

Certificate in Person Centered Counselling

Program Code		103
Job Titles		Community Counsellor
Duration		6 months
Credit Details		12 Credits: Total 240 Hours 120 Hours (8 Credits) = Theory 120 Hours (4 Credits) =WIL/ Field Work Practicum (6 Hs/ Day for 20 days)
Eligibility		Certificate in Social Work/ 12th Std Pass + Telephonic Personal Interview
Seats		20
Fees (in INR)		6000
Hours	Assessment	Contents
Hours: 30 (2 credits)	Marks: 50 Two Assignments (2 x25=50)	Course Code: CPCC-C01 Course Title: Personal Growth <ol style="list-style-type: none"> 1. Self-Disclosure, and Johari's Window 2. Feelings and Self-Concept 3. Communication 4. Family Systems and Types of Emotional Relationships 5. Values and Attitudes 6. Labels 7. Interpersonal Relationships: Communication Blockers; Conflict Management; Roles We Play 8. Decision Making: Circles of Influence & Concern. 9. Perceptions and Perspective 10. Death, Grieving, Spirituality and Religion
Hours: 30 (2 credit)	Marks: 50 Two Assignments (2 x25=50)	Course Code: CPCC-C02 Course Title: Skills in Person Centred Counselling <ol style="list-style-type: none"> 1. Basics of Interpersonal Communication 2. Person-Centred Counselling: Key Theorists, Core Principles and Values 3. Skilled Helper Model 4. Listening Skills 5. Reflecting Skills: Restating/Reframing, Affirmation and Summarising 6. Probing and Action Skills: Asking Questions; Interpretation; Confrontation/Challenging and Information Sharing 7. Problem Management Skills 8. Developing Empathy 9. Ethics in Counselling 10. Understanding Behaviour Change

Hours: 30 (2 credit)	Marks: 50 Two Assignments (2 x25=50)	Course Code: CPCC-C03 Course Title: Practice Settings <ul style="list-style-type: none"> 1. Substance Abuse 2. Domestic Violence 3. Crisis Situations 4. Suicide Prevention 5. Child Abuse 6. Stress 7. Disaster situations 8. Care and justice institutions 9. Caring for Yourself 10. Referrals
Hours: 45 (2 Credits)	Marks: 50 Two Assignments 2 x25=50	Course Code: CPCC-C04 Course Title: Expressive Therapy <ul style="list-style-type: none"> 1. What is expressive arts therapy? 2. Theoretical underpinnings of person-centred expressive arts therapy (PCEAT) 3. Artistic modality- I: Art Therapy 4. Artistic modality- II: Drama Therapy 5. Artistic modality- III: Play Therapy 6. Artistic modality- IV: Music Therapy 7. De-briefing skills 8. Procedure to apply expressive arts therapy in context of practice 9. Action research 10. Presentation
Hours: 120 (4 Credits) (24 days)	Marks: 50 <i>FW Viva:30</i> <i>FW Report: 20</i>	Course Code: CPCC-C05 Course Title: WIL/ Practicum in Basic Counselling Contact Program Coordinator for the request for internship letter which can be submitted to organisations willing to provide internship opportunities. Candidates who are already working in NGOs or government agencies can use the work integrated learning assignment.