strictly 30 (Filled on First Come First Served Basis)

Duration:

80 hrs (48 hrs of live class + 23 hrs of videos + 8 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 24,000/- + 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

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.

This diploma is intended for roles in education, coaching, wellness and support settings and it is not a substitute for licensure or regulated mental health practice for which one has to do a diploma or a degree from a ugc recognized university.

WE BELIEVE IN BEING COMPLETELY TRANSPARENT.

By exploring all the details provided on this brochure and our Frequently Asked Questions (FAQ) page <u>Click Here</u>, 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!

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