



## **POST GRADUATE DIPLOMA IN SCHOOL COUNSELLING**

### **Need:**

Emotional health issues are nowadays relatively common, with more than 10% of 5 to 15 year old pupils experiencing them and they do not always get the help required as quickly as they should. The schools are committed to improve children and young people's mental health and wellbeing.

- Distractions, indiscipline, emotional outbursts, aggression, lack of attention and concentration, and stress management are major areas that schools are facing especially in the post pandemic era.
- Guidance and counselling also helps the students for optimum academic and other achievements, and adjustment in varied life situations.

The area of school counselling in India is in its nascent stage. It needs to establish itself and be accessible to every student in every school.

According to the guidelines issued by the Supreme Court of India and the Ministry of Human Resources Development, Govt. of India, schools should appoint a full-time counsellor. School counsellors can make a meaningful difference to a student who may be experiencing challenges at school or home. They can be instrumental in creating a secure and successful learning environment for all students.

There are no known university level academic programs that are yet available with exclusive focus on School Counselling.

The mission and vision of this School Counselling Program (SCP) is to prepare school counsellors who will utilise the professional knowledge, skills and practices necessary to promote the academic, career, personal and social development of the students.

### **Eligibility Criteria:**

Masters in Psychology or Social Work or Special Education, working School Teachers with a post Graduate degree in their discipline along with a B.Ed and at least 2 years of work experience, those who have completed MBBS, BAMS, BHMS.

**Duration of the course:** One year

**Fee:** Rs. 30,000\* + examination fee (approx. Rs. 2,000/-).

*(\*The fee can be paid in two instalments: Rs. 20,000 in the 1st semester and Rs. 10,000 in the 2nd semester.)*

**Mode of Learning:** Hybrid

**Contact/Offline Classes:** For a duration of minimum 10 days where administering assessments will be taught. It is compulsory to attend these 10 days of contact classes.

**Examination:** Offline annual exam at the end of the course

**Post Graduate Diploma in School Counselling (PGDSC):**

The course is designed by Feeling Minds®, a renowned organisation dedicated to bring emotional and value based education to all strata of society. The course is being conducted in affiliation with UGC recognised SAM Global University at Bhopal.

The curriculum is curated and will be delivered by Dr. Chinu Agrawal who has a rich knowledge base, and experience in counselling children and adolescents along with her equally competent team at Feeling Minds®.

**Highlights of the Course:**

- Equip the school counsellor to help school children facing emotional distress and challenges like academic difficulties, low confidence, bullying, peer pressure, anxieties and loneliness to name a few.
- Focus on specific childhood and adolescent issues which a degree in MA Psychology might not cater to.
- Application oriented with a right mix of relevant latest theoretical models and practical skill development.
- High employment opportunity.

**Counsellors will Learn:**

- Understanding children and adolescents' psychology
- Typical and atypical emotional problems faced by children in various age groups
- To conduct Teacher Training and Parent Education programmes
- To conduct Career Guidance programmes

**Assessments and Therapies:**

- Relevant psychometric assessments to screen and understand the issues faced by students objectively
- Specific and standard tools and techniques for interventions derived from evidence-based therapies like CBT, RECBT, Positive Psychology, ACT, MBCT, TA-CDT, etc. customised for children and adolescents.

**Internship:**

- 3 months internship focused on the application of the knowledge gained during the course under the supervision and guidance of experienced faculty of Feeling Minds® will be mandatory

For more information, please visit <https://youtu.be/IP5fy480eGw> or send an email to [ambika.fm.ops@gmail.com](mailto:ambika.fm.ops@gmail.com)