



3 months Intense Training Course

Therapy x Counselling



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Introduction



Introduction

Psychotherapies, such as Cognitive-Behavioral Therapy (CBT), Rational Emotive Behavior Therapy (REBT), Psychoanalysis, Solution-Focused Brief Therapy (SBT), and Assessment Interventions, play crucial roles in the field of mental health. CBT focuses on the relationship between thoughts, emotions, and behaviors, helping individuals challenge and modify negative patterns.

REBT emphasizes identifying and changing irrational beliefs to enhance emotional well-being. Psychoanalysis explores unconscious processes and early life experiences for insight and resolution. SBT adopts a goal-oriented approach to facilitate positive change. Assessment interventions provide valuable information about psychological functioning. Counseling, including

Family, Relationship, Career, Personal, Trauma, and Grief counseling, addresses specific areas of individuals' lives to foster growth, healing, and resilience. Lastly, Neuro-Linguistic Programming (NLP) explores the connection between thoughts, language, and behavior, offering techniques to improve communication and personal development. These approaches and counseling areas provide diverse tools and interventions to support individuals in their mental health and personal growth journeys.

Become

*a professional in your
own field*

1. Holistic Learning In
Psychotherapies & Counselling
2. Individualized Attention
3. Learn about Emotional , Physical &
Mental Well-being
4. How to Communication with
Individuals and Understand Them
5. Conflict Resolution
6. Academic Guidance
7. Personal Development
8. Social Skills Development
9. Confidence Building
10. Learn to give effective Assessment
and Solution guidance

how
it will benefit you

1. Enhanced Professional Skills
2. Expanded Knowledge Base
3. Practical Application
4. Personal Growth and Self-Discovery
5. Career Advancement Opportunities
6. Networking and Connections
7. Increased Confidence and Competence
8. Specialization and Expertise
9. Personalized Guidance and Mentorship
10. Continuing Professional Development



What
we
provide



What we provide



Tools & Inventories
for Counselling &
Therapy



3 Certification & Letter of
Recommendation



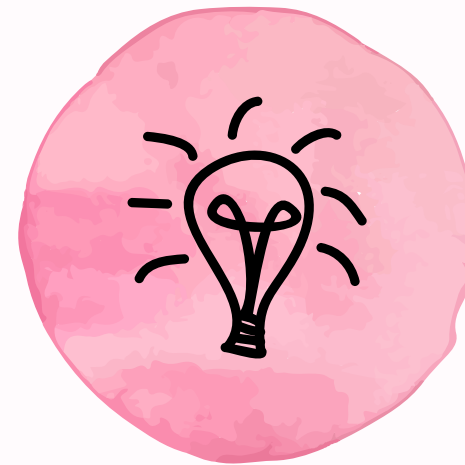
Training & Counseling
for 3 months Individually
focused



What we provide



120 Hours Training
Learn How to Counsel and
Provide therapies
Administration of Techniques,
Tools & Counselling Exercises
History Taking - Assessment-
Intervention planning



- Notes with DSM and ICD PDFs
- Exclusive E-Books of psychology
- Recorded Session Access
- Access to our upcoming workshops



- Access to inventories worth 20,000 INR
- Includes Rorschach Ink Bot test PDF, user manual, and career counseling assessment tools for personality, interest, and aptitude



About the Course

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About the internship

MAIN TOPICS

you will be learning
about yourself and others
& how to identify issues ,
address them and work on
them
case studies will be
provided of actual clients
and lectures from expert

- Psychological Assessment
- Psychoanalysis
- NLP - Neurolinguistic programming and it's Exercises
- Psychopathology
- Physiology
- Psychotherapy
- Abnormal Psychology
- Diagnostic Criteria
- Personality Disorders
- Mood Disorders
- Anxiety Disorders
- Trauma and Stressor-Related Disorders
- Substance Use Disorders
- Eating Disorders, Sleep Disorders , Body Dysphoria
- Psychopharmacology
- Cognitive-Behavioral Therapy (CBT)
- Psychodynamic Therapy
- Humanistic Therapy
- Family Therapy Group Therapy Child and Adolescent Psychology
- Geriatric Psychology
- Neuropsychology
- Relaxation Techniques and Exercises Visualization Exercises
- Trauma Healing Exercises and Techniques



Counseling

USED IN Schools and educational institutions , Career development centers, Mental health centers, Employee assistance programs (EAP) Community and nonprofit organizations

Syllabus

Phase 1

- Family Counseling
- Relationship Counseling
- Career Counseling
- Trauma Counseling
- Grief Counseling
- Substance Abuse Counseling
- Mental Health Counseling
- School Counseling
- Marriage Counseling
- Child and Adolescent Counseling

Phase 2

1. Personal Growth and Self-Exploration
2. Relationship Issues
3. Communication Skills
4. Career Development and Planning
5. Stress Management and Coping Strategies
6. Anxiety and Depression
7. Grief and Loss
8. Self-Esteem and Self-Confidence
9. Behavioral Issues
10. Anger Management



Psychotherapies

Syllabus

Phase 3

- Cognitive-Behavioral Therapy (CBT)
- Psychodynamic Therapy
- Humanistic Therapy
- Gestalt Therapy
- Existential Therapy
- Solution-Focused Therapy
- Dialectical Behavior Therapy (DBT)
- Narrative Therapy
- Eye Movement Desensitization and Reprocessing (EMDR)
- Art Therapy

Phase 4

1. Psychopathology and Mental Disorders
2. Emotional Regulation
3. Trauma and Post-Traumatic Stress Disorder (PTSD)
4. Personality Disorders
5. Childhood and Developmental Issues
6. Attachment and Relationship Patterns
7. Psychosomatic Disorders
8. Substance Abuse and Addiction
9. Eating Disorders
10. Cognitive Restructuring and Thought Patterns



About the internship

- Duration: 120 hours- Know the Holistic Science behind Human Mind-Behavior & Psychotherapy/Counselling Contenting EBooks , PDFs , Toolkits, Assessment Worksheets , Actual Clients Meetup , Guest Lecture, Therapy for Self, Therapy Exercise Practicals
- Certification of Interning in 12 Therapies
- Certification of Uncovering 20 Major Disorders and Assessment Tools
- Training under our expert psychologists certification
- NGO Certificate by SEWA BHARTI
- CCI Certification
- Professional Counsellor Certification with CRN No.

Perks

- Total 30 tools for assessment and exercise sheets for clients to use
- Recognition letter
- PPTs
- Notes with DSM and ICD PDFs
- Exclusive E-Books of psychology
- Recorded Session Access
- Access to our upcoming workshops
- 3 different certifications
- Assessment Tools:
- Access to inventories worth 20,000 INR
- Includes Rorschach Ink Bot test PDF, user manual, and career counseling assessment tools for personality, interest, aptitude & different disorders



Investment

Different Levels of Course and Duration May fluctuate in Fees

You can select Individual Courses or Combine Packages with Workshops

Each Course Provides Access to 5 Workshops on Important topics with Experts as Guest lecturer and one on one interaction



Investment

| Trimestre 01 | Level 1 | Level 2 | Level 3 |
|--------------------------------|---------|---------|---------|
| SMLT | ₹2000 | ₹4000 | ₹5500 |
| Counselling | ₹3000 | ₹6000 | ₹9000 |
| Counselling x Psycho Therapies | ₹5500 | ₹10000 | ₹15000 |
| Career Counselling | ₹3500 | ₹6000 | ₹9000 |
| Total | ₹14000 | ₹26000 | ₹38500 |

Know Your
Mentors

Know Your Mentors

Psychologist | Certified NLP Practitioner | Certified Career Coach

More Than 5 Years in the field of Mental Health 3 Years in Practice as Therapist with RK Vision. Certified Yoga Practitioner (2027)- Ministry of AYUSH Interned With Various Reputed Hospitals and Institutions - IHBAS, VIMHANS , Moolchand , RML & More. Specialized in CBT , REBT , Art Therapy , Psychoanalysis and Counseling.



Shubhi Tyagi

Know Your Mentors

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PSY COUNSEL



Anushka Sharma



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PSY

—◆—
COUNSEL

Thank You

WWW.THEPSYCOUNSEL.COM