

MENTAL HEALTH AND COUNSELLING:

AN ONLINE CERTIFICATE COURSE

The Counselling Centre Bharati College, in collaboration with Psychoanalysis India, brings to you a four- month Certificate Course in Mental Health and Counselling. Mental health issues can entail an arduous psychological journey of the patient towards emotional healing. This is where Counselling plays a pertinent role. It promises to be one of the most fruitful means to address mental health difficulties.

The endeavour and primary objective of this course is to apprise you of mental health issues, understanding and facing psychological challenges, a significant step in the direction of becoming a counsellor/ mental health professional.

WHO IS A PSYCHOANALYTIC COUNSELLOR?

A psychoanalytic counsellor is involved with the patients' unconscious psychological issues and providing them with intervention and support. Psychoanalysis has been referred to as a 'talking cure'. The counsellor encourages the patient to freely associate i.e., speak about whatever comes to their mind and slowly unravels unconscious processes.

WHAT QUALITIES DOES ONE NEED TO BE A PSYCHOANALYTIC COUNSELLOR?

A psychoanalytic counsellor should possess knowledge about and skills such as

- Patience
- Confidentiality
- Ethics
- Empathy
- Neutrality
- Trustworthiness

The course will help you understand the dimensions of these and inculcate them in your personality and practice.

WHAT WILL BE TAUGHT IN THIS COURSE?

PART ONE: WHAT IS PSYCHOANALYTIC COUNSELLING?

1. History Taking: Consultation Session
2. Introduction to Psychoanalytic Counselling
3. a) What is Psychoanalytic Counselling?
b) How does it work?
4. Ethics
5. Creating a safe space and Beginning the Evaluation
6. Quiz/test

PART TWO: BEGINNING COUNSELLING

7. Setting the Framework and Establishing Boundaries
8. Neutrality
9. Alliance
10. Conducting a Counselling Session: Decisions about Length and Frequency
11. Empathic Listening
12. Reflecting
13. Learning to Intervene
14. Quiz/test

PART THREE: PSYCHOANALYTIC TECHNIQUE

15. Conducting Psychoanalytic Counselling
16. Free Association and Resistance
17. Transference
18. Countertransference
19. Defence Mechanisms
20. Dreams
21. Quiz/test

PART FOUR: MEETING GOALS

22. Meeting Goals of Counselling
23. Better Self Esteem
24. Improving Relationships with others
25. Improving Ego Functions
26. Quiz/test

PART FIVE: WORKING THROUGH

27. Working Through and Ending
28. Working Through- Resistances
29. Termination and termination challenges
30. Revision
31. Student seminars
32. Student seminars

WHO WILL TEACH?

The faculty consists of a number of international and national experts. Some of them are:

- Dr Anurag Mishra, MD, Psychiatrist and Psychoanalytical Psychotherapist; Founder, Psychoanalysis India; Chief- Psychoanalytical Unit, Dept. Of Mental Health and Behavioural Sciences- Fortis Healthcare
- Ms Urvashi Pawar, Fortis Healthcare
- Dr Ahmad Fuad Rahmat, Malaysia
- Dr Anna Kudiyarova, Almaty, Kazakhstan
- Dr Anup Dhar, Ambedkar University Delhi
- Dr Ashis Roy, Ambedkar University Delhi
- Dr Devayani Shevade, London, UK
- Dr Neetu Sarin, Ambedkar University Delhi
- Dr Suparna Banerjee, Founder SHYFT Studio, Gurgaon

The Course Coordinator is **Dr Sonali Jain**, Convenor, Counselling Centre, Bharati College (sonali.jain@bharati.du.ac.in)

In addition, there may be special lectures by eminent speakers. The course will be inaugurated by **Professor Sudhir Kakar**, psychoanalyst and thinker.

WHO WILL ISSUE THE CERTIFICATE?

On successful completion of the course, a student shall receive a certificate issued jointly by Bharati College and Psychoanalysis India.

WHO IS ELIGIBLE TO ENROL FOR THE COURSE?

Anybody who has completed Class XII or its equivalent, and is interested in mental health, is eligible.

WHAT ARE THE COURSE FEES?

There is a one-time fee of Rs 20,000 (Rs 18,000 for regular students of Bharati College). This covers everything for the entire duration of four months. There are no other fees or charges.

HOW IS THE COURSE GOING TO BE CONDUCTED?

The course will comprise 2 online lectures a week for 4 months. The lectures will be on Tuesdays and Fridays, 5 – 6.30 pm (Indian Standard Time). Along with that there will be evaluations; those who attend all the classes and complete the evaluation successfully will be awarded the certificate.

GREAT. HOW DO I APPLY?

Please fill the application form on the Bharati College Website and follow the steps given there.