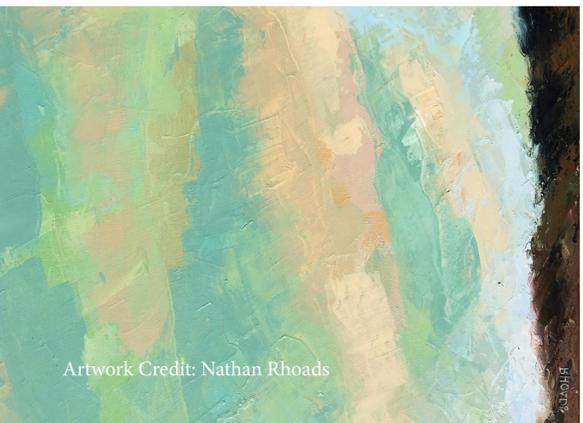


The Don Bosco ADVANCED DIPLOMA IN COUNSELLING PSYCHOLOGY ~ 2019-20



Objective

To enable participants to work as professional counsellors in various settings like mental health centres, schools, colleges, hospitals, private practice...

The Course Includes

Practicum Based Training in Counselling Skills
Supervision for work done with Clients
Self Work necessary to become an Effective Helper
Modules On - Client Centered Therapy, Rational Emotive Behaviour Therapy, Play Therapy, Transactional Analysis, Somatic Therapy, Art Based Therapy, Family Therapy, Group Therapy, Anthroposophic Psychotherapy.
Special Issues like Academic difficulties, Addiction, Suicide, Behaviour Modification Techniques, Sexuality, Spirituality & Positive Psychology.

Duration

From July To April, with 2 weeks break during Diwali & Christmas | Twice a week (Monday & Thursday 5 pm - 8pm)

Eligibility

Master's in Psychology / Human Development / Human Resource / Social Work / Subjects giving insight into human behaviour.
Bachelor's in any of the above with minimum 5 years experience of working with people.

Venue

Prafulta Centre for Psychological Wellness
St Dominic Savio School Campus,
Andheri (East), Mumbai 400 093.

Faculty

Professionals currently in practice.

Certificate

Certificate for 'The Don Bosco Advanced Diploma in Counselling Psychology' will be awarded to students who have successfully completed the course. Participants must have at least 85% attendance, complete their assignments, take the requisite number of practicum sessions with clients and do the required number of self-work sessions to receive the certificate.

Admission Procedure

Selection will be made on the basis of details specified in the application form and a one-on-one interview with the candidate.

Admissions start in January, 2019

(*till all seats are allocated)

Maximum Number Of Seats

20

Registration Fee

INR 700/-

(Non Refundable to be paid before the interview)

Tuition Fee

***INR 44,000/-**

Material Cost

***INR 6,000/-**

(*to be paid within five days of selection. In case of financial difficulties payment in installments can be considered)

Cheques to be drawn in favour of :

'Prafulta Counselling Centre'

*NEFT Payment Available

Course Content

Initiation

Introduction to the field, understanding the stages of counselling, role of self awareness in the functioning of a therapist.

Counselling Skills

Attending, Rapport Building, Listening, Empathy, Paraphrase, Probe, Self Disclosure, Challenge, Information Giving, Immediacy, Goal Setting, Termination. The training will entail experiential input modules and practice sessions.

Supervision for Practicum done with clients

Taking sessions with clients, submission of written records of sessions and supervision in small groups which enhances learning.

Self Work

Becoming aware of one's own 'shadows' and patterns of behavior, one's biases and emotional baggage, working on these to become a better person and gain inner freedom.

Stages of Development

Understanding each age group with the associated emotional and psychological issues. Translating this theoretical knowledge into what parenting skills or self care would be required at every phase of life.

Therapies

Client Centered Therapy, Rational Emotive Behaviour Therapy, Play Therapy, Transactional Analysis, Somatic Based Therapy, Art Based Therapy, Family Therapy,
Group Therapy, Behaviour Modification, Anthroposophic Psychotherapy.

Moving beyond theory to use different therapies in an experiential way according to the needs of a given situation.

Psychopathology

Understanding of neurotic, psychotic & developmental pathologies, diagnostic and treatment issues especially related to counselling.

Special Issues

Knowledge about some concerns like academic issues, addiction, underachievement, learning disabilities, suicide & sexuality, which help the therapeutic process.

Spirituality & Positive Psychology

To enable participants get in touch with their 'inner self' and see the 'connect' between emotional and spiritual growth. Understand Positive Psychology as a science that makes life most worth living.

**PRAFULTA reserves the right to make changes in content to make it more relevant.*

Overview

The Don Bosco Advanced Diploma in Counselling Psychology is an experiential course which endeavors to go beyond theory and make the process of counselling available in a manner where one actually uses what has been learned. Prafulta started this course in 2008 and since then we have trained 220 counsellors. We accept only 20 participants in each batch to enable our goal of participative and experiential learning. Some of the aspects which make the course unique are: the hands-on practice sessions after each skill learned, self-work done individually and in groups, counselling actual clients and getting supervision, interactive sessions... all this and more lends itself to assimilate the concepts taught into a deeper layer within. Participants also report that the therapies speak to them in a different way once this inner work is done and the soil thus prepared is able to nourish the individual and make the learning richer. The journey becomes more interesting and enriching because although we have a majority of our participants from the field of Psychology, we also have people from other helping backgrounds like Human Resources, Social Work, Law and others. Wherever our alumni have worked, whether in India or abroad, their skill set, knowledge and the soul they bring into their therapeutic effort is very much appreciated and at times even awarded with extra credits. They work in various setups like corporates, educational institutions, clinics, hospitals, or their own private practice. Our counsellors are much sought after!



PRAFULTA Centre for Psychological Wellness, St. Dominic Savio School Campus, Opp. Tolani College, Off Mahakali Caves Road, Andheri (E), Mumbai - 400 093

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