



ADVANCED NLP MASTERCLASS PROGRAM

NLP MASTERY HELPS YOU THINK BIGGER, REFRAKE DEEPER, AND ACHIEVE
FASTER.”



DURATION: 3 MONTHS

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ABOUT INDIAN COUNSELLING SERVICES

Indian Counselling Services (ICS) was founded in 2020 by Mr. Somnath Sinha to address the growing need for mental health support and psychology education. Committed to accessibility, ICS offers practical psychology courses aligned with the National Education Policy 2020, empowering professionals, educators, and students. Beyond courses, ICS provides career counseling, free webinars, training programs, and mental health initiatives. Focused on holistic support, ICS strives to make psychology engaging, flexible, and impactful for all. Through education and awareness, we aim to foster mental well-being and equip individuals with the skills to support their communities.



INDIAN COUNSELLING SERVICES



OUR ACCREDITATIONS & RECOGNITIONS



UNICEF - UNICEF (United Nations International Children's Emergency Fund) is a UN agency dedicated to protecting and promoting the rights and well-being of children worldwide.

WHO - The World Health Organization (WHO) is a specialized agency of the United Nations responsible for international public health.



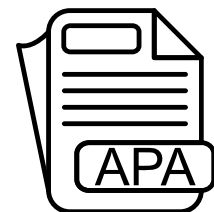
ISO - (International Organization for Standardization) is an independent, non-governmental body that develops and publishes international standards to ensure quality, safety, and efficiency.

Career Development College London is a UK-based e-learning institution offering a diverse range of career and professional courses designed to enhance skills and knowledge.



The International Association of Therapists (IAOTH) is a global professional body that supports and certifies therapists and holistic practitioners across various disciplines.

We are proud members of the American Psychological Association (APA), reflecting our commitment to high standards in psychology.



The International Association of Applied Psychology (IAAP) is the oldest global organization dedicated to advancing applied psychology and promoting its practice worldwide.

Vision & *Mission*

Our Vision

Our mission is to transform online psychology education by bridging theory and practice. We provide practical, accessible mental health training, empowering teachers, counselors, and professionals to enhance their skills and foster better mental well-being in their communities.

Our Mission

We envision a world in which everyone has access to the best online psychology courses, allowing them to obtain practical knowledge, understand human behavior, and make meaningful changes in their personal and professional lives

MESSAGE FROM COMPANY CEO AND FOUNDERS



Mr. Somnath Sinha
Co-Founder & CEO



Mr. Sanjay Sinha
Co-Founder & COO



Mr. Rahul Nakra
Co-Founder & Business
Head

At Indian Counselling Services, our mission is to empower individuals through high-quality counseling and psychology courses. As founders – Somnath Sinha, Sanjay Sinha, and Rahul Nakra – we are committed to shaping future professionals in mental health.

In today's world, the demand for trained counselors is rising. Our carefully designed programs provide theoretical knowledge and practical training to help students excel in this field. We believe learning should be accessible, practical, and transformative, ensuring that every student gains valuable skills to make a meaningful impact. With expert faculty and a research-based curriculum, we strive to set new standards in psychology education. Join us in our journey of learning, growth, and impact to build a future where mental health support is strong and accessible.

OUR TRAINERS



Mrs. ARPITA ROY

RCI licensed Clinical and Rehabilitation Psychologist, trained at the Institute of Psychiatry – Centre of Excellence, Kolkata. She holds a PGDRP from the University of Kolkata and has experience across neuropsychiatry clinics, de-addiction and rehab centers, schools, NGOs, and academic institutions. She has also served as a lecturer at the University of Kolkata.

"CLINICAL AND REHABILITATION PSYCHOLOGIST (RCI-Licensed)"



Aakriti Khosla

Aakriti is a Counselling Psychologist who has conducted over 500 sessions, impacting 1,000+ lives. She uses expressive arts, mandala work, and mindfulness techniques, and actively promotes mental wellbeing through workshops and awareness talks.

"Counselling Psychologist, Certified Arts-Based Therapy, Mindfulness Coach, Mandala Art Therapy Practitioner, EFT Practitioner"



Simran Raina Sharin

I'm a licensed Clinical Psychologist and founder of beMore Wellness, with experience across RML Hospital, Fortis, and SGT Medical College. I specialize in relationship issues, adolescent mental health, mood disorders, and trauma-informed care. My approach blends evidence-based therapies like CBT, DBT, and EFT. I also lead workshops for corporates, schools, and athletes —making mental health accessible, human, and real.

"Clinical Psychologist, Mental Health Wellness Expert"

OUR TRAINERS



Sonali Grover

She is an RCI-licensed psychologist. She has vast experience working as a psychologist, ABA Therapist, and Child Psychologist, with expertise in various neurodevelopmental disorders such as Autism, ADHD, & Learning Disability. Likewise, she conducts Psychoeducational evaluations, is a happiness coach and is a corporate trainer.

"RCI-Licensed Psychologist, ABA Therapist, Happiness Coach"



Ms. Kavetri

Kavetri Bhoj Rawat is an accomplished Counselling Psychologist with over 10 years of experience in school-based mental health programs. She has handled 300+ clinical cases ranging from anxiety, depression, and emotional dysregulation to SLD, IGD, and classroom incivility. POCSO-trained and ethically grounded, she creates a safe, confidential space for her clients.

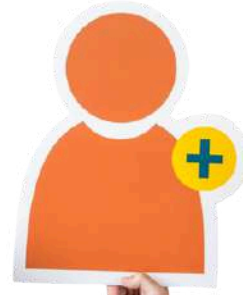
"Counselling Psychologist, Career Counselling, Corporate trainer, Educationist, Ex Marketing professional"



Tanyaa Chadha

She is a Certified NLP Trainer with a Master's degree in Counselling Psychology from Mahatma Gandhi University. She holds additional certifications in Autism and ADHD from the University of Derby. As a World Health Organization (WHO) member, she brings expertise and dedication to mental health and psychology.

"Counselling Psychologist, Mental Health Wellness Expert"



About the Program

This innovative, hands-on program offers students and professionals practical experience in Advanced Neuro-Linguistic Programming (NLP), focusing on its application in personal growth, communication, and leadership. Participants will explore key areas such as mindset transformation, persuasive communication, influence strategies, emotional mastery, and peak performance.



Key Learning Outcomes:

- ✓ Foundations of Advanced NLP & Mindset Reprogramming
- ✓ Language Patterns & Influence Strategies
- ✓ Motivation, Goal Setting & Peak Performance Techniques
- ✓ Hands-on Experience with NLP Tools & Applications
- ✓ Emotional Mastery & Overcoming Mental Blocks
- ✓ Advanced Techniques for Communication & Persuasion
- ✓ Leadership, Coaching Skills & Conflict Resolutions

PROGRAM CURRICULUM

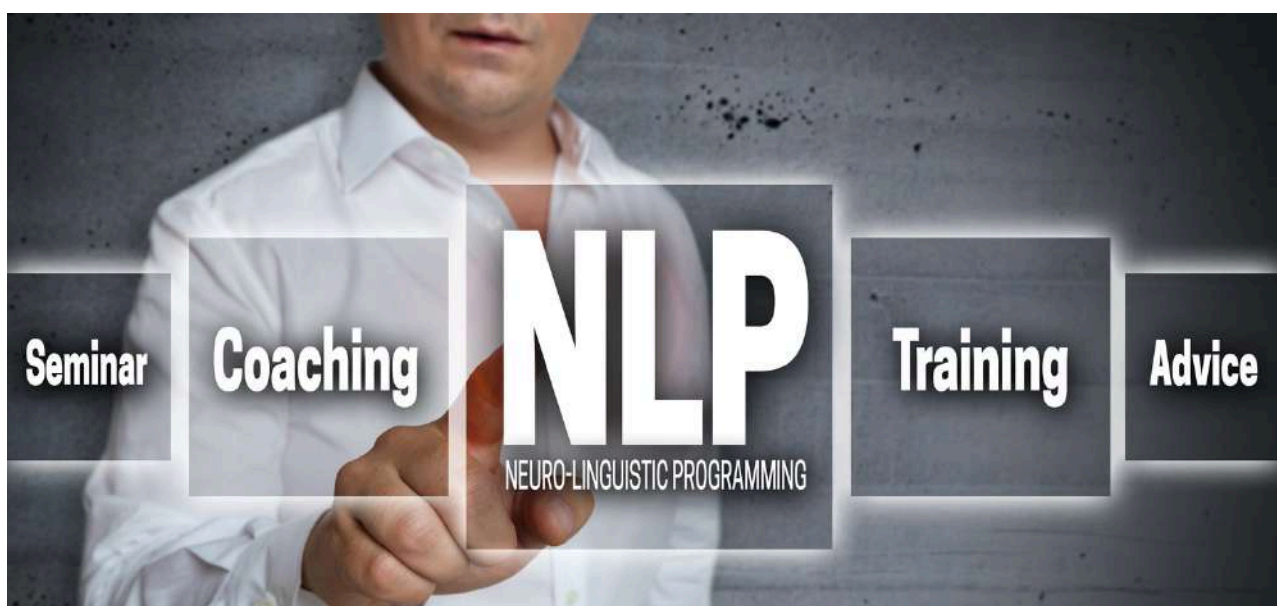
 **Duration: 3 Months**

MODULE 1:

INTRODUCTION & HISTORY OF NLP

NLP (Neuro-Linguistic Programming) is a practical, transformative approach that helps individuals understand and reframe their thoughts, emotions, and behaviors. It provides powerful tools to improve communication, build resilience, and create positive change by working with language patterns, mindset shifts, and behavioral strategies.

Developed in the 1970s by Richard Bandler and John Grinder, NLP was inspired by modeling the methods of successful therapists.



MODULE 2:

PRESUPPOSITIONS AND RAPPORT IN NLP

Presuppositions and Rapport in NLP are essential principles that guide effective communication and change. Presuppositions are empowering assumptions, such as believing every behavior has a positive intention, which help create a constructive mindset. Rapport focuses on building trust, connection, and understanding through mirroring, active listening, and matching communication styles. Together, they provide powerful tools to strengthen relationships, enhance influence, and promote positive personal and professional growth.



MODULE 3:

SUBMODALITIES AND SENSORY ACUITY IN NLP

Sub modalities and Sensory Acuity in NLP are powerful tools that enhance self-awareness and communication. Sub modalities refer to the finer details of our internal experiences—such as brightness, size, sound, or intensity—that shape how we think and feel. By adjusting these, individuals can reframe memories and transform emotional responses. Sensory Acuity is the skill of noticing subtle shifts in physiology, tone, and body language, allowing deeper understanding of others' states of mind. Together, they provide effective strategies for personal change, sharper perception, and more impactful interactions.



MODULE 4:

MILTON MODEL AND NLP METAPHORS

Milton Model and NLP Metaphors are powerful tools that enhance communication and transformation. The Milton Model uses artfully vague and indirect language patterns, allowing individuals to access their subconscious mind, overcome resistance, and discover personal resources. NLP Metaphors, on the other hand, use stories and symbolic representations to shift perspectives, spark insight, and inspire change. Together, they provide effective strategies for influence, therapy, coaching, and personal growth.



MODULE 5:

THE CLARITY–ACTION LEADERSHIP MODEL

The Clarity–Action Leadership Model combines precise communication with structured execution. By using the Meta Model, leaders ask focused questions that remove vagueness, uncover hidden assumptions, and create shared understanding. Once clarity is established, the T.O.T.E. framework (Test–Operate–Test–Exit) guides action—leaders act, evaluate progress, adapt, and consolidate success. This model enables leaders to cut through noise, make smarter decisions, and build trust by showing both clear thinking and effective follow-through.



MODULE 6:

THE REFRAME–GROW MODEL

The Reframe–Grow Model combines mindset shifts with structured action. Through reframing, challenges are seen from new perspectives, turning obstacles into opportunities and limiting beliefs into empowering views. Once perspective expands, the GROW framework (Goal, Reality, Options, Way Forward) channels this clarity into concrete steps. Together, they help leaders, coaches, and individuals unlock fresh possibilities, build motivation, and move confidently toward meaningful results.



MODULE 7:

FAST MODELS AND ANCHORING

The FAST–Anchoring Model blends assertive communication with emotional influence. The FAST approach (Feedback, Accountability, Specificity, Transparency) ensures clarity, honesty, and trust in interactions. Anchoring adds the emotional layer by linking positive states—like confidence, calm, or motivation—to words, gestures, or environments. Together, they help leaders and coaches communicate with precision while creating powerful emotional impact that inspires and influences others.



MODULE 8:

WHEEL OF LIFE AND GOAL SETTING

The Wheel of Life with Goal Setting helps create balance and direction. The Wheel of Life provides a snapshot of key life areas—career, health, relationships, finances, and more—highlighting strengths and gaps. From this clarity, Goal Setting turns insights into specific, actionable steps for improvement. Together, they ensure personal growth is both balanced and purpose-driven.



WHY CHOOSE US?



EXPERT-LED TRAINING

Learn from experienced psychologists and industry professionals.



ONLINE INTERACTIVE SESSIONS

Engage in live discussions, Q&A, and real-time feedback.



PRACTICAL APPROACH

Case studies, self-assessments, and real-world applications.



CERTIFICATION & CAREER BOOST

Receive a Certificate of Completion, Letter of Recommendation, and Grade Sheet to boost your academic or professional profile.



PERSONALIZED LEARNING

Tailored insights and intervention strategies for individual growth.



COMPREHENSIVE CURRICULUM

Covers personality theories, behavioral patterns, and emotional intelligence.



SUPPORTIVE LEARNING ENVIRONMENT

Learn from experienced psychologists and industry professionals.

Our **OTHER COURSES**

- COUNSELLING PRACTICAL INTERNSHIP
- CLINICAL PRACTICAL INTERNSHIP
- INDUSTRIAL AND ORGANISATIONAL INTERNSHIP
- PSYCHOTHERAPY PRACTICAL PROGRAM
- CHILD PSYCHOLOGY PRACTICAL PROGRAM
- ADVANCED CBT MASTERCLASS
- RESEARCH PAPER PROGRAM
- PSYCHOLOGICAL ASSESSMENTS AND TOOLS
- ART AND MOVEMENT THERAPY
- ADVANCED NLP MASTERCLASS PROGRAM
- ADVANCED HYPNOTHERAPY MASTERCLASS
- ADVANCED SCHOOL COUNSELLING
- DIPLOMA IN COUNSELLING PSYCHOLOGY
- DIPLOMA IN CLINICAL PSYCHOLOGY
- DIPLOMA IN CHILD PSYCHOLOGY
- DIPLOMA IN INDUSTRIAL AND ORGANISATIONAL PSYCHOLOGY
- DIPLOMA IN PSYCHOTHERAPY
- DIPLOMA IN SCHOOL COUNSELLING
- Program Add-Ons



WORKSHOPS & EVENTS



THANK YOU!

We're excited to have you join us for
"ADVANCED NLP MASTERCLASS
PROGRAM"

MODE OF PAYMENTS

1. Application of Indian Counselling Services
2. Through Jodo Link & Scanner
3. UPI
4. Credit Card
5. Debit Card
6. Bank Transfer

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