

Experiences of Participants with Psychology background

- **Jennifer Nadirshaw, Clinical Psychology (MA), Senior Psychologist at Family Buddy Educare Pvt Ltd. (batch of 2012-2013)**

'Many people ask questions as to what this course offers in comparison to their masters'/university course. When I enrolled in this course, I had a similar question. It was only toward the end of the course that I got my answers.

The ADC course offered me in-depth *theoretical* knowledge. To me it seemed well organized, with clear & well explained notes & handouts. Coupled well with the *practicum*, I was able to apply this theoretical knowledge, as well as understand that therapy doesn't always go by the book. '*Therapy*', the one module that wasn't taught well enough to me during my Masters' in Clinical Psychology. This was followed up by observation of sessions & well corrected reports. Finally, the most challenging & life changing aspect for me was the *self work*. According to me this involved much emotional movement, & gave me much more understanding of the emotional involvement in an actual therapy session, from the client & counselor's perspective.

Therefore to answer the above question, ADC gave me an understanding of psychology & counseling which is not even in the curriculum of the regular masters' course. To me, it was a self explorative & self improvement journey, rather than it being a purely academic course'.

- **Melanie Mathias, Clinical Psychologist , Early Childhood Educator (batch of 2010-2011)**

'I had already completed my Masters in Clinical Psychology when I decided to do the Advanced Diploma Course in Counselling Psychology from Prafula. Masters had limited me to the theory aspect, but it's implementation was what I covered-up and learnt at the Advanced Diploma Course in Counselling Psychology from Prafula, which gave me a lot of hands-on exposure and experience. It took me through a rigorous process of learning, which not only made me a good counsellor, but a better human-being. It helped me strengthen my roots in theory, shared examples that supported the learning process, supervised mock sessions by professionals that helped improvise my counselling skills, self-help sessions that helped me resolve my unresolved issues and lastly, taking up clients for counselling as a part of internship that got me to function independently as a counsellor.

I personally found the holistic well-researched curriculum designed for this course covering all counselling elements in detail and aspects as per professional standards. The best part about all the various aspects you learn in this course is not limited to a particular field; counselling psychology can be applied in any kind of work, in any kind of industry, it can be applied in all spectrums of your personal and professional life too in some form or the other’.

- **Pallavi Bhurkay, Experienced Counsellor (batch 2010-2011)**

The advance diploma in counselling happened to me in the middle of an established counselling career. I usually like to attend various courses to enhance my skills knowledge and also take me back to basics which I may have taken for granted over a period of time underestimating its importance.

This course I recommend for any individual who believes s/he is human, alive and wanting to feel powerful about their life experiences.

This course has not only taught me that what I feel about any situation in life is a choice I make but I also learnt the importance of experiencing various emotions not only thinking them but feeling them.

In my professional life I have learnt that the only thing that stops me in my therapies is me. This course has taught me techniques to introspect and keep a check on the emotional baggage I carry on my back. My life has become less stressful and work more enjoyable.

Caryn Mendes , Masters in Counselling Psychology, (batch 2010-2011)

‘The Prafula course helped equip me with necessary skills that my Masters program should have. I was much more confident to take counselling cases and maintain case notes towards the end of the course. Prafula’s unique structure helped keep a fair balance between theory and practical skills. The exposure to various therapies, guide you towards finding a glove with the better fit. The Group therapy that we went through was a good first hand experience not only to explore yourself but also to actually know how group therapy is to be facilitated. The Supervision that you receive is so well done. Thinking / Reasoning and Introspection are two skills that you will hone as part of this course.

To top it all, you have a very personally written certificate. When you read it, you know that the facilitators have really taken keen interest in your potential as a Counsellor.

Experiences of participants of related disciplines (Social Work, HR and others)

- **Gauri Ambavkar, Social Work, SNEHA NGO, (batch of 2009-10)**

‘The Advance Diploma Counseling Psychology Course gave me an opportunity to understand and explore counseling skills from practicum based learning. The individual

and group counseling processes would help us to challenges our biases, push our boundaries and develop new perspectives to be able to connect with our clients in a professional and meaningful way. The course is as much for yourself as it is for your clients you work with, since it helps one broaden their lenses through different therapies that are introduced during the course of time'

- **Journalist, (batch of 2013-14)**

'My academic background has been a Masters in English Literature and by profession, I am a journalist. Understanding the human condition and the motivation of thinking beings is an integral part of both literature and journalism. I joined the ADCP because I felt that with its hands-on approach and its practical syllabus, I would come closer to understanding the thought and feeling processes in people which in turn would enable me to be a better journalist. I found instead that I came closer to knowing who I am -- and that in turn changed the way I approached and interacted with those around me. The more I understood myself, the better a counsellor (and team leader, friend, sister etc) I became. I found the ADCP by chance and the ADCP helped me find me!'

- **Sangeeta Wadhwa, Hashu Advani Memorial foundation (batch of 2013-14)
Public Relation Officer & Counselor**

'I come from a background with no formal education on human psychology & Counseling. This programme helped me to learn different counseling skills, understanding emotional and psychological issues associated with various age groups. Most importantly it enabled me to see the 'connect' between emotional and spiritual growth. The programme has overall trained me to become an effective helper and enabled me to help participants get in touch with their 'inner self'. Being a Thalassaemia Major myself, this training has enabled me to help the young thalassaemic patients and their parents in dealing with the several psychological & emotional challenges faced in their development of personal & professional lives'.

- **Amrita, HR professional (batch 2009-2010)**

'Advance Diploma in Counselling Psychology is a well structured experiential learning program. The program is designed in a way which helps us to learn the theories of psychology as well as helps us to develop the skills required for counselling. This program has improved my knowledge and skills and has also helped me to grow as an individual. This growth has helped me to become a better manager and leader. I have been also using my knowledge and skills in the HR interventions and coaching session to facilitate the process of desired behavioral change in an individual which has helped them to improve their performance.'

Experiences of participants who have done 'The Don Bosco Advanced Diploma in Counselling Psychology'