

DIPLOMA IN COUNSELLING & THERAPEUTIC APPROACHES

Comprehensive Training Program to Master
Counselling Skills and Therapeutic Techniques

Anitha Manjunath

Psychotherapist | Stress Management
Coach certified from International
association of counsellors & Therapist (IACT)





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Anitha Manjunath



SHRISTI
COUNSELLING

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MODULE:1
FUNDAMENTALS OF COUNSELLING
Anitha Manjunath
Internationally Certified Anxiety & Stress Management Coach | Psychotherapist

MODULE:2
TARGETED INTERVENTIONS FOR PSYCHOLOGICAL WELL-BEING
Anitha Manjunath
Internationally Certified Anxiety & Stress Management Coach | Psychotherapist

MODULE:3
PSYCHOTHERAPY TECHNIQUES
Anitha Manjunath
Internationally Certified Anxiety & Stress Management Coach | Psychotherapist

UNDERSTANDING EMOTIONS AND THOUGHTS

STRESS AND ANXIETY

STAGES OF COUNSELLING
ANITHA MANJUNATH
Internationally Certified Anxiety & Stress Management Coach | Psychotherapist

ART THERAPY
ANITHA MANJUNATH
Internationally Certified Anxiety & Stress Management Coach | Psychotherapist

CONFIDENTIALITY AND ETHICS
ANITHA MANJUNATH
Internationally Certified Anxiety & Stress Management Coach | Psychotherapist

THERAPY
COGNITIVE BEHAVIORAL THERAPY
ART THERAPY
DEPRESSION
ADDICTION
PSYCHOANALYTIC THERAPY
STRESS & ANXIETY
ACTIVE LISTENING SKILLS
TRANSFERENCE
COUNSELLING PROCESS
BUILDING PERSONAL RESILIENCE
CONGRUENCE
EMPATHY
POSITIVE COPING MECHANISMS
COUNTERTRANSFERENCE
PERSON CENTRED THERAPY
OPEN ENDED QUESTIONS
MANAGING EMOTIONS EFFECTIVELY
EMPATHY
UNMASKING ISSUES
CONFIDENTIALITY AND ETHICS
MANAGING EMOTIONS EFFECTIVELY
EMPATHY
CONFIDENTIALITY AND ETHICS
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CONFIDENTIALITY AND ETHICS



Module : 1

Fundamentals of Counselling

1. Understanding Emotions and Thoughts:

Managing emotions effectively

2. Self-Awareness & Self-Care:

Building personal resilience

3. Core Counselling Values:

Empathy

Unconditional positive regard

Being non-judgmental

Congruence





Module : 1

Fundamentals of Counselling

4. Building Rapport and Professional Boundaries:

Confidentiality and ethics

Assertiveness and effective communication

5. Active Listening Skills:

Avoiding advice-giving

Using positive reinforcement





Module : 1

Fundamentals of Counselling

6. Effective Questioning Techniques:

Summarizing and paraphrasing
Open-ended questions

7. Stages of Counselling:

Unmasking issues
The counselling process

8. Transference and Countertransference:

Recognizing and managing these dynamics





Module : 2

Targeted Interventions for Psychological Well-being

- 1. Stress and Anxiety**
- 2. Addiction**
- 3. Marriage and Relationship Counselling**
- 4. Child Abuse and Trauma**
- 5. Workplace Counselling**
- 6. Behavioural Counselling**
- 7. Guilt and Regret Counselling**
- 8. Anger Management**
- 9. Depression**
- 10. Grief and Loss Counselling**





Module : 3

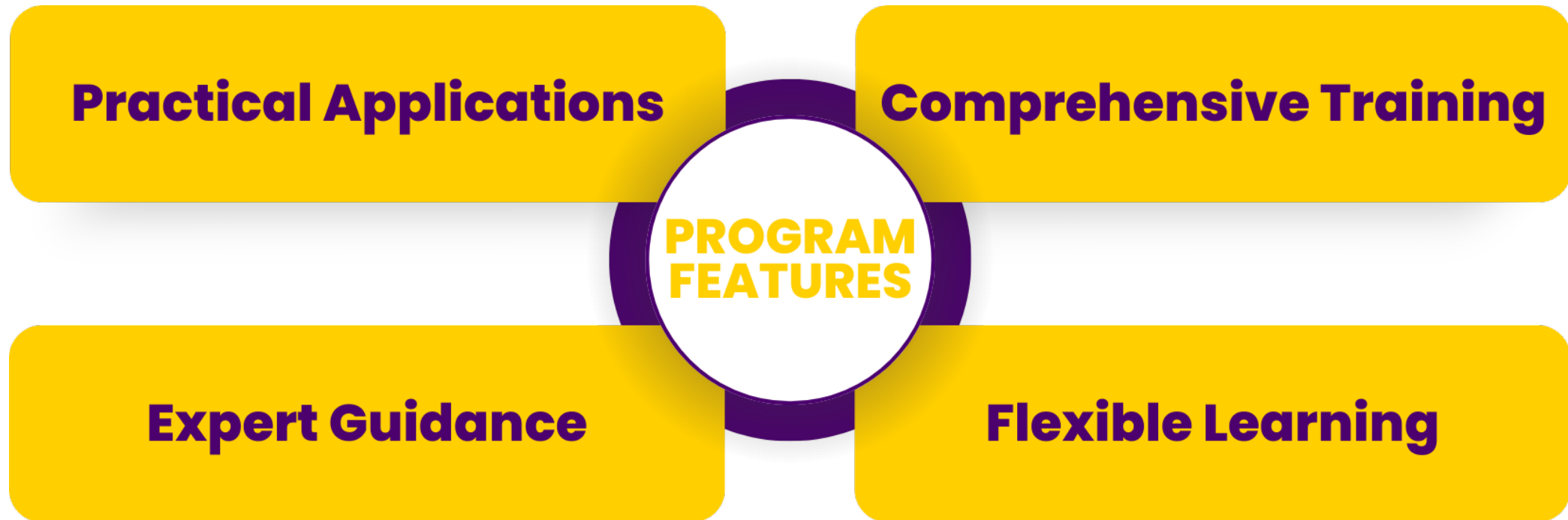
Psychotherapy Techniques

- 1. Psychoanalytic Therapy**
- 2. Person-Centered Therapy**
- 3. Cognitive Behavioural Therapy (CBT)**
- 4. Gestalt Therapy**
- 5. Art Therapy**
- 6. Hypnotherapy**





Program Features:





Program Features:

1. **Practical Applications:**

Real-life scenarios and case studies.

2. **Comprehensive Training:**

Covers core counselling skills and therapeutic approaches.

3. **Expert Guidance:**

Learn from experienced professionals.

4. **Flexible Learning:**

Designed for beginners and professionals alike.



Key Benefits of the Diploma in Counselling & Therapeutic Approaches



Master Core Counselling Skills:

Learn to build trust, communicate effectively, and support clients with empathy and professionalism.



Gain Practical Tools to Address Real-World Issues:

Handle challenges like stress, anxiety, addiction, depression, and grief with confidence.



Develop Advanced Therapeutic Knowledge:

Understand and apply key psychotherapy approaches, including CBT, Gestalt Therapy, and Hypnotherapy.



Specialized Training in Critical Areas:

Acquire insights into managing workplace challenges, marriage counselling, child abuse, and trauma.



Key Benefits of the Diploma in Counselling & Therapeutic Approaches



Build Emotional Intelligence and Self-Awareness:

Enhance your ability to understand and manage your own emotions, making you a more effective counsellor.



Prepare for a Rewarding Career in Counselling:

Develop the skills needed to excel in private practice, corporate settings, schools, or mental health organizations.



Practical Applications for Immediate Impact:

Learn actionable strategies that can be implemented in real-life scenarios to support individuals and groups.



Comprehensive Certification:

Receive a recognized diploma that boosts your credentials and enhances your career prospects.