


















CERTIFICATE COURSE IN COUNSELLING & PSYCHOTHERAPY

3-Month Detailed Day-Wise Syllabus

MONTH 1


FOUNDATION & CORE COUNSELLING SKILLS

WEEK 1	DAY & TOPIC	TOPICS COVERED	PRACTICAL / ACTIVITY
 Building the Basics of Counselling	DAY 1 Introduction to Counselling	<ul style="list-style-type: none"> Meaning, scope, goals, process and importance of counselling 	 Icebreaker activity & self-introduction
	DAY 2 Mental Health Foundations	<ul style="list-style-type: none"> Difference between counselling, psychotherapy, psychiatry and clinical psychology 	 Group discussion
	DAY 3 Role of Counselor	<ul style="list-style-type: none"> Qualities, ethics, therapist identity, empathy and professionalism 	 Self-reflection exercise
WEEK 2	DAY & TOPIC	TOPICS COVERED	PRACTICAL / ACTIVITY
 Understanding Self & Others	DAY 4 Human Behaviour	<ul style="list-style-type: none"> Emotions, personality, cognition, perception and behaviour patterns 	 Behaviour observation task
	DAY 5 Emotional Difficulties	<ul style="list-style-type: none"> Stress, anxiety, trauma, grief and emotional dysregulation 	 Case discussion
	DAY 6 Personality Development	<ul style="list-style-type: none"> Attachment styles, childhood experiences and personality formation 	 Emotional awareness worksheet
WEEK 3	DAY & TOPIC	TOPICS COVERED	PRACTICAL / ACTIVITY
 Essential Counselling Skills	DAY 7 Counselling Skills I	<ul style="list-style-type: none"> Active listening, attending behaviour and therapist presence 	 Listening role-play
	DAY 8 Counselling Skills II	<ul style="list-style-type: none"> Rapport building, empathy, validation and trust building 	 Role play
	DAY 9 Counselling Skills III	<ul style="list-style-type: none"> Open-ended questioning, paraphrasing and reflection of feelings 	 Mock counselling session
WEEK 4	DAY & TOPIC	TOPICS COVERED	PRACTICAL / ACTIVITY
 Ethics & Professional Practice	DAY 10 Ethics in Counselling	<ul style="list-style-type: none"> Confidentiality, informed consent and ethical decision-making 	 Ethical dilemma activity
	DAY 11 Professional Boundaries	<ul style="list-style-type: none"> Burnout, countertransference, therapist self-care and boundaries 	 Group activity



OUTCOME OF MONTH 1:

Build a strong foundation in counselling concepts, self-awareness, core skills, ethics and professional boundaries.

*Keep learning.
Keep healing.* 







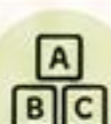
















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MONTH 2

THERAPEUTIC APPROACHES & TECHNIQUES

WEEK 5	DAY & TOPIC	TOPICS COVERED	PRACTICAL / ACTIVITY
 Foundations of CBT	DAY 12 Documentation	<ul style="list-style-type: none"> Case notes, intake forms, progress notes and online counselling ethics 	 Sample documentation practice
	DAY 13 Introduction to CBT	<ul style="list-style-type: none"> Foundations and principles of Cognitive Behaviour Therapy 	 CBT worksheet practice
	DAY 14 Cognitive Distortions	<ul style="list-style-type: none"> Automatic thoughts, core beliefs and distorted thinking patterns 	 Thought diary practice
	DAY 15 CBT Techniques	<ul style="list-style-type: none"> Cognitive restructuring and behavioural activation techniques 	 ABC model activity
WEEK 6	DAY & TOPIC	TOPICS COVERED	PRACTICAL / ACTIVITY
 Behaviour & Rational Approaches	DAY 16 REBT Basics	<ul style="list-style-type: none"> Albert Ellis theory and irrational belief systems 	 REBT practice
	DAY 17 Behaviour Therapy	<ul style="list-style-type: none"> Reinforcement, punishment and behaviour modification strategies 	 Behaviour intervention planning
	DAY 18 Relaxation Techniques	<ul style="list-style-type: none"> Deep breathing, grounding and guided relaxation techniques 	 Guided practical session
WEEK 7	DAY & TOPIC	TOPICS COVERED	PRACTICAL / ACTIVITY
 Psychodynamic & Humanistic Approaches	DAY 19 Psychodynamic Therapy	<ul style="list-style-type: none"> Freud's concepts, unconscious mind and defence mechanisms 	 Discussion activity
	DAY 20 Humanistic Therapy	<ul style="list-style-type: none"> Carl Rogers, self-concept and unconditional positive regard 	 Reflective exercise
	DAY 21 Gestalt Therapy	<ul style="list-style-type: none"> Empty chair technique and self-awareness interventions 	 Demonstration
WEEK 8	DAY & TOPIC	TOPICS COVERED	PRACTICAL / ACTIVITY
 Advanced Therapeutic Skills	DAY 22 Trauma-Informed Therapy	<ul style="list-style-type: none"> Trauma understanding, emotional abuse and trauma responses 	 Trauma case study
	DAY 23 Crisis Counselling	<ul style="list-style-type: none"> Crisis intervention, suicide basics and emotional first aid 	 Crisis role play
	DAY 24 Emotional Regulation	<ul style="list-style-type: none"> Grounding techniques, safety planning and emotion regulation 	 Practical exercise
	DAY 25 Relationship Counselling	<ul style="list-style-type: none"> Relationship dynamics, communication issues and attachment patterns 	 Couple role play
	DAY 26 Family Counselling	<ul style="list-style-type: none"> Family systems, family boundaries and parenting patterns 	 Genogram activity

OUTCOME OF MONTH 2: Students will gain knowledge and practical skills in major therapeutic approaches including CBT, REBT, behaviour therapy, psychodynamic, humanistic, trauma-informed care, crisis intervention, emotional regulation and relationship & family counselling.

Keep learning.
Keep healing.

















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MONTH 3

ADVANCED COUNSELLING PRACTICE & APPLICATION

WEEK 9	DAY & TOPIC	TOPICS COVERED	PRACTICAL / ACTIVITY
 Advanced Counselling Applications – Individuals	DAY 27 Conflict Resolution	<ul style="list-style-type: none"> Communication skills and conflict management strategies 	 Practice session
	DAY 28 Child Counselling	<ul style="list-style-type: none"> Child psychology, behavioural concerns and emotional needs 	 Child activity demonstration
	DAY 29 Adolescent Counselling	<ul style="list-style-type: none"> Peer pressure, academic stress and identity issues 	 Case analysis
WEEK 10	DAY & TOPIC	TOPICS COVERED	PRACTICAL / ACTIVITY
 Assessment & Intervention Planning	DAY 30 Play & Art Therapy	<ul style="list-style-type: none"> Projective techniques and creative therapeutic interventions 	 Art-based activity
	DAY 31 Case History Taking	<ul style="list-style-type: none"> Intake interview and mental status examination basics 	 Mock intake session
	DAY 32 Treatment Planning	<ul style="list-style-type: none"> Goal setting, intervention planning and treatment structure 	 Treatment plan activity
WEEK 11	DAY & TOPIC	TOPICS COVERED	PRACTICAL / ACTIVITY
 Case Work & Practical Application	DAY 33 Case Presentation	<ul style="list-style-type: none"> Case formulation, supervision and presentation skills 	 Student presentations
	DAY 34 Practical Counselling	<ul style="list-style-type: none"> Complete counselling session structure and session flow 	 Mock counselling session
	DAY 35 Therapist Development	<ul style="list-style-type: none"> Confidence building, handling resistance and therapist growth 	 Peer supervision
WEEK 12	DAY & TOPIC	TOPICS COVERED	PRACTICAL / ACTIVITY
 Evaluation & Completion	DAY 36 Final Evaluation	<ul style="list-style-type: none"> Practical viva, assessment and feedback session 	 Final demonstration



OUTCOME OF MONTH 3:

Students will apply advanced counselling skills in diverse settings, conduct assessments, plan interventions, handle cases confidently and demonstrate professional growth as competent counsellors.

*Keep learning.
Keep healing.* 