



ICS

INDIAN
COUNSELLING
SERVICES

PSYCHOLOGY EDUCATION SIMPLIFIED



DIPLoma IN COUNSELLING PSYCHOLOGY

"A GOOD COUNSELOR DOESN'T GIVE YOU THE ANSWERS, BUT HELPS YOU
FIND YOUR OWN."



DURATION: 10 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

The Diploma in Counselling Psychology is a skill-based program that equips students with practical knowledge of counseling theories, techniques, and ethical practices. Through a mix of theory and hands-on training, participants learn to support mental health and emotional well-being across various settings. Ideal for psychology students and professionals aiming to build a career in counseling.



Key Learning Outcomes:

- ✓ Foundations of COUNSELLING,
- ✓ Motivation & Academic Engagement
- ✓ Hands-on Experience in one on one and group Counselling
- ✓ Supporting Student Mental Health & Preventing Burnout
- ✓ Psychological Assessment & Case Formulation
- ✓ Development of Practical Counselling Skills

PROGRAM CURRICULUM

 **Duration: 10 Months**

MODULE 1:

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

- Introduction to psychological counselling -what are the counselling skills methods & approaches.
- Process of counselling how to initiate the session .



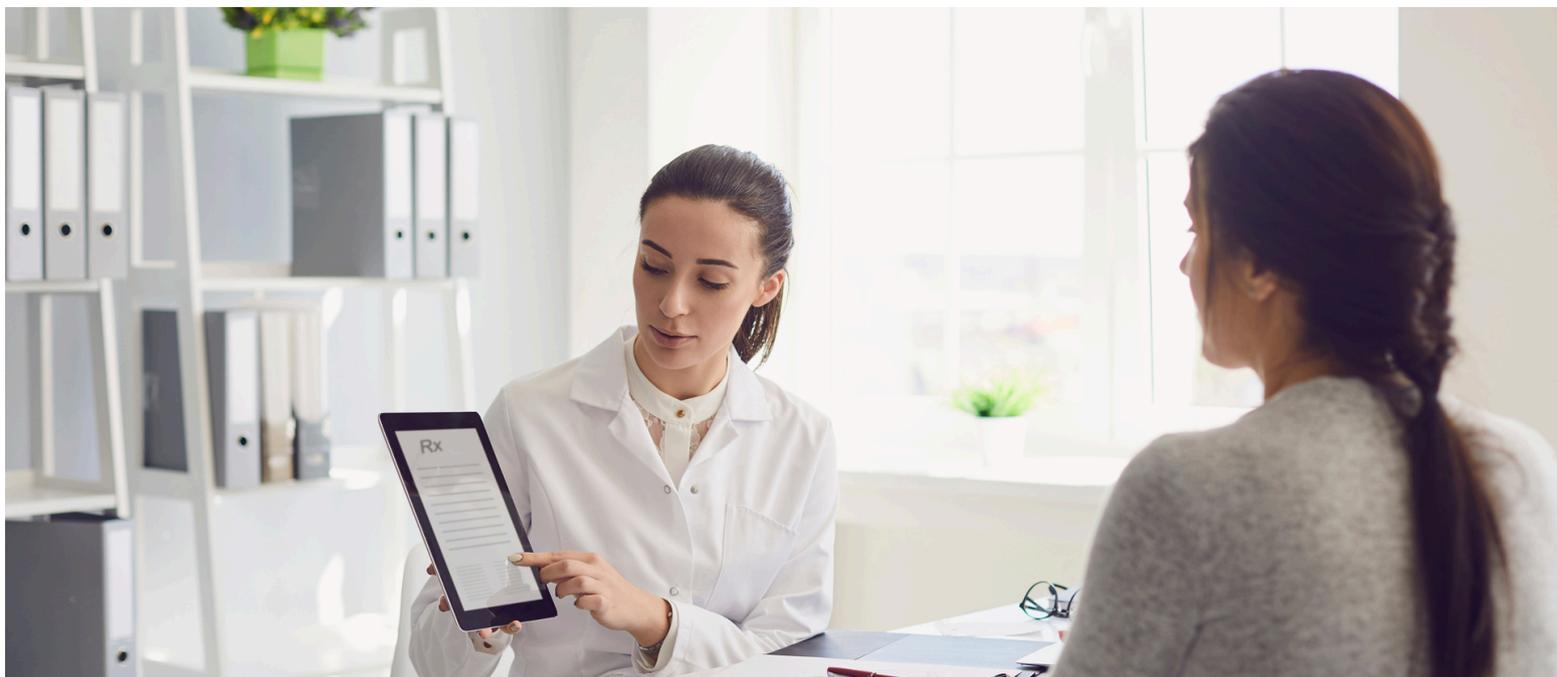
MODULE 2:

CLINICAL PRACTICAL INTERNSHIP

To provide hands-on experience in clinical settings where students can apply theoretical knowledge, develop core counselling skills, and understand ethical, professional, and therapeutic practices in real-world contexts.

KEY LEARNING

- Client assessment and case history taking
- Active listening and empathy development
- Therapeutic communication and intervention strategies
- Documentation and session planning
- Supervision and reflective practice
- Exposure to diverse mental health issues



MODULE 3:

PSYCHOTHERAPY PRACTICAL PROGRAM

To provide students with supervised, hands-on experience in the application of psychotherapeutic techniques, helping them bridge theory with real-world clinical practice. The program aims to build core counselling competencies, ethical awareness, and therapeutic presence in a professional setting.

KEY LEARNING

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



MODULE 4:

CHILD PSYCHOLOGY PRACTICAL PROGRAM

The Child Psychology Practical Program is designed to give students and professionals hands-on experience in understanding the emotional, cognitive, and behavioral development of children. This program combines theoretical knowledge with real-world application through:

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.



MODULE 5:

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 6:

RELATIONSHIP COUNSELLING

Relationship counselling is a structured, time-focused, evidence-based approach that helps couples identify and change unhelpful thoughts, emotional reactions, and behaviour patterns that affect their connection. It is based on the understanding that the way partners think about each other directly influences how they feel and behave. By recognising and reshaping negative thought cycles, couples can improve communication, reduce conflicts, and build a healthier, more supportive relationship.

KEY LEARNING

- Identify unhelpful thoughts and patterns
- Improve communication and clarity
- Handle conflicts with healthier responses
- Build trust, empathy, and understanding
- Strengthen emotional connection and teamwork



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 Counselling
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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