PODCAST PSYCHOLOGY

(PSYCHOLOGY THROUGH VOICE & STORY)

"Words have power — they can heal, inspire, and transform minds."
– Carl Rogers

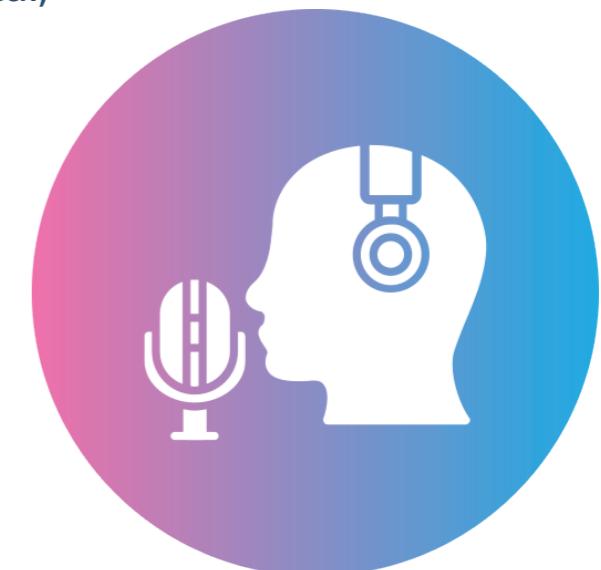Certified by the German Jordanian University – Consultation and Training Center

Inspire Minds. Heal Through Stories. Create Impact Through Your Voice.

Do you want to bring psychology to life through storytelling and media? Are you a psychologist, therapist, educator, or content creator seeking to build a meaningful podcast that blends psychological insight, empathy, and creativity?

The Podcast Psychology course merges the art of podcasting with the science of psychology. You'll learn how to design, record, and publish impactful episodes that explore topics such as mental health, self-awareness, relationships, anxiety, and depression — all through professional production and therapeutic communication techniques.

Whether you aim to educate, advocate, or simply inspire others, this course equips you with the technical, creative, and psychological tools to build your own mental health podcast from concept to final episode.

Course Overview

•Total Duration: 36 Hours
• 30 Hours of Practical & Theoretical Training
• 6 Hours Dedicated to the Graduation Project

• Certified by: German Jordanian University – Consultation and Training Center
• Language: English / Arabic
• Format: In-Person or Hybrid
• Location: Amman, Jordan
• Course Fees: 360 JD

Course Structure (6 Weeks)

Week 1:
The Psychology of
Communication & Storytelling
• The power of voice in influencing emotions
• Understanding human
connection through narrative
• Fundamentals of psychological
storytelling
• Ethical communication in mental
health content
• Introduction to podcast genres
in psychology

Week 2:
Podcast Planning & Concept Development
• Identifying your niche: mental health,
well-being
, or self-growth
• Defining target audience and message tone
• Structuring an episode plan and
content calendar
• Writing outlines and scripts for clarity
and flow
• Case study: Successful psychology podcasts

Week 3:
Recording & Sound Production Basics
• Essential podcasting equipment and setup
• Voice modulation and emotional tone
• Recording and editing with free
and pro tools
• Sound design: music, ambiance,
and effects
• Avoiding common technical and
vocal mistakes

Week 4:
The Psychology Behind Audience
Engagement
• Emotional triggers and empathy in
voice delivery
• Managing sensitive psychological topics
(anxiety, depression, trauma)
• Building trust and authenticity
through storytelling
• Encouraging listener reflection and
interaction
• Creating inclusive and safe content
environments

Week 5:
Branding, Publishing & Marketing
Your Podcast
• Designing your brand identity
and podcast cover
• Choosing platforms:
Spotify, Apple Podcasts, YouTube
• Writing impactful titles and descriptions
• Social media strategies for growth
and visibility
• Collaboration with guests, experts,
and mental health advocates

Week 6:
Graduation Project & Live Presentation
• Develop your own 15-minute psychology
podcast episode
• Integrate storytelling, technical production,
and psychological insight
• Record, edit, and publish your episode
• Present your final project to peers and i
nstructors
• Receive feedback and professional guidance

Graduation Project Requirement

Each participant must submit a complete podcast episode as
a graduation project.
The project should include:
• A clear psychological theme (e.g., stress, anxiety, self-esteem, resilience)
• Professional voice recording and editing
• A script and short reflection paper on the episode's purpose and impact
Completion of the project is mandatory to receive certification

Certification

Upon completion, participants will receive a Professional Certificate
in Podcast Psychology
from the German Jordanian University – Consultation and
Training Center.

By the End of This Course, You Will Be Able To:

• Develop and host psychology-focused podcasts professionally
• Communicate complex psychological concepts in simple,
relatable language
• Record, edit, and publish podcast episodes using modern tools
• Apply ethical guidelines in discussing mental health topics
• Build your audience and establish your personal or organizational brand
• Create a positive impact through storytelling and the power of voice