



RAMAKRISHNA SARADA MISSION VIVEKANANDA VIDYABHAVAN

In Collaboration with

WEST BENGAL STATE UNIVERSITY

Psychological Counselling Course

Course Overview:

The last few decades have seen a rapid change in our lifestyles and consequently in the society itself. This rapid change is drawing heavily on our adaptive resources, producing increased stress and tension as one has to cope with the increased expectation and pressure. Mental illness and distress are becoming increasingly common and these account for a significant burden of disability within our community.

More so, dramatic changes in family, job, business due to pandemic has increased the need for counselling and behaviour therapy for everyone. The need of the moment is therefore, mental health professionals who can deal with this situation.

Unfortunately, there's a gaping hiatus between the number of persons seeking psychological help and the available professionals, thus leaving a large proportion of persons distressed and unattended.

There is also a growing interest amongst the youth in understanding and enhancing positive mental health and wellbeing. So Ramakrishna Sarada Mission Vivekananda Vidyabhavan is going to start a 6 months counselling course. The college is now affiliated with West Bengal State University to provide this course.

Who is this course for?

This course is for anyone willing to explore herself and train under experts in the field to learn the tenets of counselling as a process. The course places equal emphasis on theoretical understanding of the concepts of counselling as well as practical experience.

Course information

- Jointly recognised by RKSMVV and West Bengal State University
- Duration: Six months plus two months practical classes (Every Tuesday, Saturday and Sundays (Thrice a week)) / 20 credits certificate course
- Mode: Offline and Online (depends on the pandemic situation)
- Eligibility Criteria: Students with graduate degree of a recognised University in any subject.
- Fee: **1st Quarter: 5,000/-** , **2nd Quarter: 5,000/-**
- **Course will start from 1st February, 2022**

Course Highlights

- Centered around providing in depth knowledge of Human Psychology
- Special emphasis given on skills and techniques of counselling
- Interactive sessions, case discussions and role plays/mock sessions
- Practice oriented course with project works
- Providing knowledge about various psychological assessments
- Introduction to diagnosis in counselling
- Internship from a recognised hospital or centre
- Study materials will be provided (hard and soft copies)

Key Benefits:

- Generating self awareness
- Better understanding of others
- Building the basic counselling skills of empathy, acceptance and unconditional positive regard
- Training in an integrative approach to a level appropriate for safe, ethical and effective practice
- Personal growth

Job Opportunities:

- School Counsellor
- Mental Health Counsellor
- Rehabilitation Counsellor
- Community Counsellor

Routine:

| DAYS | TIMINGS | |
|-----------|----------------------------------|------------|
| MONDAY | 10am to 11am | |
| TUESDAY | 12:30am – 2:30 pm | 3pm – 5 pm |
| WEDNESDAY | 10am to 11am | |
| FRIDAY | 12pm to 1pm | |
| SATURDAY | 10:15am – 12: 15pm | 1pm – 3pm |
| SUNDAY | 9am – 11am 11:30 am – 1.30 pm | 2pm – 4pm |

Faculty Members:

- Prof. PushpaMisra
- Mrs. Kasturi Mukherjee
- Mrs. Upali Dasgupta
- Ms. Banani Ghosh

- Ms. Swapnaja Adhikary
- Ms. Aiswarjya Banerjee
- Ms. Nibedita Banerjee
- Mrs. Mousumi Mukherjee

Visiting Faculty: Dr.Rudra Prasad Acharya

Faculty Details:



Prof. Pushpa Misra, M.A. (Psy.), M.A. (Phil.), did her Ph. D. in Philosophy from the University of Rochester and her post-doctoral research is from the University of Pittsburgh. She is a practicing psychoanalyst and supervising analyst also. She is the former Principal of Bethune College, Kolkata. Currently she is the president of Indian Psychoanalytical Society



Mrs. Kasturi Mukherjee has Post Graduate degree in Economics and Applied Psychology and also completed professional courses like Post Graduate Diploma in Psychological Counselling and Diploma in social work and community services. She has participated in certificate based experiential sessions on NLP and Creative Art Therapy. She is a practicing Graphologist too.



Mrs. Upali Dasgupta works for the persons living with HIV/AIDS (PLWA). She was the resource person of NACO and imparted training on HIV/AIDS counselling and care in TOT programs in several occasions all over India. Presently teaching in IGNOU and doing researches in psycho-social field.



Dr. Rudraprasad Acharya
MBBS, MD
Assistant Professor and HOD
Department of Psychiatry



Ms Banani Ghosh (MA in Philosophy), Retired Professor of Philosophy, Psychotherapist in Manabik and founder member of Samikkhoni, Trainee Candidate for training in Psychoanalysis of IPS. Has worked as a resource person in various counselling Programmes.



Ms Swapnaja Adhikary is a Clinical Psychologist with 8 years experience in this field. She is also a Graphotherapist. She was associated with Government of West Bengal for a project. Associated with samikkhoni centre for Psychoanalytic Studies and Mental Therapy as a Clinical Psychologist.



Ms. Aiswarjya Banerjee is a counselling Psychologist (MA in Clinical and Counselling Psychology, WBSU). Former Psychologist of Speech Plus. Currently working as a faculty and Supervisor of Caring Minds, Bhawanipur and as a State Aided College Teacher at Department of Psychology, RKSMVV



Ms. Nibedita Banerjee did her M.A in Psychology (CU) and Psychological counseling course from Psychogenesis Research Foundation. Former Psychology teacher in UshanginiBalikaVidyalay. Currently working as State aided college teacher in Department of Psychology,



Mrs. Mousumi Mukherjee M.A.(Human Rights), M.A. (Psychology) did her Psychiatric Counseling course from Indian Psychoanalytical Society, Kolkata. Currently she is working as a State Aided College Teacher of the department of Human Rights in RKSMVV