

Three months Certificate Program in Counseling Skills

SOM&LS is launching a three-month Counseling Skills certificate program in October 2023. The certification with its comprehensive curriculum will be offered as a combination of both conceptual and practical knowledge of counseling skills. We believe that this program will make a significant contribution to the field of counseling education and meet the growing demand for skilled counseling professionals. The participants will acquire the required skills to make a successful career in this area.

Delivery and modus operandi:

- The program will be for 30 hours. NCU students will earn 2 credits.
- There will be 4 modules. The course will be delivered through a flipped classroom approach as well as blended learning approach.
- The participants will be given weekly assignments and rigorous continuous evaluation will be a part of the program.
- Minimum 80% attendance is required for the eligibility of earning the Certificate.
- A practical project is included in the certification program.
- Certificate will be awarded basis the attendance as well as the project submission.

Who is this program for?

Any student or professional who is interested to upskill themselves and get a Certificate for career and knowledge enhancement.

Program Fees:

The fees is proposed at Rs. 3500/- per participant.

Certificate Program Dates:

January 6, 2024 to March 15, 2024

Program Schedule:

Date	Time	Topics	Resource Person
6.01.2024	0930– 1330hrs	Case History, Micro-skill Hierarchy of Counselling	Ms. Harshita Jha
13.01.2024	1000– 1230hrs	Contemporary Issues of Child and Adolescents	Dr. Anubhooti Bhatnagar
20.01.2024	0930– 1400hrs	Concept of respectful interviewing and Counselling	Ms. Harshita Jha
27.01.2024	0930– 1330hrs	Naikan Therapy: Exercise for fostering Gratitude	Dr. Samiksha Jain
3.02.2024	0930– 1330hrs	Cognitive Behavioral therapy and its techniques	Dr. Samiksha Jain
10.02.2024	1000– 1230hrs	Narrative Therapy: Tree of life: Reclaiming your identity and direction in life through story	Dr. Anubhooti Bhatnagar
17.02.2024	0930– 1400hrs	Career Counselling: Conflicts of Career Counselling, steps of career counselling, Types of career test, Report writing	Dr. Samiksha Jain / Ms. Harshita Jha
24.02.2024	0930– 1330hrs	Emotionally focused therapy; Emotional Regulations: Skills and techniques to regulate emotions	Ms. Jyotika Goyal
25.02.2024-14.03.2024	10 hours	PROJECT WORK	-

Note: The participant will submit the soft copy of the project file or before 15th March 2024.

Course Outcomes (COs)	
Possible usefulness of this course after its completion i.e., how this course will be practically useful to him/her once it is completed. Upon completion of this course, the students will be able to:	
CO 1	To effectively introduce the concept of respectful interviewing and counselling
CO 2	To acquaint students with the micro-skill hierarchy of counselling
CO 3	To provide students the skill of conducting a counselling session
CO 4	To provide the different modalities or therapeutic techniques to students
Unit Number 1 - Case History taking, Concept of respectful interviewing and counselling	
Unit Number 2 - Micro-skill hierarchy of counselling, Contemporary issues of children and adolescents	
Unit Number 3 - Emotionally focused therapy; Emotional Regulations: Skills and techniques to regulate emotions; Naikan Therapy: Exercise for fostering Gratitude; Narrative Therapy: Tree of life: Reclaiming your identity and direction in life through story.	
Unit Number 4 - Career Counselling: Conflicts of career counselling, steps of career counselling, Types of career test, Report writing; Cognitive Behavioral therapy and its techniques.	

Profile of Resource Persons

Dr. Samiksha Jain, Assistant Professor (Psychology) at The NorthCap University, Gurugram.



She holds a Doctorate degree in Psychology. She was a Gold Medalist in her academic year of Masters Clinical Psychology. She has also worked with Government of Delhi as an Empanelled Psychologist. She has more than 15 research papers published in the International or National journals (listed in SCOPUS, UGC care Journals, Group-1, peer reviewed journals). She has presented many papers in International and National conferences. She has organized international conferences in Turkey and New York City. She has guided various UG/PG level students in their dissertation projects. She is certified in Cognitive Behavioral Therapy, SPSS, Number analysis, Signature Analysis and Career Counselling. Her specialization is Clinical Psychology, Counselling Psychology. She has attended various seminars, workshops and Development Programmes in her field.

Ms. Harshita Jha- Assistant Professor, Psychology at The NorthCap University, Gurugram, Haryana.



She completed her Masters in Psychology, post-graduate diploma in guidance and counseling. Harshita has previously worked as a research fellow in the field of Military Psychology, at the Defence Institute of Psychological Research (DRDO, New Delhi). In addition, she was engaged with the All India Institute of Medical Sciences (New Delhi). Her primary interest areas include Social Psychology, Environmental Psychology, and Indian Psychology. She is especially interested in applying psychological theories and concepts to public policy.

Ms. Jyotika Goyal- Assistant Professor, Psychology at The NorthCap University, Gurugram, Haryana.



She is pursuing her Ph.D. in Psychology from Amity University, Haryana, Jyotika Goyal has around 7+ years of corporate experience. She has done her post-graduation in Psychology and graduation in English Literature. She is also a German-Language literate from Goethe-Institute. She aims to bring about the best in her students and work efficiently for the Institution.

Dr. Anubhooti Bhatnagar, is a social sector leader, NeoFusion Creative Foundation



She is working with adolescents for their education and empowerment. Dr. Anubhooti Bhatnagar holds a Doctorate degree in sociology is a published writer, certified coach, and professional artist. After several years of work around youth literacy, in 2013 Dr. Anubhooti founded NeoFusion with a vision that the lesser privileged youth of India should be transformed to come out of the generic poverty cycle. With her

vast knowledge of performing and visual art, in 2014 she lays the framework of the technique (Theater, Dance, Painting & Music) still used by the team. Fondly called “Maa” she is forced behind the foundation’s sustained work and growth. She has also worked as an Art Consultant in the Art Department of the “Times of India”, Time –NIE (Chennai). Her social work has been acknowledged by the Indian society and the foundation has received recognition for its continuous efforts in upliftment of underprivileged children.

Payment details-

Account Name – **The NorthCap University**

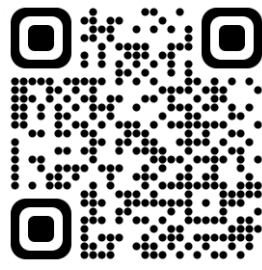
Account no. – **90481010005013**

Bank Name – **Canara Bank**

IFS code – **CNRB0000350**

Branch – **Green Park Ext., New Delhi**

SCAN TO REGISTER



Organizing Team:



Dr. Sona Vikas
HOD – SOM & LS
Program Chairperson



Dr. Samiksha Jain
Assistant Professor-Psychology, SOM & LS
Program Coordinator
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