



ICS INDIAN
COUNSELLING
SERVICES
YOUR MENTAL HEALTH, OUR PRIORITY



DIPLOMA IN CLINICAL PSYCHOLOGY

WELCOME

MESSAGE

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.

Somnath Sinha

CEO of INDIAN COUNSELLING SERVICES



In a world where emotional well-being is paramount, the role of a Clinical psychologist has never been more vital. If you're drawn to helping others navigate life's challenges, overcome obstacles, and achieve emotional balance, a Diploma in Clinical Psychology could be your gateway to a deeply rewarding and impactful career.

Let's explore the transformative journey that awaits you in this dynamic field.





MODULE 1- COUNSELLING

PRACTICAL INTERNSHIP

What does it focus on

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 details either intending to overcome the same or to explore your thoughts comprehensively.

TOPICS

1. Introduction to Psychological Counselling
2. Process of Counselling
3. Guidance and Supervision
4. Rapport formation, MSE. Case History Taking
5. Initiation of CBT, REBT
6. Genogram , Family Counselling
7. Childhood disorders and interventions
8. Academic stress management & counselling
9. Psychological Testing (INTELLIGENCE & NEUROPSYCHOLOGICAL)
10. Practical Sessions
11. Procedural Sessions & Group Discussion



MODULE 2- CHILD PSYCHOLOGY

PRACTICAL PROGRAM

What does it focus on

Children are the future, and their emotional, cognitive, and social development is the cornerstone of a thriving society. As we witness the ever-evolving landscape of education and psychology, one field that stands out is Child Psychology. If you're captivated by the enchanting world of children's minds and eager to contribute positively to their growth .

TOPICS

1. What is development psychology
2. *Intro to child psychology*
3. What is life span and there age range ?
4. Role of child psychologist
5. Case history taking
6. Mental status examination
7. Behaviour Observation
8. Major childhood disorders
9. Art therapy
10. Play therapy



MODULE 3- CLINICAL PSYCHOLOGY

PRACTICAL INTERNSHIP

What does it focus on

Here we are providing a great platform where you get to understand several disorders as per the ICD and DSM criteria and how you implement the theoretical knowledge of clinical psychology in practical aspects. Apart from that, you will get trained about the entire procedure from the moment a patient arrives, to diagnosing and treating them, with the help of clinical practical psychology case studies and case history taking to enhance the learning process.

TOPICS

1. Depression
2. Schizophrenia
3. Substance abuse
4. Dementia
5. Anxiety
6. Obsessive compulsive disorder (OCD)
7. Dissociative disorder
8. Somatoform disorder
9. Personality disorder
10. Mood disorder



MODULE 4- ADVANCED CBT MASTER CLASS

What does it focus on

In the realm of modern psychology, few approaches have garnered as much recognition and success as Cognitive Behavioural Therapy (CBT). CBT is a dynamic and evidence-based therapeutic technique that empowers individuals to reshape their thoughts, emotions, and behaviours, leading to lasting positive change. In this blog, we'll delve into the essence of CBT, its core principles, and the transformative journey it offers to those seeking to regain control of their mental well-being.

TOPICS

1. Introduction to CBT
2. CBT approach methods and different CBT skills
3. ABC model of CBT
4. Automatic thoughts
5. ABCDE Model of CBT
6. REBT
7. Dialectic Behavioural Therapy (DBT) (DBT)
8. Solution focused brief Therapy



MODULE 5- PSYCHOLOGICAL ASSESSMENT TOOLS

What does it focus on

Psychological assessment tools are essential instruments used by mental health professionals to gather comprehensive information about an individual's psychological functioning, cognitive abilities, emotional state, personality traits, and other important factors. These tools provide valuable insights that aid in diagnosis, treatment planning, and overall understanding of an individual's mental and emotional well-being. They encompass a wide range of tests, questionnaires, and assessments designed to measure various aspects of human behaviour and cognition.

TOPICS

1. Hamilton Depression
2. Alcohol Dependence Scale
3. Drug Use Questionnaire
4. Autism Rating Scale
5. Adult ADHD
6. Cen Questionnaire
7. Obsessive Compulsive Scale



MODULE 6- PSYCHOTHERAPY

PRACTICAL PROGRAM

What does it focus on

At its core, psychotherapy is a collaborative and therapeutic relationship between a trained mental health professional and an individual seeking support. It's a dialogue that transcends conversation, delving deep into the layers of thoughts, feelings, behaviours, and memories that shape one's experience of life. Through this process, individuals gain self-awareness, insights, and coping strategies, leading to positive change, growth, and emotional balance.

TOPICS

1. Introduction to psychotherapy
2. Effect of psychotherapist
3. Psychoanalytic Therapy
4. Psychodynamic Therapy
5. Behaviour therapy
6. Cognitive Behavioural Therapy (CBT)
7. Mindfulness Based Therapy
8. Schema Therapy

WHAT MAKES US **UNIQUE**

- **Live interaction with RCI licenced psychologist in class.**
- **Dedicated counsellor support during the whole course .**
- **Any query or concern will be resolved within 24 hours.**
- **Certifications with Global Validation .**
- **free-lancing earning opportunity to work in mental health field .**
- **Provides recorded and live classes in case you missed any class**
- **Startup support and guidance**
- **Lifetime learning support through our premium app**

PERKS & **BENEFITS**



1. CERTIFICATE
2. LETTER OF RECOMMENDATION
3. ICS MOMENTO



YOUR JOURNEY HAS BEGUN

Let's Grow Together

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