

# Syllabus

## Module 1 - Personal Identity

	Focus	Process	Outcome
Building self-awareness and shaping-up for the role as a counsellor	Preparing the participant to own the identity of a counsellor	Our unique frameworks to be used as a lens for self-discovery	<ul style="list-style-type: none"> <li>• Developing identity of a counsellor</li> <li>• Aligning the personality to the role of a counsellor</li> <li>• Ability to notice personal styles influencing counselling process</li> <li>• Ability to increase flexibility in communication patterns</li> <li>• Awareness about vulnerabilities, being authentic &amp; having ethical perspectives</li> <li>• Modelling personal well-being</li> </ul>
	Developing flexibility in the personality to accommodate a variety of client presentations	Group process and Self-reflections to enhance Self-knowledge Assignments reflecting self-growth	

## Module 2 - Integrating Theory & Practice

	Focus	Process	Outcome
Integrating Theory and practice	Significance on learning various schools of counselling	<ul style="list-style-type: none"> <li>• Teaching and demonstration of context-oriented practice</li> <li>• Guidance from practicing experts in the field of mental health</li> <li>• Using AV recording for self-monitoring and feedback</li> <li>• Assignments integrating theory &amp; practice with verbatims from practice sessions</li> </ul>	<ul style="list-style-type: none"> <li>• Relevant counselling theories and hands-on skill development</li> <li>• Developing contact fullness with the client</li> <li>• Ability to notice incongruencies, facilitate perceptual updates</li> <li>• Tools and techniques in facilitate changes</li> <li>• Observational skills to pick up cues</li> <li>• Ability to elicit unconscious patterns</li> <li>• Correlating content and process</li> <li>• Noticing blind spots and deaf spots</li> <li>• Ability to begin and close sessions &amp; negotiate for further sessions</li> <li>• Ability to set boundaries</li> <li>• Body awareness of the counsellor</li> </ul>
	Using frameworks & models to understand client presentation and formulating change constructions		

## Module 3 - Client Application

	Focus	Process	Outcome
Application & Supervision	<ul style="list-style-type: none"> <li>• Hands-on experience to start &amp; close a session</li> <li>• Revisiting theory and practice towards client work orientation</li> <li>• Facilitating an individual session &amp; making an overall session &amp; change plan</li> <li>• Understanding professional ethics</li> </ul>	<ul style="list-style-type: none"> <li>• Realtime application through 50 hours of internship &amp; supervision</li> <li>• Mini case studies</li> <li>• Writing client histories &amp; verbatims</li> <li>• Mini research &amp; presentations</li> </ul>	<ul style="list-style-type: none"> <li>• Ability to open a client's narrative</li> <li>• Ability to notice patterns in Client behaviour, emotional handling, fantasies &amp; cognitive patterns</li> <li>• Ability to notice patterns of clients in engaging in relationships</li> <li>• Framing hypothesis (diagnosis)</li> <li>• Ability to make contracts</li> <li>• Construct change options for client</li> <li>• Ability to use models and frameworks in diagnosis &amp; treatment</li> <li>• Maintain internal balance while working with the client</li> <li>• Awareness of emotions, compulsions, judgements and agendas of self</li> </ul>