



**Post Graduate Program in
Counseling and Psychotherapy**



Maanas Institute of Counselling Education and Research



Post Graduate Program in Counselling and Psychotherapy (2 Year Part Time)

The PGPCP is a 2 year program that extensively trains people who want to become professional counsellors and psychotherapists. The First year consists of 5 papers, total of 480 hours out of which 240 hours is theory where the students will be trained in various schools of therapy, the fundamentals of personality and pathology. The 240 hours of practical will involve vigorous skills training. The second year consists of 5 papers, total of 576 hours with 240 hours of theory giving an exposure to different settings of counselling practice and how the practice varies in respective settings. 336 hours of practical will involve personal case studies as well as internship in their respective fields of choice.

Year 1	Year 2
Personality – A Deeper Look	Understanding Setting, Comprehensive Framework and Role
Client Centered Therapy (101 and 201)	Client Development and Pathology Diagnosis and Assessments
Group Therapy (101 and 201)	Personal Case work and Case Study Submissions
Family Therapy (101 and 201)	Group Work with Clients (Small and Large Groups)
Pathology- A therapist's perspective	Cognitive Behaviour Therapy (101 and 201)/ Transactional Analysis/ Play Therapy

Specializations

The 1st year remains common for all students and in the 2nd year students can choose from these 2 specializations:

- Educational Counselling
- Clinical Counselling

USP

- All our courses are experiential in nature and include lot of activities, role plays, skills practice, on the job exercises, self and relationship observations as integral part of the teaching methodology so that participants learn to observe the manifestation of various psychological concepts
- The format of our courses is such that they can be done alongside any other education or job
- There is an internship in the 2 year course that gives students an on the job training and skills practice
- We help all our students for job placements post the courses
- All faculty members for these programmes are practising therapists and teach from their rich work experience
- Guest faculty from Mumbai and Bangalore come and teach various portions of the program

Who all can attend?

Graduates from any educational background with an interest in emotional healing can apply. Psychology graduates preferred. People from all helping backgrounds like teaching, nursing, homeopathy, human resources etc can also join this course.

Fee Details of Post Graduate Program in Counseling and Psychotherapy:

First Year: Rs. 40,000/- (Rs. 30,000/- plus Rs. 5000/- exam fees plus Rs. 5000/- workshops)

Second Year: Rs. 45,000/- (Rs. 30,000/- plus Rs. 5000/- exam fees plus Rs. 5000/- workshops plus Rs. 5000/- internship)

Limited Seats. Total admissions - 15 participants. **Admissions Open till:** July 15, 2016.

Admission Process : All interested candidates will go through a written assessment and interview in order to understand their readiness for the Counseling Profession .

Email: courseinfo@maanas.org.in

Maanas Institute of Counseling Education and Research (MICER) is an educational institute started under the Maanas Trust with an objective of providing national level training to counsellors and psychotherapists. The focus for new trainees is to provide rigorous skills practice, understanding of varied therapeutic frameworks, intensive personal work and on the job training so that the students come out as well as equipped professionals. The focus for established counsellors is to provide upgradation courses so that there is continuous learning and development in the field. The focus for people from allied helping fields like teaching, nursing, medicine, social work, HR, NGOs is to develop empathic listening and conversational skills in all helping professionals. Finally, the focus also is to encourage research in the field of counselling and psychotherapy in India so that there is empirical data for reference.

Venue:
Flat No. 1, Tilak 4
Behind HCG Hospital
Maharashtra Society
Mithakhali, Ellisbridge
Ahmedabad
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