



PSYCHOTHERAPY PRACTICAL PROGRAM

"THE GOAL ISN'T TO FIX YOU — IT'S TO UNDERSTAND
YOU."



DURATION: 1.5 MONTH

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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.



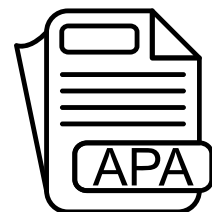
ISO - (International Organization for Standardization) is an independent, non-governmental body that develops and publishes international standards to ensure quality, safety, and efficiency.

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

Our Psychotherapy Program is designed to support individuals in exploring their emotional, psychological, and behavioral challenges in a safe, confidential, and compassionate environment. Guided by trained and licensed mental health professionals, this program helps clients gain deeper insight into their thoughts and feelings, develop healthier coping strategies, and improve overall mental well-being.

Whether you're navigating anxiety, depression, trauma, relationship difficulties, or simply seeking personal growth, psychotherapy provides a structured path toward healing and self-understanding.



Key Learning Outcomes:

- ✓ Foundations of Counselling
- ✓ Practical exposure to all applications
- ✓ Exposure to the counselling therapies
- ✓ Understanding the therapies
- ✓ Application of therapies

PROGRAM CURRICULUM

 **Duration:** 1.5 Month 8 sessions for 1.5 hours each

MODULE 1:

INTEGRATIVE PSYCHOTHERAPY WITH EXPOSURE THERAPY

Psychotherapy is a method for treating mental health issues through structured talk and evidence-based techniques. One powerful tool within this field is exposure therapy, which involves gradually facing feared situations to reduce anxiety over time.

When combined, exposure therapy and psychotherapy create a comprehensive approach that not only addresses behavioral symptoms but also helps individuals understand and manage the thoughts and emotions behind their fears. This integrative method is especially effective for anxiety, phobias, PTSD, and OCD.



MODULE 2:

PSYCHOANALYTIC AND PSYCHODYNAMIC THERAPY: A UNIFIED APPROACH

Psychoanalytic and psychodynamic therapies both focus on exploring the unconscious mind to understand deep-rooted emotional conflicts and patterns developed in early life. Originating from the work of Sigmund Freud, psychoanalytic therapy is more intensive and long-term, while psychodynamic therapy is a more modern, flexible adaptation.



MODULE 3:

CBT AND DBT: A COMBINED THERAPEUTIC APPROACH

Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT) both aim to improve mental health by changing negative thinking and behavior patterns. CBT focuses on identifying and challenging distorted thoughts, while DBT builds on CBT by adding skills like mindfulness, emotional regulation, and distress tolerance.



Together, they offer a comprehensive approach that helps individuals manage thoughts, emotions, and behaviors more effectively—especially useful for anxiety, depression, and emotion regulation issues.

MODULE 4:

MINDFUL SCHEMA THERAPY: INTEGRATING AWARENESS WITH DEEP EMOTIONAL HEALING

Mindfulness Therapy focuses on present-moment awareness and non-judgmental acceptance of thoughts and feelings, while Schema Therapy targets deep-rooted negative patterns (schemas) formed in early life that affect current behavior and relationships.



When combined, Mindful Schema Therapy helps individuals become more aware of their automatic emotional reactions and self-defeating patterns, allowing them to observe these responses without judgment and gradually change them. This integrated approach promotes emotional healing by blending deep cognitive work with mindful self-awareness and acceptance.

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
"psychotherapy practical
program"

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

