



ICS INDIAN
COUNSELLING
SERVICES
YOUR MENTAL HEALTH. OUR PRIORITY

Advanced School Counselling Course



Why Is Counseling Important in Schools?

Counselling can be very important in many schools—it can help provide important information and perspective to students who might not be able to get it otherwise. Students can go to professional counselors to seek advice. The goal of every session with the school counselor is to help student's thrive and recognize their strengths, as well as improve their interpersonal relationships



Effects of Quality Counseling in Schools

One of the biggest benefits of guidance and counseling in schools from a well-trained and effective school counselor is in the way they may be able to help prepare students for academic, career, and social challenges through relating their academic success with the potential success of their future lives.

- surpass a mental health problem, help motivate students to learn and explore the world around them to help figure out what they want to do with their lives
- encourage their students to have these types of conversations with their parents and peers, as well as being a sympathetic ear for the same students to come to
- have the ability to facilitate more intimate or group counselling sessions as well.

The Counselor's Role

School counselor's role is dealing with new forms of bullying, especially cyberbullying that often has an effect on mental health conditions.

Students who are going through a difficult time, struggling with mental illness, or just need advice and support. A few words from a helpful counselor can profoundly impact a student's life by improving their outlook on school, family, and the future, and this, along with the responsibilities outlined above, form the key tenets of a modern school counselor's role.



School counselors may also:

- provide support to teachers by serving an important part of the complete team that addresses the educational goals and needs of their students.
- help plan classroom and group activities that meet the students' needs.

Counselors gather and share resources with teachers to help the staff develop their skills in classroom management and teaching effectiveness. They also may be able to help observe students in the classroom or playground and provide teachers assistance with their roles as guides.



What Are The Benefits of School Counselling as a Career?

Some perks of choosing School Counselling as a career include: Having a rewarding and fulfilling career helping others and making a difference in their lives. Becoming your own boss, choosing your own hours, where you work, and how much you make





CHILD PSYCHOLOGY PRACTICAL PROGRAM



ICS INDIAN
COUNSELLING
SERVICES
YOUR MENTAL HEALTH. OUR PRIORITY

www.indiancounsellingservices.com



CHILD Psychology




Child psychology is a broad area, covering how people change as they grow up from birth through to adolescence and trying to explain how these important changes occur. Child psychology is a concept aimed at the all-round development of the child.

Child psychology is a branch of psychology. Under which the behavior of children and their inner minds are observed. Child psychology is also known as “Developmental Psychology” in the modern era.



IMPORTANCE OF CHILD PSYCHOLOGY

● HIGHLIGHT ●

- Understanding the normal and abnormal psychological patterns of a child can help parents understand how to best communicate & connect with their child, teach their child coping mechanisms for managing emotions, & help their child progress and thrive in each new developmental stage.
 - Child psychologists can also identify abnormal behaviors early, help detect the root of common behavioral issues such as learning issues, hyperactivity, or anxiety, and help children work through early childhood trauma. They can also help to prevent, evaluate, and diagnose developmental delays or abnormalities such as autism.
- 
- One of the the most important benefit of child psychology is the improvement of the Self -Esteem of a child!
 - Child psychology provides the framework and support for a child to develop a healthy respect and regard for self and for others!
 - Child psychology plays an important role in helping teachers to create Socio-emotional climate that is conducive in the classroom, so that the process of learning in the classroom can be productive.

Child Psychology Helps Parents & Teachers Better Understand kids & how best to support them.



CHILD PSYCHOLOGY IS A SPECIALISED BRANCH OF DEVELOPMENTAL PSYCHOLOGY

A child psychologist is an expert in childhood development who works with children and adolescence to diagnose and help resolve issues that cause emotional or behavioural problems. Child psychology is important because it can help us better understand how kids tick as well as how best to support them to become well rounded individuals. It is therefore useful in assisting both parents and teachers to better understand & help children in their care.



“
*There is in every child
at every stage a new
miracle of vigorous
unfolding.*

~ Erik Erikson

”

CHILD PSYCHOLOGY PRACTICAL PROGRAM



ICS is presenting -

An exciting and in-depth practical program on Child Psychology. Within this program, you will be introduced to the discipline of child psychology & to theories and different approaches that have been developed to help us understand and support children's lives. You will also learn about the role of child psychologists in applied settings & how they can work with other professionals to support the lives of children and young people.





WHAT DOES IT FOCUS ON ?

- What is Developmental Psychology?
- Intro to Child Psychology
- What is life span and their age range?
- Role of Child Psychologist in the field of Mental Health?
- Case History taking
- Mental Status Examination (MSE)
- Behavior observation
- Dealing with clients
- Major Childhood disorders



- PLAY AND ART THERAPY



EXPLORE OUR CHILD PSYCHOLOGY COURSE

- Concept and assessment of Childhood disorders
- Behavioural modification therapy, positive punishment, negative punishment, positive reinforcement & negative reinforcement
- Systematic desensitization Aversion therapy, Extinction and Applied behavioral analysis.
- Case studies and Role play

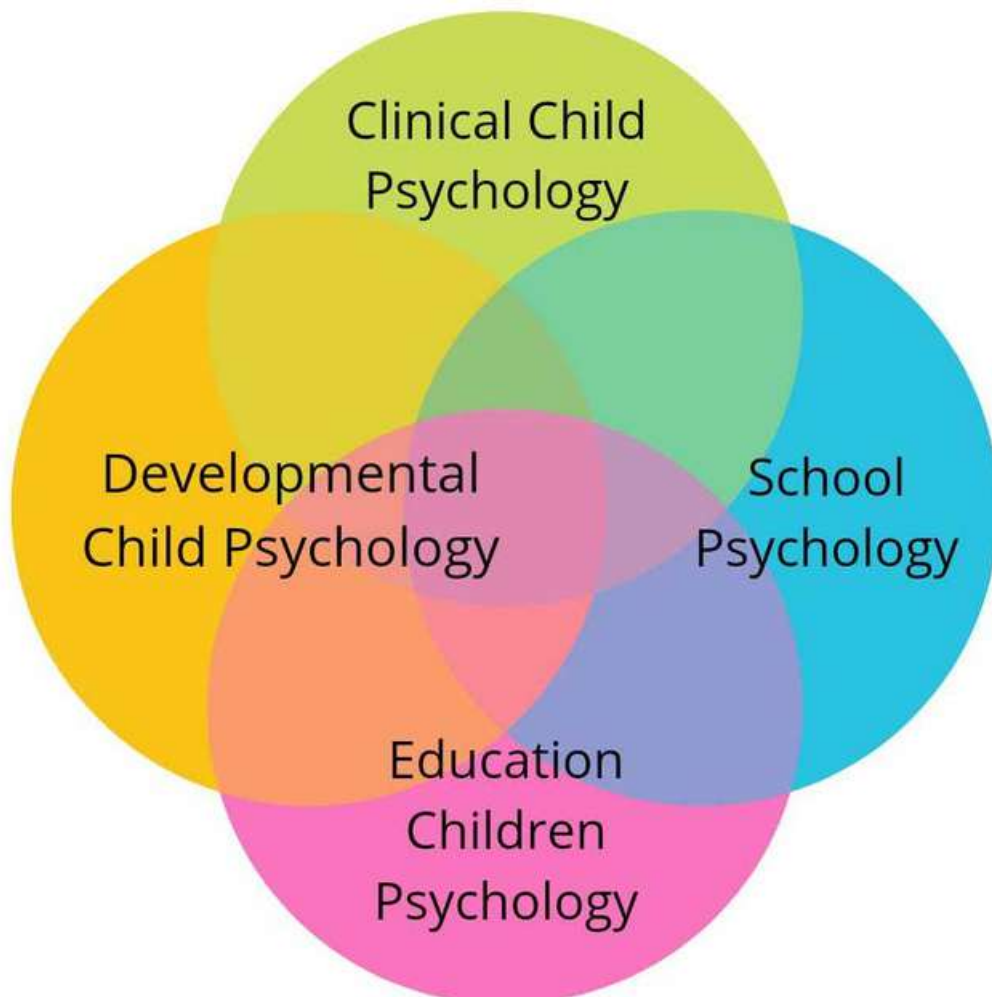


TO TAKE CHILDREN SERIOUSLY IS TO VALUE THEM FOR WHO THEY ARE RIGHT NOW RATHER THAN ADULTS-IN-THE MAKING.

ALFIR KOHN

LEARNING OUTCOMES

- Understand the discipline of child psychology as an area of study
- Understand how theories try to explain children's development
- Discuss important questions that are central to child psychology
- Understand how child psychologists work in different applied settings.





ICS INDIAN
COUNSELLING
SERVICES



Counselling Practical Internship



www.indiancounsellingservices.com



WHAT IS COUNSELLING ?



Counselling is a talking therapy that allows people to discuss their problems with trained professionals in a peaceful and safe ambiance. The exact meaning of counselling might vary among individuals. But in general, it is the process where you talk about your issues in detail either intending to overcome the same or to explore your thoughts comprehensively.



Become a Counselling Psychologist

The NHS defines counselling as a "talking therapy that involves a trained therapist listening to you and helping you find ways to deal with emotional issues."

Counselling can help people to gain clarity surrounding issues.



A counselor is a professionally trained expert who helps people overcome their issues after a systematic chain of sessions. The types of counselling vary, depending on the needs of the clients.



A counsellor, or therapist, is not there to sit you down and tell you what to do. Instead, they will encourage you to talk about what's bothering you in order to uncover any root causes and identify your specific ways of thinking. They may then look to create a plan of action to either help you reconcile your issues, or help you to find ways of coping.



COUNSELLING IS NOT

- Giving advice.
- Being judgemental.
- Attempting to sort out the problems of the client.
- Getting emotionally involved with the client.
- Looking at a client's problems from your own perspective, based on your own value system.
- Expecting or encouraging a client to behave as the counsellor would behave if confronted with a similar problem in their own life.

The role of a counselor doesn't limit to suggesting you do this or that. Rather they support you to speak about your problems in detail to identify the primary cause behind them. Furthermore, they develop an action plan to help you cope up with the issue or win over it.

What is counselling used for?

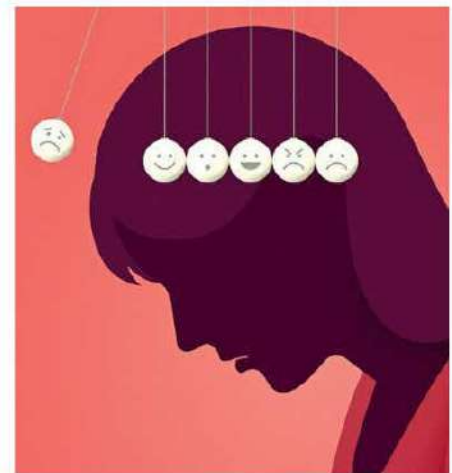


Counselling can be used to help with many different Mental Health Conditions, including:

- Depression
- Anxiety
- Borderline Personality Disorder (BPD)
- Obsessive Compulsive Disorder (OCD)
- Post-Traumatic Stress Disorder (PTSD)
- Long-Term Illnesses
- Eating Disorders, such as Anorexia and Bulimia
- Drug Misuse

Counselling can help you :

- Cope with a bereavement or relationship breakdown
- Cope with redundancy or work-related stress
- Explore issues such as sexual identity
- Deal with issues preventing you achieving your ambitions
- Deal with feelings of depression or sadness, & have a more positive outlook on life



- Deal with feelings of anxiety, helping you worry less about things
- Understand yourself and your problems better
- Feel more confident
- Develop a better understanding of other people's points of view

Counselling Practical Internship



ICS IS PRESENTING -

An exciting and in-depth practical program on Counselling. This program provides students and professionals with the opportunity to experience various aspects of practical work in a supervised setting and also give you the chance to get insights into what it is like to work as a Counsellor.



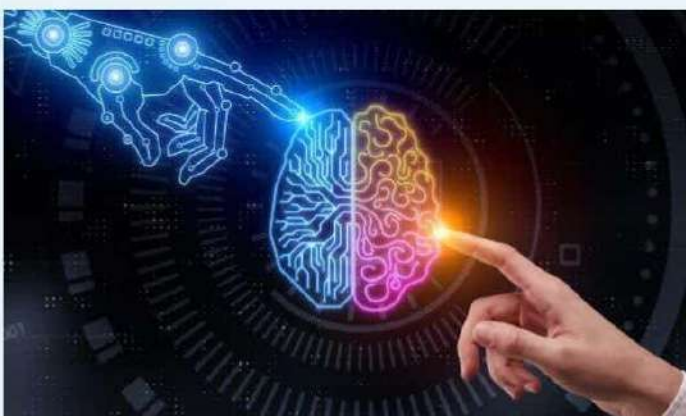
ICS **INDIAN**
COUNSELLING
SERVICES
YOUR MENTAL HEALTH, OUR PRIORITY



WHAT DOES IT FOCUS ON ?

TOPICS

- Introduction to Psychological counselling - what are the counselling skills , methods & approaches
- Process of counseling-How to Initiate the session
- Guidance and Supervision
- Rapport building, MSE, Case history taking
- Initiation of CBT, REBT



- Genogram + Family counselling
- Childhood disorders and Interventions
- Academic stress management and counselling
- Psychological testing (Intelligence Tests, Neuropsychological Tests)
- Practical Session
- Procedural session and Group Discussion

COUNSELLING PRACTICAL INTERNSHIP

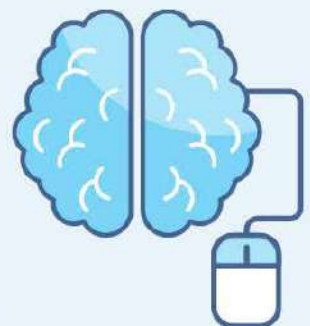
PROGRAM OVERVIEW

This program will furnish the students to understand counseling aspects better & adapt them. This program also provides reach to the students to understand various disorders better. Important elements like termination are also being introduced and worked upon in this program.



PROGRAM HIGHLIGHTS

- Includes Case Studies
- Practical Experiences/Workshop
- Quizzes to Follow your Progress
- Monthly Training Sessions
- Group Discussions
- Research Work



ICS **INDIAN COUNSELLING SERVICES**

YOUR MENTAL HEALTH, OUR PRIORITY



TAKE AWAY:



Grade Sheet



Study Materials



Online Resources



E-Certificate



Letter of Recommendation



Get to learn from licenced certified expert



Trainer is Doctorate in Psychology with 15+ year of experience

Who can participate in this program

School Teacher|School students| Special Educators| School Counsellors | School Psychologists |Aspiring psychologist| Any professional involved in the mental health well-being

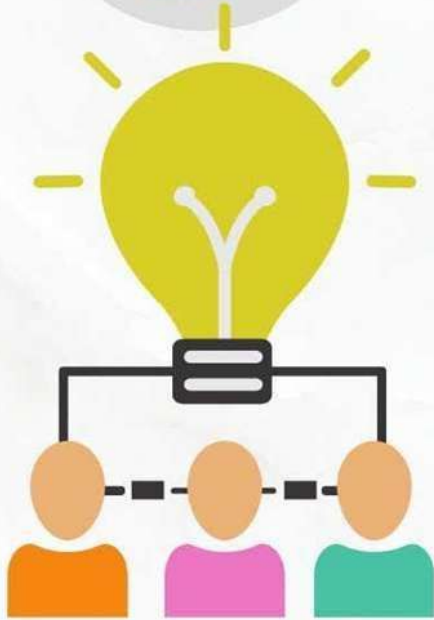


ICS INDIAN COUNSELLING SERVICES

YOUR MENTAL HEALTH, OUR PRIORITY



WHY CHOOSE US?



- Chance to get listed on ICS network
- Chance to handle real clients under the supervision of RCI Licensed Psychologists
- Live and recording session (Video notes)
- Ready to start a virtual office
- Awards to our star performer
- Get Hardcopy certificate & appreciation letter

PERKS & BENEFITS

- Lifetime learning support
- Lifetime access of PDF study material and PPT note
- 24*7 chat facility
- ID card and email confirmation
- Notification of the classes before the class start
- Dedicated academic counselor





CERTIFICATE OF COMPLETION

PROUDLY PRESENTED TO

CHAYANIKA DAS

This certifies that the above applicant successfully completed the intensive training duration of 3 Months for the **SCHOOL COUNSELOR COURSE**.

To advance her career in the field of psychology in the year 2023. We believe that the skills learned during this training programme would add an extra badge of excellence to his or her counselling approach in the professional help community. We wish you all the best in your future endeavours.

Sonali Grover

SIGNATURE
RCI LICENSED PSYCHOLOGIST
CRR NO. A68466



CERTIFICATE NO. ET/ISO/2111/1452
DATE 22/11/2023

S. Sinha

SIGNATURE
ADMISSION HEAD





LETTER OF RECOMMENDATION

Date : 23-11-2023



I am writing in enthusiastic support of Chandana Balla .

She put in a lot of effort to finish the **CHILD PSYCHOLOGY PRACTICAL PROGRAM** During this time together, she proved to be bright, inquisitive, and diligent in her training. Her learning and leadership skills were truly impressive. In addition to this, she is bright, eager to learn, and responsible.

Based on her exceptional performance and remarkable character, I have no doubt that she will thrive in any future academic or professional pursuits outside the academic realm, she also contributed actively to psychology-related extracurricular activities and initiatives.

I am confident that she would be an asset to any organisation and that she would excel.

Best regards,

Preeti

TRAINING DIRECTOR
PREETI SHARMA