

About the course:

We grew up thinking that to be healthy means to keep our bodies healthy, that we have to keep our cholesterol, triglycerides, our blood-pressure within normal limits etc. etc. We did not pay attention to the fact that to be healthy means 'to be healthy in body and mind'. It was the pandemic of the century that brought out this fact with force. In the post pandemic era, the handful of mental health professionals we have in our country were booked to the toe. Many more people needed help but there was acute shortage of qualified professionals. Hence, help was unavailable to them. It is during this period that we became aware of the necessity of a course that would train people to be qualified mental health professionals. Hence, the beginning of this course.

Our vision:

We are aware of the fact that to be a good mental health professional is not an easy task. It requires a perfect balance of theoretical knowledge and practical work, a sensitive mind, an empathetic attitude and a desire to help people.

We did not want this course to be a run-of-the-mill course where one can get a diploma easily by cramming a number of theoretical topics. This course was started with objective where the learners will do the theoretical work, practical work and a certain degree of self-work. Our vision is to train up students in a holistic way, such that they will have theoretical knowledge in all the important areas of counseling, practical knowledge through internship, supervision and personal counseling.

We started our journey with an eight-month certificate course in psychiatric Counseling. On heavy demand, we started the present Post-graduate Diploma course in Psychological Counseling the very next year in affiliation with Sister Nivedita University.

Intake Capacity - 24

Teaching and learning:

Mode of teaching is offline through:

- Interactive classes
- Audio-visual presentation
- Skills practice through Role Play
- Small group discussion, like Coffee pe churcha
- Presentation: Individual and group
- Quiz, debates, workshops and seminars
- Film reviews etc.
- Internship in mental hospitals and other organizations dealing with different kinds of mental health problems

Infrastructure:

- Audio-visual facilities
- Seminar library

- Psychometric testing materials including Rorschach and TAT
- Play therapy materials
- Television
- Microphones
- Soft-boards for displaying charts

Contact details:

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