



DIPLOMA IN CHILD PSYCHOLOGY

“COUNSELING HELPS CHILDREN SEE A WAY FORWARD, EVEN
WHEN EVERYTHING FEELS STUCK.”

 **Duration: 10 Months**

TABLE OF CONTENTS

- 1 **About Indian Counselling Services**
- 2 **Our Accreditations & Recognitions**
- 3 **Mission & Vision**
- 4 **Message From Company CEO & Founders**
- 5 **Our Trainers**
- 6 **About The Program**
- 7 **Program Curriculum & Eligibility**
- 8 **Why Choose Us**
- 9 **Our Other Courses**
- 10 **Workshops & Events**

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.



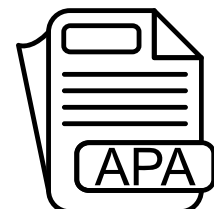
ISO - (International Organization for Standardization) is an independent, non-governmental body that develops and publishes international standards to ensure quality, safety, and efficiency.

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

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. Furthermore, she has utilized these skills to bring positive change in children and their families. She also has experience working in a clinical setup with special needs children. She believes everyone is unique and special and can harness their potential

"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. Kavetri uses evidence-based techniques and a holistic approach, focusing on mental, emotional, and social well-being. She is currently expanding her expertise in graphology and career counselling.

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

MESSAGE FROM COMPANY CEO AND FOUNDERS



Mr. Somnath Sinha
Co-Founder & CEO



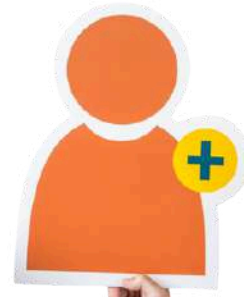
Mr. Sanjay Sinha
Co-Founder & COO



Mr. Rahul Nakra
Co-Founder & Business
Head

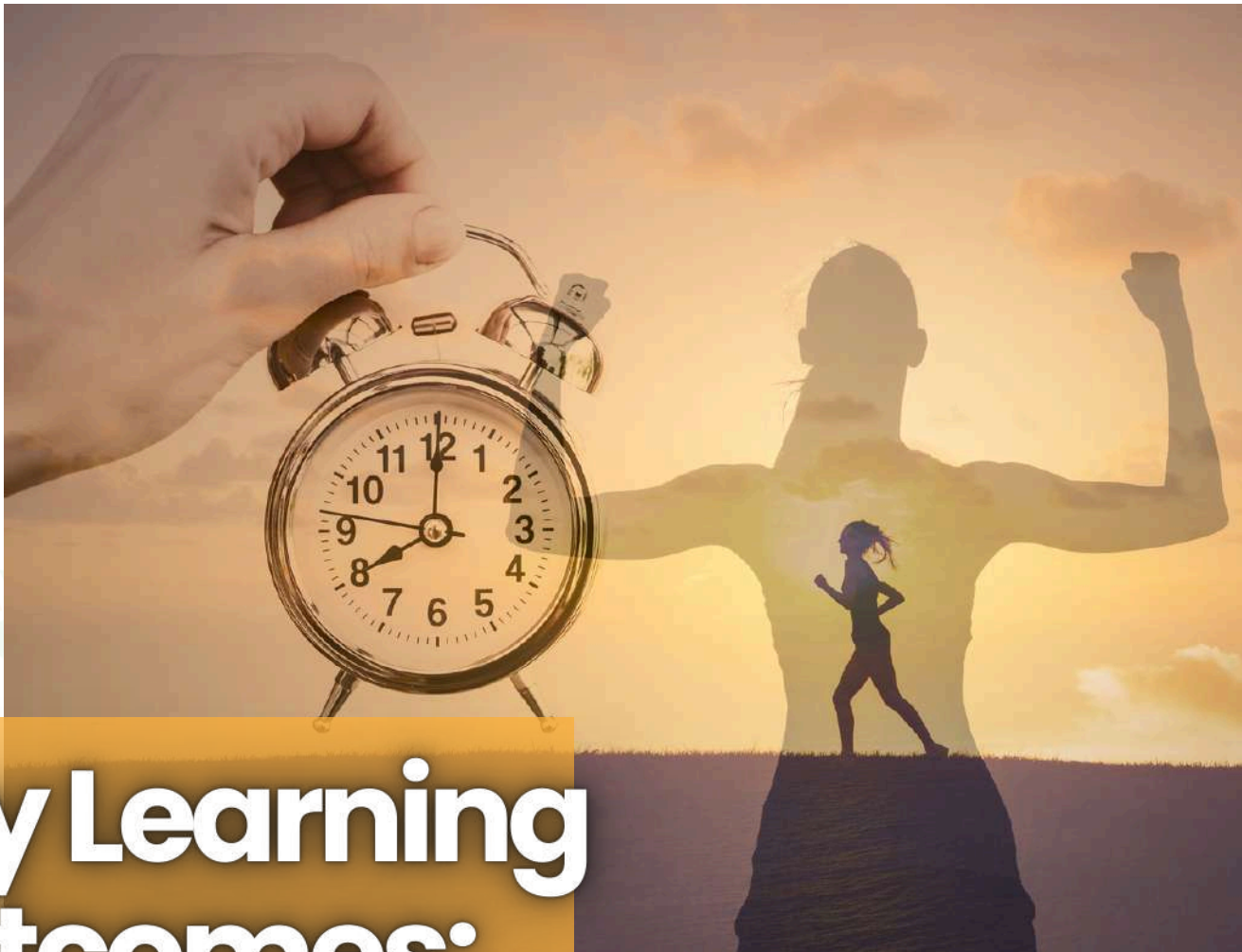
At Indian Counselling Services, our mission is to empower individuals through high-quality counseling and psychology courses. As founders – Somnath Sinha, Sanjay Sinha, and Rahul Nakra – we are committed to shaping future professionals in mental health.

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.



About the Program

The Diploma in Child Psychology is a specialized program designed to provide a deep understanding of the emotional, cognitive, social, and behavioral development of children from infancy through adolescence. This program blends theoretical knowledge with practical insights, enabling learners to identify, assess, and support the psychological needs of children in various settings.



Key Learning Outcomes:

- ✓ Foundations of child's growth
- ✓ Workplace Motivation & Productivity
- ✓ Practical exposure to all applications
- ✓ Children Mental Health & Burnout
- ✓ Psychological Assessment in children

PROGRAM CURRICULUM

 **Duration: 10 Months**

MODULE 1:

CHILD PSYCHOLOGY PRACTICAL PROGRAM

This program provides students with real-world experience in understanding, assessing, and supporting children's psychological development. Participants will learn how to work with children across various age groups and developmental stages in educational, clinical, and community settings.



KEY LEARNING

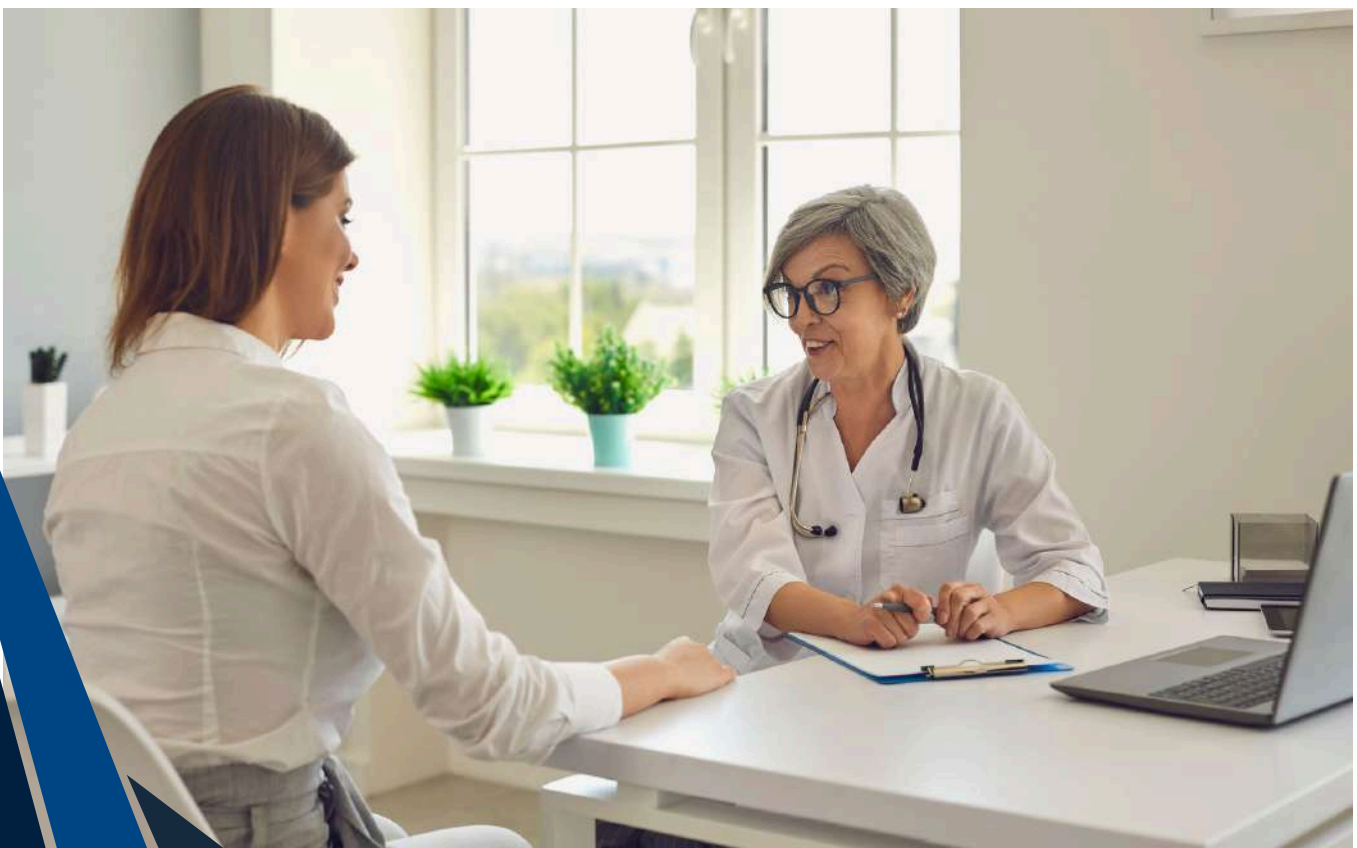
- What is Developmental Psychology?
- Intro to Child Psychology.
- What is life span and their age Range?
- Role of Child Psychologist in their field of mental health?
- Case History Taking .
- Mental Status Examination (MSE).
- Behavior Observation.
- Dealing with Clients.
- Major Childhood disorders.
- Concept and Assessment of Childhood Disorders.
- Behavioral Modification Therapy, Positive Punishment, Negative Punishment, Positive Reinforcement & Negative Reinforcement.
- Systematic Desensitization Aversion Therapy, Extinction and Applied Behavioral Analysis.

MODULE 2 :

CLINICAL PRACTICAL INTERNSHIP

The Clinical Psychology Internship offers in-depth, supervised training for students to engage with real clinical cases, apply psychological theories, and develop core diagnostic and therapeutic skills in mental health settings.

To provide hands-on clinical exposure and help students develop practical skills in mental health care, psychological assessment, and therapeutic intervention through supervised field experience.



KEY LEARNING

- Counselling skills, methods & session process
- Rapport building & therapeutic alliance
- Case history taking & Mental Status Examination (MSE)
- Behavioral observation & client interaction
- Practical training in CBT & REBT
- Assessment & management of childhood disorders
- Behavioral therapies – reinforcement, desensitization, extinction, ABA
- Supervised case work, role-plays & case presentations
- Ethics, documentation & professional self-care

MODULE 3 :

COUNSELLING PRACTICAL INTERNSHIP

The Counseling Psychology Practical Internship offers hands-on experience for students to apply theoretical knowledge in real-life counseling settings. This internship fosters essential skills such as communication, empathy, active listening, and psychological assessment.



KEY LEARNING

- Introduction to psychological counselling – what are the counselling skills methods & approaches.
- Process of counselling how to initiate the session .
- Guidance and supervision .
- Rapport Building ,MSE, Case history taking .
- Initiation of CBT,REBT.



MODULE 4 :

COGNITIVE BEHAVIOURAL THERAPY

Cognitive Behavioral Therapy (CBT) has a wide range of practical applications across mental health, physical health, and behavioral issues. Because it's structured, evidence-based, and goal-oriented, it's used in both clinical and everyday settings.



CBT has evolved into several variations or specialized forms, each adapted to target specific disorders, populations, or therapeutic needs. These variations share core CBT principles—changing thoughts and behaviors—but differ in techniques, focus, and structure.

KEY LEARNING

- Structured, short-term and goal-oriented therapy
- Focuses on thoughts, feelings, and behaviours connection
- Present-focused: deals with current problems
- Cognitive Restructuring – identifying & challenging negative thoughts
- Behavioural Techniques – exposure, activity scheduling, behavioural activation
- Homework & Assignments – practice outside sessions
- Psychoeducation – teaching clients about CBT model
- Effective for anxiety, depression, OCD, PTSD, phobias, stress & anger issues
- Builds self-help skills & prevents relapse

MODULE 5:

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



They participate in live or simulated therapy sessions, maintain detailed case files, write progress notes, and engage in weekly supervision with licensed professionals. The internship helps students develop essential counseling skills, ethical awareness, and emotional sensitivity.

KEY LEARNING

- Foundations of psychotherapy – goals, ethics & therapeutic relationship
- Core clinical skills: Rapport building, Case history, MSE, Behavioral observation
- Hands-on training in CBT, REBT, Behaviour Therapy, ABA
- Techniques: Reinforcement, Systematic Desensitization, Aversion Therapy, Extinction
- Working with children, adolescents & adults on real-world concerns (anxiety, depression, stress, OCD, trauma)
- Designing treatment plans & conducting supervised sessions
- Case presentations, role-plays & clinical documentation
- Professional development: Ethics, supervision, feedback & therapist self-care

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 Child
Psychology "

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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