



UMMEED
Positive Living Initiative

ENABLE EMPOWER ENERGIZE



**6 months
webinar
based
certification**

MICRO SKILLS OF COUNSELLING & THERAPY

**For Psychology Students, Counselors, NGO Workers,
Social Workers & Allied Professionals**



**Experiential
learning
Training that
enables
you to be a
professional
therapist ,
deal with real
life
instances**

**New
batch
starts on
4th
August,
2020.**



COURSE Overview

Understanding Counselling- strength based counselling, myths & facts of counselling .

Qualities of a counsellor- learning empathy, non judgemental attitude, unconditional positive regard.

Understanding psychological needs & emotional development.

Process & stages of counselling.

Lifeskills for social & emotional wellbeing of youth.

Intervention- Behaviour Therapy, Cognitive Behaviour Therapy, General Intervention Techniques.

Bullying, Depression, Anxiety, Addiction- Symptoms and strategies .

Self harm tendency in youth- Protective factors for suicide prevention.

School counselling model tool kit.

Basic skills of a counsellor: attending skills, paraphrasing skills, summarizing skills, probing skills, responding & mirroring by counsellors, reflection of feelings of counselee.

**Ummeed
Counselling &
Consulting
Services**

**23 years of
professional work in
field of Mental Health
Advocacy
Coaching , Training
Empowerment,
& Life skill
Development**

**With Corporates,
educational
institutions
& Social organisations**

**Based in
Alipore Calcutta
www.umeedindia.net**

**For registrations Abira awaits
your call on 9830558900**

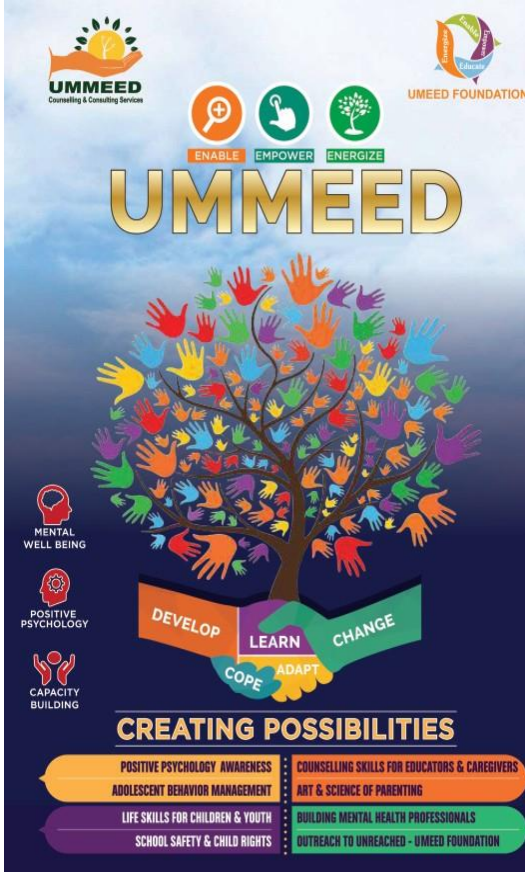


**Concessional
Fees:
Rs.: 21,000/-
+ 18% GST.**

Ms. Salony Priya (Founder Director) – Director
Ummeed, Counselling psychologist
Psychotherapist, Life skill Trainer, would be the
main course Director , along with Senior
Counsellors and consultants who would add
value to the course.

**POSITIVE PSYCHOLOGY APPROACH
BEHAVIOR TECHNIQUES for
adolescents
Tailor made interventions**

**75% attendance is
compulsory for the
certification.**



Anasuya Dasgupta



Abira Naskar,
Office executive



Trina Guhathakurta
Course Coordinator

Amity University ,She is a PG in Psychology from Delhi University with a diploma in Training & Development (ISTD, Delhi) & in counselling. She a BS Trainer in State Bank- Training College. 33 years of experience in employee counselling, personal counselling , specializes in depression as well as module based corporate training



Sarbani Samanta

(Ph.D in clinical psychology)- senior counsellor & Life Skills Trainer, 10 years experience in training counsellors PG students, in CBT, NLP, projective techniques, psychotherapy and Brain Gym.



Pinky Banerjee

Psychiatric counselling from Psychoanalytical society, alumina of Calcutta University, certified play therapist, senior counsellor and life skill trainer with 8 years experience in school counselling with more than 20 institutions .Specializes in need based interventions for adolescents



Dr. Nikita Jalan (M.Phil in Clinical Psychology, post graduate diploma in Clinical Hypnotherapy) - Consultant Ummeed, specializes in behavioral management of children ,such as defiance, conduct disorder, anxiety and depression. Implemented token system for group behavioral management. Immense experience , effective techniques, digital aided psychometrics and assessment are her key strengths .Also associated with *Dakshini Prayash (School for underprivileged children), Medica Superspecialty Hospital, Institute of Neurosciences, Kolkata.*



Ummeed team with their years of experience in counselling & psychotherapy , Shares their rich & diverse experience

Personal supervision

One to One counselling for self development

Resource material in 200 page booklet

Several Tools & checklist shared



Visit www.umeedindia.net