

## MUSIC THERAPY CERTIFICATION COURSE

"MUSIC SPEAKS WHAT CANNOT BE EXPRESSED, SOOTHES THE MIND AND GIVES IT REST; HEALS THE HEART AND MAKES IT WHOLE, FLOWS FROM HEAVEN TO THE SOUL."





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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 meaningful changes in their personal 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 COMPA**



Mr. Somnath Sinha Co-Founder & CEO



Mr. Sanjay Sinha Co-Founder & COO



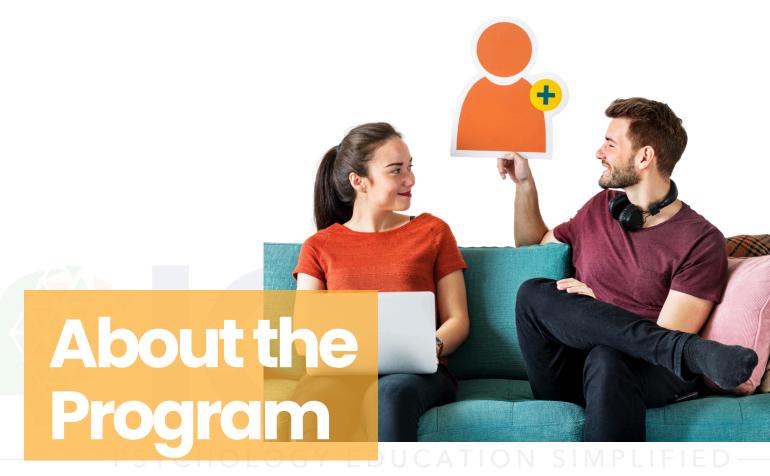
Mr. Rahul Nakra Co-Founder & Business Head

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.



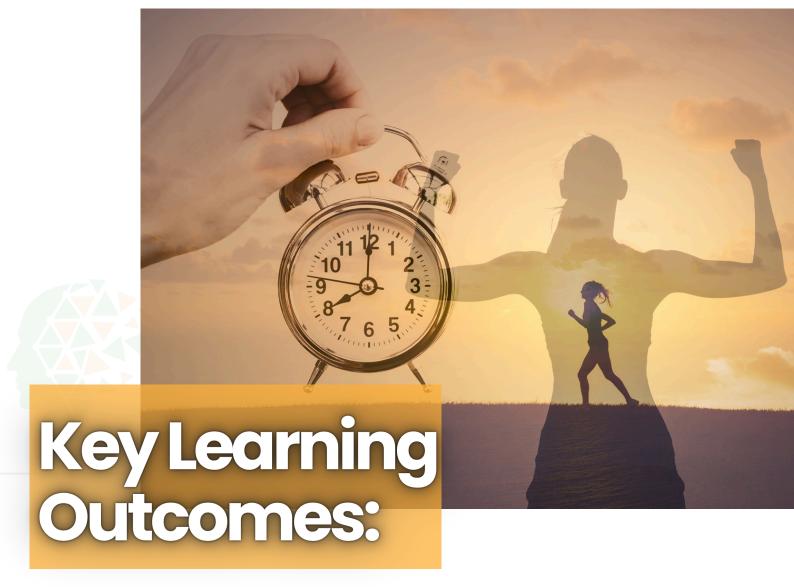




The Music Therapy Certification Course is a specialized program designed to provide a comprehensive understanding of how music can be used as a therapeutic tool to support emotional, cognitive, physical, and social well-being. This program blends scientific knowledge with practical skills, enabling learners to apply music-based interventions, assess client needs, and create personalized therapy sessions across diverse settings.







- ✓ Foundations of Music Therapy
- ✓ Neuroscience & Psychology of Music Healing
- ✓ Practical Exposure to Therapy Techniques
- ✓ Music for Emotional & Mental Well-being
- ✓ Assessment & Application in Music Therapy





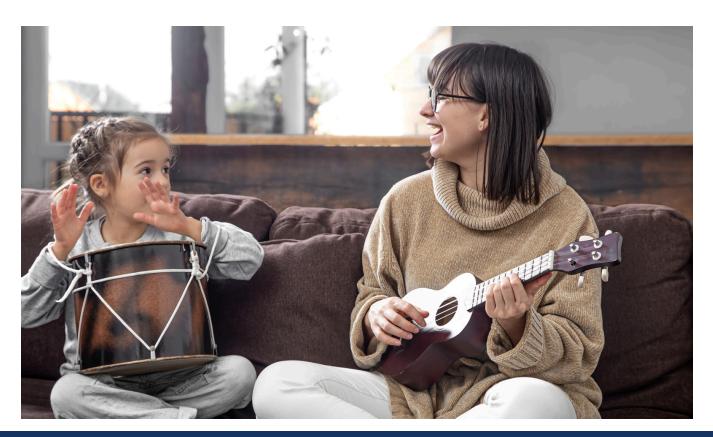
### PROGRAM CURRICULUM

Duration: 2.5 Months

#### **MODULE 1:**

#### FOUNDATIONS OF MUSIC THERAPY

Music therapy is the clinical use of music to improve physical, emotional, cognitive, and social well-being. Rooted in ancient healing practices, it has evolved into a structured, evidence-based approach that blends art, science, and empathy.







- Introduction to Music Therapy: Definitions & Core Concepts
- Historical evolution: Traditional vs. Modern practices
- Music Therapy in different cultures
- Music Therapy vs. Music Education vs. Music Healing
- Common myths & misconceptions about music therapy
- Music as a therapeutic tool in healthcare
- How music therapy works: Communication through sound & rhythm
- Understanding the therapist-client relationship in music therapy







### MODULE 2:

## SCIENTIFIC FOUNDATIONS OF **MUSIC THERAPY**

Music therapy is not just an art—it is rooted in neuroscience, psychology, and medicine. Research shows that music affects the brain, body, and emotions in measurable ways, making it an effective therapeutic tool.







- Neurological impact of music: Brain functions & neural pathways
- Music and neuroplasticity
- Psychological aspects: Music's influence on emotions, cognition & behaviour
- Music as an aid in stress, anxiety, depression management
- Physiological effects of music: Hormonal changes, relaxation, motor coordination
- Mind-body connection: Music in holistic healing



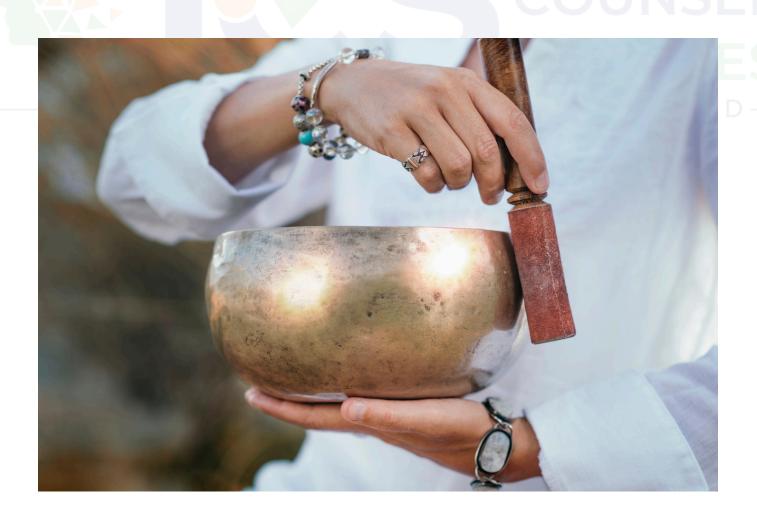




## MODULE 3:

### **SKILLS & PROCESS OF MUSIC THERAPY**

Music therapy blends specialized skills with structured processes to design and deliver personalized therapeutic experiences. It involves clinical reasoning, creativity, and empathy to achieve measurable health and well-being outcomes.







- Core qualities and skills required for a Music Therapist (empathy, listening, creativity, observation)
- Professional ethics & boundaries
- Stages of the Music Therapy Process



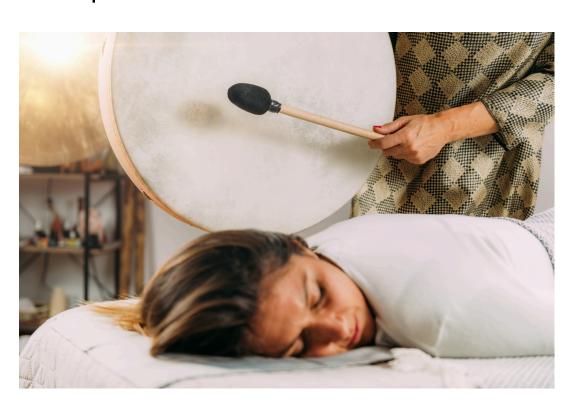




### MODULE 4:

#### **METHODS & TECHNIQUES OF MUSIC THERAPY**

Music therapy blends active participation and receptive listening to support overall well-being. Tailored music therapy methods enhance physical, emotional, cognitive, and social health. It uses creative and listening techniques to promote healing and growth. Active and receptive approaches in music therapy foster holistic wellbeing. By combining sound, rhythm, and expression, music therapy meets individual therapeutic needs.







- Active vs. Receptive Music Therapy
- **Core Techniques**
- Instrumental & Rhythm-Based Methods
- **Vocal Techniques**
- Guided Imagery and Music (GIM)
- Case Examples & Discussions
- Class Activities







### MODULE 5:

### INTERVENTIONS & PRACTICAL **APPLICATIONS**

Music therapy interventions use structured active and receptive methods—such as improvisation, listening, songwriting, and guided imagery—to address emotional, cognitive, physical, and social needs. They are applied in areas like stress relief, pain management, emotional regulation, and rehabilitation, with techniques tailored to each client's goals.







- Designing individual interventions: Personalized treatment planning
- Case study discussions
- Group interventions: Community & clinical settings
- Role of music therapy in schools, hospitals, and counselling
- Roleplays and demos: Handling a client in a music therapy session
- Practical simulation & feedback
- Course wrap-up & Q/A







## 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.





- 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 "Music Therapy Certification Course"

## **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

#### **CONTACT US:-**

- +91-9999010420
- info@indiancounsellingservices
- www.indiancounsellingservices.com



