

COUNSELING DURING DEVELOPMENTAL STAGES

Theories of Human Development, International Understanding of Developmental Stages (Asramadharm), Developmental Crisis, Developmental Milestones in Children, The Challenge of Being an Adult, Old Age and Care.

SELECTED AREAS OF SPECIALIZED APPROACHES IN COUNSELLING

Counselling the HIV/AIDS Victims, Counselling People with Disability, Counselling the Addicts, Pain and Palliative Care.

SCHOOLS OF PSYCHOTHERAPIES

Introduction to Psycho Therapy, Psychoanalysis and Psychodynamic Psychotherapy, Existential Psychotherapies, Humanistic Psychotherapies, Cognitive Psychotherapies, Behaviour Therapies, Integrative Psychotherapy.

FAMILY COUNSELLING AND THERAPIES

Definitions of Marriage, Understanding of Marriage and Family, Typical Causes of Marital Problems, International Understanding of Family and the Transitions of Families in the World, Role Relationship Marriage Counselling of H J Clinebell, Transactional Analysis Approach in Family Therapy, Family System Approach in Counselling, Experiential Approach in Family Counselling, Structural Approach in Family Counselling, Strategic Family Counseling, Parenting Guidelines for Family.

BEHAVIOUR MODIFICATION

Nature and Origin of Behavior Modification and Therapy, Classical Conditioning, Operant Conditioning, Relaxation and Systematic Desensitisation, Assertive Training, Modeling Procedure, Contingency Management, Aversion Therapy.

SALIENT FEATURES

- ✓ Experienced and well Qualified Faculty
- ✓ Best Resource Materials
- ✓ Best Practical Training



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Principal
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LIFEGATE COLLEGE OF COUNSELLING

REG. NO. 135/2019/IV/PTM/KL/INDIA

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VISION: The vision of Lifegate College of Counselling is to train men and women for ministering to broken hearted and to enhance holistic healing.

MISSION: Our mission is to inspire all students to develop their individual potential to become life-long learners who are committed agents of healing in our diverse and changing world.

OBJECTIVES

- ♦ To train Counsellors to identify areas that require counselling
- ♦ To provide skill and practice in counselling
- ♦ To enhance vision for the broken and needy around
- ♦ To provide counseling services to children, adolescents, adults, couples, and families from diverse backgrounds and varying socio-economic contexts

HISTORY: Lifegate College of Counselling emerged out of a vision for people who are perishing without a healer. In 2015 the vision was given to a group of people under the leadership of LGOCC directors to identify the need of counseling and to facilitate training in counseling inside and outside. The team discussed it and developed strategic plans to reach out to the broken hearted in various ways.

One of the most important methods was to train counsellors and therefore, in the year 2015 counselling training institute was established.

The institute also provides systematic interventions for those who are seeking mental health services.

FACILITATED BY



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Counsellor & Clinical Psychologist



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COURSES OFFERED

DIPLOMA IN COUNSELLING

Duration: 1 Year (10th Pass)

BA IN COUNSELLING & PSYCHOTHERAPY

Duration: 3 Year (Plus Two)

MA IN COUNSELLING & PSYCHOTHERAPY

Duration: 2 Year (Any Degree)



SYLLABUS

INTRODUCTION TO SKILLS IN COUNSELLING

The definitions of Leadership care and counselling, History of counselling, The Basic qualities of a good counsellor and the principles of counselling. The Identity and challenges of Leader as a counsellor, Ethical concerns in Counselling, The stages of counselling, Resources in Counselling.

UNDERSTANDING SUICIDE

Common Causes / Contributing Factors, Warning Signs of Suicide, Risk Factors vs Protective Factors, Psychological Aspects in Suicide Counselling, Counselling Skills Required, Crisis Intervention Steps, Ethical and Legal Considerations, Youth and Suicide, Postvention (After Suicide Attempt or Death), Practical Training Components for Students, Important Emergency Note.

THEORIES OF PERSONALITY

Introduction to Theories of Personality, Definition of Personality, Influences of Personalities, Personality Types, Eastern Theories of Personality, Early Developments of Theories of Personality, Trait Theory of Personality, Social Cognitive Theories, Personality Disorders.

PSYCHOPATHOLOGY

Introduction to Psychopathology, Anxiety Disorders, Mood Disorders, Schizophrenia & Other Psychotic Disorders, Sexual Disorders, Sleep Disorders, Childhood Disorders.

