

MASTER MENTORSHIP PROGRAM

TTT | Career Counseling | Life Coaching | Hypnosis | CBT | DBT | Art Therapy

A comprehensive and structured professional Diploma Program designed to develop foundational and applied competencies in training, coaching, hypnosis, and evidence-based cognitive-behavioral approaches for coaching and non-clinical practice.

Program Duration

6 Months | Sunday Classes | 3:00 PM - 6:00 PM

Course Fee

Installments: PKR 15,000 per month

Certifying Bodies

Skill Development Council Karachi (SDC)

A Project of the Ministry of Federal Education & Professional Training, Government of Pakistan

AASAAN CAREER – Institute of Mind Sciences & Personal Development

PROGRAM STRUCTURE

(Competency-Based Professional Model)

The curriculum follows an internationally aligned structure consisting of:

1. Theoretical Foundations
2. Applied Techniques
3. Supervised Skills Practice
4. Ethical & Legal Framework
5. Competency-Based Assessment

TRAINERS

Syed Muhammad Qadeer ul Haque (S.M. Qadeer)

Mind Science Expert | Master Trainer | Transformational Personality Coach

Sami Bukhsh

Master Trainer | Life Coach

Dr. Shahrukh Ahmed

Clinical Psychologist | Trainer

Ms. Rukhsar Rashid

Clinical Psychologist | Hypnosis Practitioner | Facilitator

PRACTICAL TRAINING REQUIREMENTS

To qualify for certification, participants must:

- Attend minimum 85% of contact hours
- Complete supervised practice sessions
- Submit one written case study
- Pass written and/or oral competency evaluation

ASSESSMENT STRUCTURE

Evaluation includes:

- Knowledge assessment
- Practical observation rubric
- Case study evaluation
- Final demonstration grading

Certification is competency-based, not attendance-based.

SECTION I: TTT – TRAIN THE TRAINER

Lead Trainer: Sami Bukhsh

The Train the Trainer (TTT) segment develops professional facilitation and leadership competencies.

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| <p>Module I: Trainer Mindset & Foundations of Learning</p> <ul style="list-style-type: none"> • Role and identity of a Master Trainer • Adult learning principles • Trainer professionalism and ethics • Foundational learning theories | <p>Module II: Training Design & Session Planning</p> <ul style="list-style-type: none"> • Training needs analysis • Writing measurable learning objectives • Structuring effective sessions • Designing engaging training materials |
| <p>Module III: Facilitation, Communication & Group Dynamics</p> <ul style="list-style-type: none"> • Interactive training methodologies • Questioning and engagement strategies • Communication mastery • Managing participation and group energy • Handling challenging participants | <p>Module IV: Assessment, Practice & Professional Development</p> <ul style="list-style-type: none"> • Feedback and evaluation methods • Measuring training effectiveness • Micro-teaching practice • Performance review and growth planning |

SECTION II: CAREER COUNSELING

Lead Trainer: S.M. Qadeer

A structured masterclass-based format integrating personality science, intelligence mapping, and practical counseling frameworks.

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| <p>Masterclass 1: The Science of Career Decision-Making (Personality & IQ Mapping)</p> <ul style="list-style-type: none"> • Career development theories (Holland Model – applied format) • Personality type systems • Multiple Intelligence theory • Cognitive strength mapping • Career-personality compatibility framework | <p>Masterclass 2: Emotional & Spiritual Intelligence in Career Success (EQ & SQ Integration)</p> <ul style="list-style-type: none"> • Emotional intelligence framework • Emotional barriers in decision-making • Values and purpose alignment • Career-life integration model |
| <p>Masterclass 3: Professional Career Assessment & Profiling</p> <ul style="list-style-type: none"> • Career interview structure • Student profiling tools • SWOT-based career planning • Academic pathway mapping • Emerging market trends | <p>Masterclass 4: Advanced Counseling & Case Handling</p> <ul style="list-style-type: none"> • Advanced questioning skills • Parent counseling strategies • Ethical boundaries • Structuring professional counseling services • Mock session evaluation |

Outcome: Participants are prepared to independently conduct structured career counseling sessions.

SECTION III: LIFE COACHING

Lead Trainer: S.M. Qadeer

Format: Deep-dive masterclasses with live coaching labs.

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| <p>Masterclass 1: Foundations of Professional Coaching</p> <ul style="list-style-type: none"> • Coaching vs. mentoring vs. therapy • Core coaching competencies • Belief systems and mindset work • Building coaching presence | <p>Masterclass 2: GROW Coaching Model</p> <ul style="list-style-type: none"> • Goal • Reality • Options • Will / Way Forward • Structured accountability frameworks |
| <p>Masterclass 3: OSKAR & Solution-Focused Coaching</p> <ul style="list-style-type: none"> • Outcome • Scaling • Know-How • Affirm & Action • Review • Strength-based and scaling techniques | <p>Masterclass 4: Advanced Coaching Models & Practice</p> <ul style="list-style-type: none"> • CLEAR Model • WOOP Framework • SMART Goals • Wheel of Life Tool • Designing coaching packages • Professional positioning |

Outcome: Participants develop structured, goal-oriented, and monetizable coaching practices.

SECTION IV: HYPNOSIS PRACTITIONER TRAINING

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| <p>Module 1: Foundations of Hypnosis</p> <ul style="list-style-type: none"> • History and contemporary understanding • Myths vs. evidence-based practice • Conscious and subconscious processes • Suggestibility principles | <p>Module 2: Mind-Body & Energy Concepts</p> <ul style="list-style-type: none"> • Psychophysiological connections • Stress response mechanisms • Conceptual understanding of chakra and biofield models • Ethical presentation of complementary frameworks |
| <p>Scope Note: Energy concepts are presented for personal development contexts and not as medical systems.</p> | |
| <p>Module 3: Induction & Deepening Techniques</p> <ul style="list-style-type: none"> • Pre-talk and consent procedures • Progressive relaxation methods • Rapid induction approaches • Safe emergence protocols | <p>Module 4: Therapeutic Applications</p> <ul style="list-style-type: none"> • Confidence enhancement • Habit modification • Stress reduction • Performance optimization |

Limitation: Trauma regression techniques require recognized clinical credentials.

SECTION V: ART THERAPY MASTERCLASS (2-Day Intensive)

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| Day 1: Foundations & Emotional Expression <ul style="list-style-type: none">• Psychological basis of art therapy• Non-verbal emotional processing• Mandala and expressive techniques• Emotional color mapping• Guided reflection exercises | Day 2: Applied Practice & Integration <ul style="list-style-type: none">• Age-specific art interventions• Group facilitation methods• Integration with coaching and CBT• Designing structured art therapy sessions• Certification assessment |
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Outcome: Participants can facilitate structured, non-clinical art therapy sessions responsibly.

SECTION VI: CBT PRACTITIONER TRAINING

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| Foundations of CBT <ul style="list-style-type: none">• Cognitive model (Thought–Emotion–Behavior)• Cognitive distortions• Core beliefs and schemas• Basic case formulation | Applied CBT Interventions <ul style="list-style-type: none">• Cognitive restructuring• Thought records• Behavioral activation• Structured homework planning |
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SECTION VII: DBT PRACTITIONER TRAINING

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| Foundations of DBT <ul style="list-style-type: none">• Emotional dysregulation• Dialectical principles• CBT vs. DBT distinctions | Core DBT Skills <ul style="list-style-type: none">• Mindfulness• Distress tolerance• Emotional regulation• Interpersonal effectiveness |
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Outcome: Participants demonstrate structured delivery of at least two DBT skill modules.

ETHICS, LEGAL & PROFESSIONAL STANDARDS

- Scope of practice clarification
- Coaching vs. psychotherapy distinctions
- Contraindications for hypnosis
- Referral procedures
- Confidentiality and informed consent
- Documentation standards
- Professional boundaries