

Mental Wellness Hub

297 Maclean Street. Block One, Palmiste, La Romaine || 1-868-359-9043

Facilitator: Ms. Celeste Dass MSc MBPsS

Email: mentalwellnesshub@gmail.com

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Introduction to Counselling: The Basics Online Course

Cost: \$800

Part 1: Lectures 1 - 3 inclusive of additional reading, activities and professional worksheets

Part 2: Lectures 4 + 5 inclusive of additional reading, activities and professional worksheets

Lecture	Details	Activities + Additional Readings
1. Counselling Basics	<ul style="list-style-type: none">- What is Counselling?- The Role of the Counsellor- Basic Counselling Models- The Counselling Room- Non-Verbal Communication	Yes
2. Counselling and Teenagers	<ul style="list-style-type: none">- Popular Issues Teens experience from ages 13-19- Self-Esteem- Procrastination- Relationships- Body Image	Yes
3. Couples Counselling	<ul style="list-style-type: none">- Emotionally Focused Therapy- Conflict Resolution- Romantic Attachments	Yes

4. Introduction to Group Counselling	<ul style="list-style-type: none"> - The Process - Effective Group Counselling - Group Counselling: Children - Group Counselling: Adults 	Yes
5. Dealing with Emotional and Behavioural Issues	<ul style="list-style-type: none"> - Counselling for Depression & Anxiety - Different Therapy Techniques - What is the Diagnostic and Statistical Manual of Mental - What is the International Classification of Diseases 	Yes
Part 1: Assessment at End		
Part 2: Assessment at End		

Certificate Information

- Upon successful completion, certificates and transcripts will be mailed to the student. This course is internationally accredited by the International Practitioners of Holistic Medicine (IPHM).

Assessment

- 2 multiple choice assessments must be completed and passed in order to obtain your certificates and transcripts. Both assessments must be passed.

Payment Plans and Procedures

- You can pay the full price of the course and receive the entire course at once, or;
- Payment can be made in 2 equal parts (\$400/month for 2 months). The course will be separated into 2 parts: Part 1 and Part 2. One each installment, a part of the course will be sent until payment is complete.
- Please notify us of your preference beforehand.
- Payment Options:
 - Online Bank Transfer/Bank Deposit to our Account (details will be sent privately to each student)
 - Online via Credit Card (via Wipay)

- Cash at the office: an appointment must be made if you're coming to pay at the office.

Disclaimer

- This course is for personal development only, and is not a substitute for a Degree in Psychology or any related Mental Health field.