



DIPLOMA IN PSYCHOTHERAPY

"PSYCHOTHERAPY IS NOT ABOUT FIXING PEOPLE, IT'S ABOUT HELPING THEM
UNDERSTAND AND HEAL THEMSELVES."



DURATION: 1 YEAR

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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.



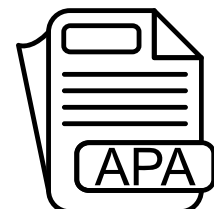
ISO - (International Organization for Standardization) is an independent, non-governmental body that develops and publishes international standards to ensure quality, safety, and efficiency.

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



Mansi Aggarwal

Mansi is a mental health practitioner with over 6 years of experience in Psychotherapy, Psychometrics, and Scientific Research. With 3.5 years of experience working with a varied spectrum of clients, she had embraced a trauma-informed and rights-based approach to mental health. Her expertise covers trauma, interpersonal relationships, work and life stressors, identity and sexuality issues, and grief. Along with contributing to achieving therapeutic goals, she establishes a comfortable and compassionate environment for her client's healing journeys.

"Psychotherapist, Clinical Hypnotherapist, Researcher"



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.

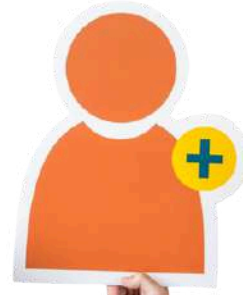
"Counselling Psychologist, Career Counselling, Corporate trainer, Educationist, Ex Marketing professional"



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)"



About the Program

This innovative, hands-on program offers students and professionals practical experience in psychotherapy, focusing on the application of therapeutic approaches in diverse clinical settings. Participants will explore key areas such as understanding mental health disorders, therapeutic relationship building, client motivation, emotional regulation, personal development, and holistic psychological support.



Key Learning Outcomes:

- ✓ Foundations of Psychotherapy & Mental Health
- ✓ Therapeutic Approaches: Psychodynamic, Humanistic & CBT
- ✓ Emotional Regulation & Coping Strategies
- ✓ Working with Anxiety, Depression & Stress Disorders
- ✓ Personal Development & Self-Reflection in Therapy
- ✓ Case Studies, Supervised Practice & Clinical Exposure
- ✓ Ethics & Professional Practice in Psychotherapy

PROGRAM CURRICULUM

 **Duration: 1 year**

MODULE 1:

PSYCHOTHERAPY PRACTICAL PROGRAM

This hands-on Psychotherapy Practical Program is designed to equip psychology students and practitioners with real-world therapeutic skills. Through live practice, casework, and expert supervision, participants will learn to apply core psychotherapeutic techniques in structured settings

KEY LEARNING

- Therapeutic Relationship Is Central
- Application of Theoretical Knowledge
- Effective Communication Skills
- Handling Real Client Emotions



MODULE 2:

COUNSELLING PRACTICAL INTERNSHIP

Counselling is a professional, supportive process that helps individuals manage emotional, psychological, or behavioral challenges. It offers a safe, confidential space to explore thoughts, build coping strategies, and promote positive change through empathy, active listening, and non-judgment.

KEY LEARNING

- Case History & Mental Status Examination
- Understanding Mental Disorders & Stress Management
- Genogram & Supporting Therapies (CBT)



MODULE 3:

COGNITIVE BEHAVIOURAL THERAPY

Cognitive Behavioural Therapy (CBT) is a structured, time-limited, evidence-based psychotherapeutic approach that focuses on identifying and modifying maladaptive thoughts, emotions, and behaviours. It is based on the concept that thoughts, feelings, and behaviours are interconnected, and that changing negative thought patterns can lead to changes in emotional well-being and behaviour.

KEY LEARNING

- Thoughts, Emotions, and Behaviours Are Interconnected
- Identification of Cognitive Distortions
- Use of Structured Tools and Worksheets
- Importance of Psychoeducation
- Goal-Oriented and Time-Limited Approach



MODULE 4:

HYPNOTHERAPY (BASIC)

Basic Hypnotherapy introduces the foundational principles and techniques of using hypnosis as a therapeutic tool. It focuses on guiding individuals into a relaxed, focused state of awareness—known as a trance—where the subconscious mind becomes more open to positive suggestions, behavioral change, and emotional healing.

KEY LEARNING

- Introduction to Hypnotherapy
- What is Hypnotherapy?
- History and evolution of Hypnotherapy
- Uses of Hypnotherapy
- Myths and misconceptions
- Theory of Mind



MODULE 5:

ART AND MOVEMENT THERAPY PRACTICAL PROGRAM

Art and Movement Therapy combines creative expression with physical movement to support emotional, psychological, and physical well-being. Through activities like drawing, painting, dance, and body-based exercises, individuals can explore their emotions, release tension, and develop self-awareness without relying solely on verbal communication.

KEY LEARNING

- Understanding the Therapeutic Role of Creative Expression
- Development of Practical Skills in Art and Movement Techniques
- Enhancing Self-Awareness and Mind-Body Connection
- Adapting Techniques for Different Populations and Settings



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
"DIPLOMA IN
PSYCHOTHERAPY"

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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