



**BEST QUALITY
PSYCHOLOGY
EDUCATION IN COUNTRY**

DIPLOMA IN PSYCHOTHERAPY

ABOUT US

WE PROVIDE A GOOD QUALITY PSYCHOLOGY EDUCATION SYSTEM WITH INTERNATIONAL STANDARD FOR OUR STUDENT INTENT TO PRODUCE A SUPERIOR PERFORMANCE IN THE FIELD OF PSYCHOLOGY

REQUIREMENTS :

- PRE ELIGIBILITY-TEST
- COMPLETE SENIOR HIGH SCHOOL

SUBJECT OFFER :

- COUNSELLING PRACTICAL INTERNSHIP
- PSYCHOTHERAPY PRACTICAL PROGRAM
- ADVANCED CBT MASTERCLASS
- ADVANCED HYPNOTHERAPY MASTERCLASS

MORE INFORMATION :



+91 9711888889
WWW.INDIANCOUNSELLINGSERVICES.COM



A-103,1ST FLOOR,GANESH
NAGAR NEW DELHI-110018



**YOUR PATH TO BECOME
A CERTIFIED THERAPIST**



MODULE-1



COUNSELLING PRACTICAL PROGRAM

What will you learn Topics



Live interactive classes

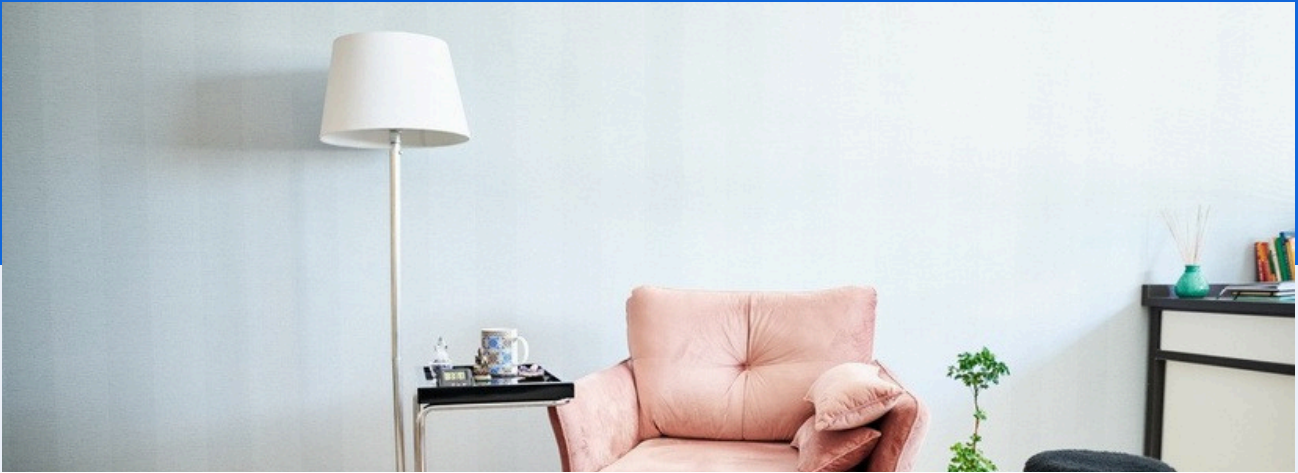
90 mins session

**Evening class at 7 PM
SAT AND SUNDAY**

1. Introduction to Psychological counselling .
2. What are the counselling skills, ethics, methods and approaches.
3. Process of counselling
 - How to Initiate the session Guidance and Supervision.
 - Rapport building, MSE, Case history taking
4. Academic stress management and counselling.
5. Initiation of CBT, REBT and how to use.
6. Genogram + Family counselling
7. Childhood disorders and Interventions
8. Psychological testing (Intelligence Tests , Neuropsychological Tests)
9. Practical Session and implementation of the different type Counselling.
 - A.Procedural session and Group Discussion
 - B.Case Studies
 - C.Diagnostic Methods &Testing
 - D.Etiology Methods & Approach of Counselling



MODULE-2



PSYCHOTHERAPY PRACTICAL PROGRAM

What will you learn Topics



Live interactive classes

90 mins session

Evening class at 7 PM
TUESDAY-WEDNESDAY

1. Introduction to Applied Psychotherapy
 2. The Effect of a Therapist
 3. Psychoanalytic Therapy
 4. Psychodynamic therapy
 5. Behavioural therapy
 6. Cognitive Behavioural Therapy
 7. Mindfulness Based Therapy
 8. Schema Therapy
- A. Assessments
B. Report Sheet
C. Sample how to Write report



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MODULE-3



ADVANCED CBT MASTER CLASS

What will you learn Topics



Live interactive classes

90 mins session

**Evening class at 3 PM
SAT AND SUNDAY**

1. Introduction to CBT
2. CBT approaches methods and different CBT skills
3. ABC Model of CBT
4. Automatic Thoughts
5. ABCDE Model of CBT
6. STOPP Model of CBT
7. REBT
8. CBT application & Sample treatment methods with case studies and reports
9. Dielectric therapy
10. Solution focused brief Therapy



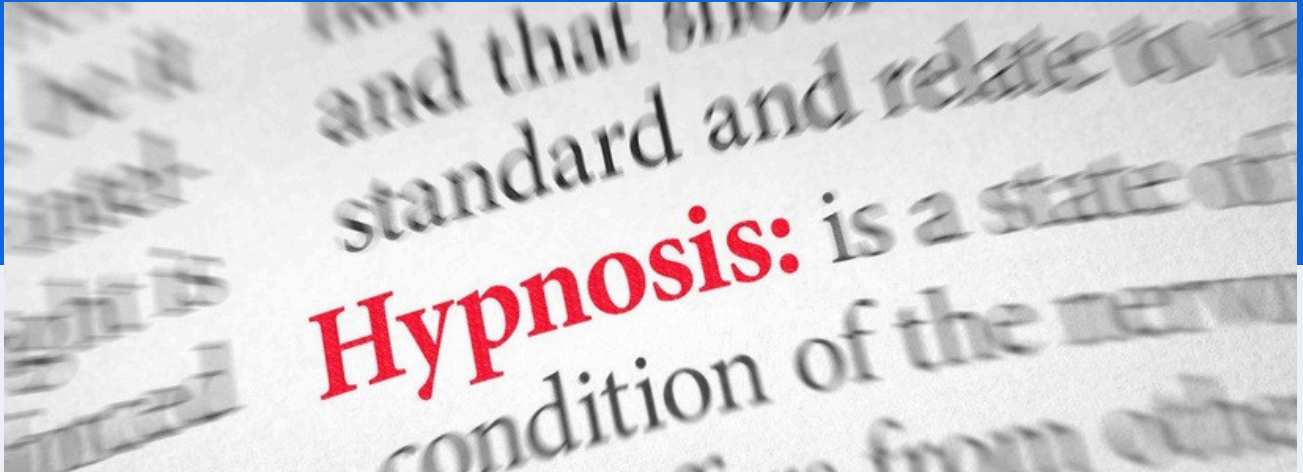
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MODULE - 4



HYPNOTHERAPY

What will you learn

Topics



Live interactive classes

90 mins session

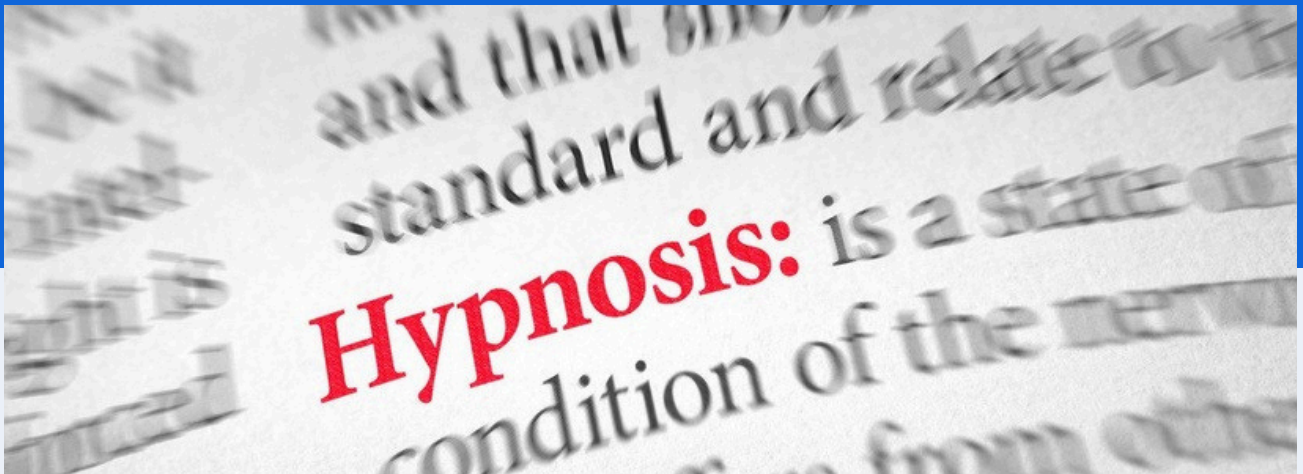
LEVEL BASIC

- 1.Introduction to Hypnotherapy
- 2.What is Hypnotherapy?
- 3.History and evolution of Hypnotherapy
- 4.Uses of Hypnotherapy
- 5.Myths and misconceptions
- 6.Theory of Mind
A.Case study and discussion
B.Role play

Evening class at 11 AM
SAT AND SUNDAY



MODULE - 4



HYPNOTHERAPY

What will you learn

Topics



Live interactive classes

90 mins session

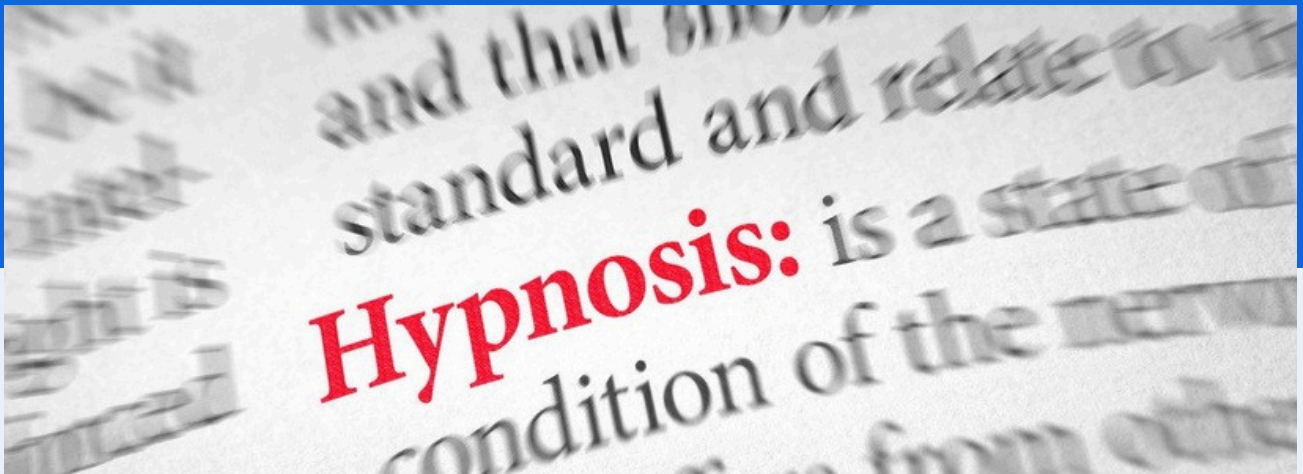
LEVEL INTERMEDIATE

1. Self Hypnosis
2. Guided Imagery & Visualization
3. Self Hypnosis for relaxation
4. Self Hypnosis for stress reduction
5. Breathing Awareness
6. PMR
7. Case Study
8. Group Discussion

Evening class at 11 AM
SAT AND SUNDAY



MODULE - 4



HYPNOTHERAPY

What will you learn Topics



Live interactive classes

90 mins session

LEVEL ADVANCED

1. Inducing Hypnosis With Techniques and Methods
2. Guided Imagery & Visualization
3. Practical Session On Inducing Hypnosis
4. Writing Scripts
5. Past Life Regression
6. Ethical Consideration In Past Life
7. Age Regression
8. Group Discussion

Evening class at 11 AM
SAT AND SUNDAY



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The #1 Psychology education Service Provider



Vision

At Indian Counselling Services, we have a big idea and goal. We want to make the world better for everyone. Our dream is to make a place where people can freely talk about their feelings without feeling bad. We want to help everyone, no matter if they have a lot of money or a little. It's okay to talk about when we're having a hard time and ask for help. We're also working to have a team of kind counselors who can help with different things in life. We teach people that taking care of our minds is important, just like taking care of our bodies. Our main aim is to create a safe and open space where people can share their feelings and find answers to their problems without being scared. We want the future to be better, where nobody is afraid to talk about feelings and get the help they need.

Mission

The mission of Indian Counselling Services is to dismantle the barriers of mental health stigma and offer affordable counseling, empowering individuals to cultivate emotional resilience. We want to make education easy for everyone, right where they live. So, we've created classes that are well-organized and fit the needs of people who want to become mental health experts in the future. Our goal is to help you learn without any trouble, so we've made sure these classes are made just for you. You'll get all the important skills and knowledge you need to become really good at helping people with their mental health. We'll be with you every step of the way, guiding you and giving you the tools to make a positive difference in the world of mental health.



Interested to work with us?

- 9711888889
- A-103,1st floor Ganesh nagar new delhi-110018
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- www.indiancounsellingservices.com

PAYMENT ACCEPTED HERE

UPI NUMBER(GPAY,
PHONEPAY, PAYTM) :-
9818182495

BANK DETAILS

NAME: INDIAN COUNSELLING SERVICES

A/C NO: 0554073000000512

IFSC CODE : SIBL0000554

BANK: SOUTH INDIAN BANK LTD

BRANCH : NAJAFGARH

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