



**UPS Education** **UTSAAH** PSYCHOLOGICAL SERVICES  
*A Psychology Institute* HEALTH – EDUCATION – RESEARCH



**S.P.M. COLLEGE (UNIVERSITY OF DELHI)**

IN COLLABORATION WITH

**UTSAAH PSYCHOLOGICAL SERVICES PVT. LTD.**

**CERTIFICATE COURSE IN**  
**COUNSELLING AND PSYCHOTHERAPY**

**Duration**  
200 Hours

**Mode**  
Online

**Fee**  
₹ 7000/-

**Last date of registration**  
20-July-2020

**Eligibility** Under Graduate/ Graduate/ Post Graduate in Psychology

**Course Coordinator**

**Dr. Virendra Pratap Yadav**

Assistant Professor,  
Department of Applied Psychology

**Course Designer & Promoter**

**Dr. Arvind Otta**

Director,  
Utsaah Psychological Services

**Patron**

**Dr. Sadhna Sharma**

Principal, SPM College  
(University of Delhi)

**Dr. Prabha Rani**

Assistant Professor,  
Department of Commerce

for further details

■ [www.spm.du.ac.in](http://www.spm.du.ac.in)

■ [www.upseducation.in](http://www.upseducation.in)

■ +91 999 071 7772

Registration link: <https://tinyurl.com/spmcdu>





**UPS Education** **UTSAAH** PSYCHOLOGICAL  
A Psychology Institute SERVICES  
HEALTH – EDUCATION – RESEARCH



**Shyama Prasad Mukherji College for Women  
(University of Delhi)**

In collaboration with

**Utsaah Psychological Services Private Limited**

# **CERTIFICATE COURSE IN COUNSELLING AND PSYCHOTHERAPY**

**Prospectus 2020**

Course Coordinator

**Dr. Virendra Pratap Yadav**  
Assistant Professor,  
Department of Applied Psychology

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Registration link: [Click Here](#)

Patron

**Dr. Sadhna Sharma**  
Principal, SPM College  
(University of Delhi)  
<http://spm.du.ac.in/>



## **ABOUT SPM COLLEGE**

SPM College is a well-known women's college of University of Delhi. It was established in 1969 in the memory of distinguished academician and statesman Dr. Shyama Prasad Mukherji. Today, Shyama Prasad Mukherji College has 112+ well-furnished classrooms, 7 seminar halls, a fully air-conditioned state of the art Auditorium with a nice ambiance, well equipped & fully computerized Library, well equipped Gym, laboratories such as Computer labs, Psychology lab, Food & Technology lab etc. The Campus is equipped with Internet Wi-fi Facility. All the labs, 6 seminar halls and 32 classrooms are equipped with projectors. Today, our college has evolved into one of the most progressive and dynamic institutions of the University of Delhi. College is located in Punjabi Bagh (West), New Delhi. It is well connected by the Shivaji Park Metro Station.

The Certificate Course in Counselling and Psychotherapy is started under the department of Applied Psychology of the college with the collaboration of Utsaah Psychological Services Private Limited.

## **ABOUT UTSAAH PSYCHOLOGICAL SERVICES PVT. LTD.**

Utsaah Psychological Services Private Limited was established with the aim of spreading the awareness/ knowledge of Psychology and Mental Health in India. Currently Utsaah Psychological Service offers their services in the field of Health, Education and Research. Utsaah is also running the Psychologs, India's First Psychology Magazine. The magazine offers a wide range of knowledge about diverse topics from the field of psychology.

## **COURSE OVERVIEW**

This course is designed to provide the learner with advanced exploration and analysis of counselling technique as well Psychotherapy. The learner will get opportunity to learn the concepts of traditional and contemporary counselling practice and various psychotherapies under the supervision of Registered Clinical Psychologist, Psychotherapist and Clinician.

The course modules follow a natural progression from personal development to theoretical approaches and skills practice, while also giving students an insight into counselling and psychotherapy as a profession.

The course allows learner to gain extensive knowledge and practical application of counselling skills and psychotherapy skills that students can apply at various places like clinic, hospital, school, industry etc. The learner will also get to learn the psychotherapeutic approach for different Psychological disorders. This certificate program can also be useful to a professional counsellor who needs a touch-up in new systems and practices in the field. The focus of the course is on developing the counselling and psychotherapy skills of personal presence and awareness of process. Attention is also paid to interpersonal and group skills.

## **LEARNING OUTCOMES**

- Learn different counselling and psychotherapeutic skills that are useful for various psychopathological conditions under the supervision of Psychotherapist and Clinician.
- Practical based tools and techniques to use with clients, in your personal life, career or relationships.
- How the mind processes day-to-day experiences and transforms your interpretation of them into emotions, fears, passions, actions and ultimately, outcomes.
- Establish healthy professional boundaries with your clients and create an environment that helps them to tackle faulty thinking styles.
- How to facilitate the positive transformation of how people think, feel and behave when pursuing their goals or objectives in life.
- How to become more self-aware of (and improve) the way you communicate, alongside the psychology behind these communication styles, relaxation and mindfulness.
- Conceptualization and knowing intervention-based techniques.

## **NATURE OF PROSPECTIVE TARGET GROUP OF LEARNERS**

Students of Psychology or students from various streams who have a basic knowledge on counselling and psychotherapy can join for the programme. Thus, the prospective target group of learners includes:

- Psychology Students
- Psychologists, Practitioners
- Rehabilitation psychologists/ Professionals
- School teachers/ Counsellors
- Other mental health professionals

## **COURSE STRUCTURE AND ELIGIBILITY**

### **Syllabus for the Course**

- **Psychopathology**

Approaches to psychopathology; classification systems – DSM-5, Neuropsychological disorders, Anxiety disorders and Eating Disorder, Personality disorder, Psychotic and mood disorders, Substance Abuse, Other behavioural disorders.

- **Diagnostic approach**

Clinical interview, Case History taking, Diagnostic interviewing skills, Mental status examination.

- **Counselling**

Basics of counselling, Ethical issues, Role of counsellor, Counselling by using positive psychology, Emotional disturbance, Drug Addiction, Relationship counselling, Counselling in Chronic illness, Occupational counselling.

- **Psychotherapy**

Relaxation procedures, flooding, systematic desensitization therapy, EMDR, Cognitive Therapy, Cognitive Behaviour Therapy, Client centre therapy, Family Therapy.

- **Internship**

Every enrolled student will be required to work in hospital, school, NGO and counselling setting.

**Duration of course:** 200 Hours

**Mode of Instruction:** Online

**Eligibility:** Under Graduate/ Graduate/ Post Graduate in Psychology

### **ADMISSION PROCEDURE AND COURSE FEE**

Course fee: ₹7000/-

Process of admission is as below:

Candidates need to submit an online form with all the required details including the payment transaction/ reference number/Cheque No/DD No.

The course fee can be submitted through following methods:

1. Through online bank transfer; Bank details are given below.

Bank Name: INDIAN OVERSEAS BANK

Branch: SPM COLLEGE PUNJABI BAGH NEW DELHI-26

ACCOUNT NO.: 176001000004585

IFSC CODE: IOBA0001760

ACCOUNT HOLDER: PRINCIPAL, SPM COLLEGE ADDON COURSES

2. Students can also send the Cheque/ Demand Draft in the favour of (Principal, SPM College Addon Courses) on the following address:

PRINCIPAL OFFICE, SPM COLLEGE PUNJABI BAGH NEW DELHI-26

For complete details: <https://www.upseducation.in/online-psychology-coaching/Certificate-in-Counselling-and-Psychotherapy>