

# **ADVANCED DIPLOMA IN COUNSELLING PSYCHOLOGY**

## **Program Description:**

Counseling Psychology is a specialty within professional psychology that maintains a focus on facilitating personal and interpersonal functioning across the life span. The specialty pays particular attention to emotional, social, vocational, educational, health-related, developmental, and organizational concerns. The course emphasizes on some unifying themes among counseling psychologists include a focus on assets and strengths, person–environment interactions, educational and career development, brief interactions, and a focus on intact personalities.

Following modules will be completed during the course.

## **COUNSELING PSYCHOLOGY AND ITS THEORETICAL FOUNDATION**

- History & development of counseling science
- Overview of Psychotherapy & counseling

## **GUIDANCE AND COUNSELING STRATEGIES.**

- Ethical Guide lines in Counseling
- Personality qualities of a good counselor/ Introduction of Psychoanalytic approach
- Cognitive Behavior Approach/Therapy (CBT)
- Behavioristic Approach
- Behavioristic Approach Behavioral approach with Systematic Desensitization (SD)

## **GUIDANCE AND COUNSELING SKILLS**

- Theories and techniques of Group Counseling
- Theories and techniques of Vocational Counseling
- Theories and techniques of Educational Counseling

## **PLANNING TREATMENT AND COUNSELING SKILL TRAINING**

- Empathy
- Listening Skills
- Social and Communication Skills
- Boundary Setting
- Critical Thinking
- Basic Counselling Skills for Addiction Professionals
- Psycho-education for Clients and Families