



Syllabus of the Course- Counselling and Psychotherapy
Advanced Certification - YourCounsellingDost

S.no		Topics & Description
1.	<i>Day 1</i>	Introduction To Counselling, Psychotherapy and Mental Health
2.	<i>Day 2</i>	Becoming A Counsellor/ Psychotherapist
3.	<i>Day 3</i>	Understanding Counselling & Therapeutic Relationship
4.	<i>Day 4</i>	Issues Faced by Novice Counsellors & Therapists (Roleplay Demonstration)
5	<i>Day 5</i>	Ethical Concerns in Professional Practice
6.	<i>Day 6</i>	Psychoanalytic Therapy with Case Discussion
7.	<i>Day 7</i>	Behaviour Therapy with Video Illustration
8.	<i>Day 8</i>	Cognitive Behaviour Therapy with Case Discussion
9.	<i>Day 9</i>	Person Centred Therapy with Case Discussion
10.	<i>Day 10</i>	Gestalt Therapy with Case Discussion
11.	<i>Day 11</i>	Transactional Analysis - A Comprehensive System
12.	<i>Day 12</i>	Transactional Analysis - A Comprehensive System



13.	Day 13	Existential Therapy with Case Discussion
14.	Day 14	Crisis and Trauma Counselling Approaches
15.	Day 15	Mindfulness - Based Cognitive Therapy
16.	Day 16	Grief Counselling and Therapy
17.	Day 17	Dealing with Substance Abuse with Case Discussion
18.	Day 18	Family and Group Therapy Approaches
19.	Day 19	Learning Art, Music, Dance/ Movement & Play Therapy with Creative Activities
20.	Day 20	ACT, SFBT & Motivational Interviewing
21.	Day 21	Hypnotherapy and Asian Healing Practices