



ICS INDIAN
COUNSELLING
SERVICES



Counselling Practical Internship



www.indiancounsellingservices.com



WHAT IS COUNSELLING ?



Counselling is a talking therapy that allows people to discuss their problems with trained professionals in a peaceful and safe ambiance. The exact meaning of counselling might vary among individuals. But in general, it is the process where you talk about your issues in detail either intending to overcome the same or to explore your thoughts comprehensively.



Become a Counselling Psychologist

The NHS defines counselling as a "talking therapy that involves a trained therapist listening to you and helping you find ways to deal with emotional issues."

Counselling can help people to gain clarity surrounding issues.



A counselor is a professionally trained expert who helps people overcome their issues after a systematic chain of sessions. The types of counselling vary, depending on the needs of the clients.



A counsellor, or therapist, is not there to sit you down and tell you what to do. Instead, they will encourage you to talk about what's bothering you in order to uncover any root causes and identify your specific ways of thinking. They may then look to create a plan of action to either help you reconcile your issues, or help you to find ways of coping.



COUNSELLING IS NOT

- Giving advice.
- Being judgemental.
- Attempting to sort out the problems of the client.
- Getting emotionally involved with the client.
- Looking at a client's problems from your own perspective, based on your own value system.
- Expecting or encouraging a client to behave as the counsellor would behave if confronted with a similar problem in their own life.

The role of a counselor doesn't limit to suggesting you do this or that. Rather they support you to speak about your problems in detail to identify the primary cause behind them. Furthermore, they develop an action plan to help you cope up with the issue or win over it.



What is counselling used for?



Counselling can be used to help with many different Mental Health Conditions, including:

- Depression
- Anxiety
- Borderline Personality Disorder (BPD)
- Obsessive Compulsive Disorder (OCD)
- Post-Traumatic Stress Disorder (PTSD)
- Long-Term Illnesses
- Eating Disorders, such as Anorexia and Bulimia
- Drug Misuse

Counselling can help you :

- Cope with a bereavement or relationship breakdown
- Cope with redundancy or work-related stress
- Explore issues such as sexual identity
- Deal with issues preventing you achieving your ambitions
- Deal with feelings of depression or sadness, & have a more positive outlook on life



- Deal with feelings of anxiety, helping you worry less about things
- Understand yourself and your problems better
- Feel more confident
- Develop a better understanding of other people's points of view

Counselling Practical Internship



ICS IS PRESENTING -

An exciting and in-depth practical program on Counselling. This program provides students and professionals with the opportunity to experience various aspects of practical work in a supervised setting and also give you the chance to get insights into what it is like to work as a Counsellor.



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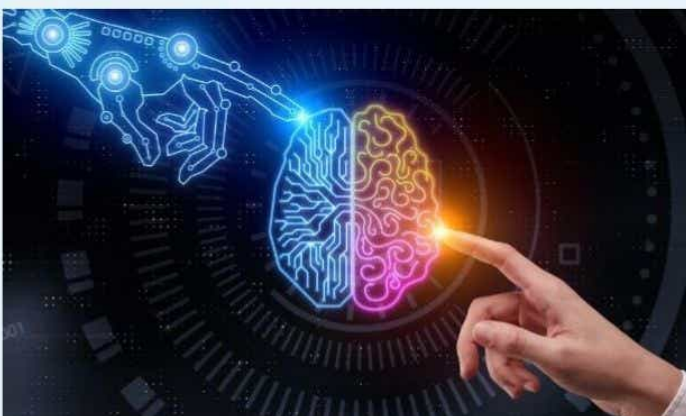
YOUR MENTAL HEALTH, OUR PRIORITY



WHAT DOES IT FOCUS ON ?

TOPICS

- Introduction to Psychological counselling - what are the counselling skills , methods & approaches
- Process of counseling-How to Initiate the session
- Guidance and Supervision
- Rapport building, MSE, Case history taking
- Initiation of CBT, REBT



- Genogram + Family counselling
- Childhood disorders and Interventions
- Academic stress management and counselling
- Psychological testing (Intelligence Tests, Neuropsychological Tests)
- Practical Session
- Procedural session and Group Discussion

COUNSELLING PRACTICAL INTERNSHIP

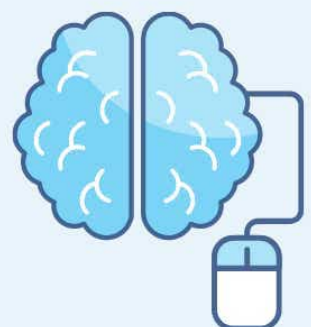
PROGRAM OVERVIEW

This program will furnish the students to understand counseling aspects better & adapt them. This program also provides reach to the students to understand various disorders better. Important elements like termination are also being introduced and worked upon in this program.



PROGRAM HIGHLIGHTS

- Includes Case Studies
- Practical Experiences/Workshop
- Quizzes to Follow your Progress
- Monthly Training Sessions
- Group Discussions
- Research Work



▶ TAKE AWAY:

- Grade Sheet
- Study Materials
- Online Resources
- E-Certificate
- Letter of Recommendation



Who can participate in this program :

The course is aimed at anyone who wants to build the skills and wants to Learn the Practical aspect of Psychology. Aspiring/practicing counselors Psychology enthusiasts Independent therapist, Mental health professionals. School students, teachers, special educators BSC/MSC/BA/MA/PHD Any professional involved in mental health well-being.

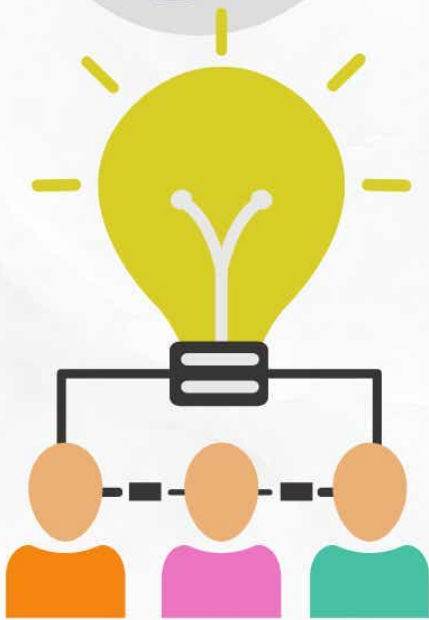


*Get to learn from
International
Certified Expert*





WHY CHOOSE US?



- Chance to get listed on ICS network
- Chance to handle real clients under the supervision of RCI Licensed Psychologists
- Live and recording session (Video notes)
- Ready to start a virtual office
- Awards to our star performer
- Get Hardcopy certificate & appreciation letter

PERKS & BENEFITS

- Lifetime learning support
- Lifetime access of PDF study material and PPT note
- 24*7 chat facility
- ID card and email confirmation
- Notification of the classes before the class start
- Dedicated academic counselor





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MODE OF PAYMENT

- APPLICATION OF INDIAN COUNSELLING SERVICES
- CREDIT CARD
- DEBIT CARD
- BANK TRANSFER
- PHONE PAY
- GOOGLE PAY
- PAYTM
- THROUGH ANY UPI

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COURSE DURATION
1.5 MONTH

BOOK YOUR
SLOT NOW

LIMITED SEATS
AVAILABLE

