POSTGRADUATE ACADEMIC PROGRAMME

Masters of Science in Counselling Psychology

Duration: 2 Years (4 Semesters) **Timings:** 09:45 AM - 03:45 PM

PROGRAMME OVERVIEW

This programme integrates theoretical and applied coursework to prepare students for diverse professional trajectories within counselling psychology, cultivating clinical and professional competencies through supervised practicum training, field-based exposure, certification pathways, individualized mentorship, opportunities for scholarly dissemination, on-site observerships and internships, and engagement with advanced research infrastructure. Students acquire a rigorous grounding in the theoretical foundations of counselling psychology, developing the capacity to apply psychological constructs across heterogeneous contexts, populations, and mental health settings, while concurrently undergoing practical training in evidence-based counselling modalities informed by a holistic conceptualization of mental health, applicable to work with individuals, couples, families, and groups across diverse cultural backgrounds. The curriculum further cultivates competencies in the design, execution, interpretation, and dissemination of psychological research, alongside a critical engagement with the ethical, legal, and professional standards governing counselling and mental health practice. In addition, the programme fosters leadership capacities, creative problem-solving, and social sensitivity, enabling students to identify community needs, advocate for psychological well-being, and emerge as socially responsible practitioners and agents of positive social change.

PROGRAMME OUTCOMES:

PO1
Apply in-depth knowledge and understanding of advanced concepts in the respective discipline to innovate and solve complex scientific problems.

PO2
Develop critical thinking, analytical reasoning, and problem-solving skills to address complex real-world challenges with scientific temper and objectivity.

PO3
Demonstrate independent research capabilities with scientific integrity and objectivity to advance scientific knowledge and technological innovation

PO4
Demonstrate effective science communication, sustainable technology use, and a strong commitment to professional ethics and collaborative skills to excel in academic, research, and professional roles globally.

PO5
Demonstrate awareness of environmental sustainability, cultural diversity, and inclusivity, contributing to the betterment of society.

PSO1
Demonstrate knowledge of the theoretical foundations of counselling psychology and its application in diverse contexts and populations.

PS02
Practice evidence-based and culturally-sensitive counselling based in a holistic model of mental health services for individuals, couples, families, and groups.

PS03
Exhibit an emerging professional identity and an openness to ongoing personal and professional development through engagement in relevant professional organisations, continued learning, and reflexive practices.

PS04
Design, implement, evaluate, interpret, and disseminate psychological research to solve real-world problems.

PS05
Demonstrate a critical understanding of professional, ethical, and legal policies and procedures in mental health and counselling practice.

PS06
Demonstrate skills of leadership, creativity, and social sensitivity to recognise the needs of the community and become active agents of change.

HIGHLIGHTS:

500+ Hours of Field Exposure – Extensive hands-on learning through supervised practicum, internships, field visits, and experiential training.

Multicultural & Holistic Counselling – Develop culturally sensitive, evidence-based counselling skills for working with individuals, couples, families, and groups.

Research & Publication Focus – Gain strong research competencies through research projects, data analysis, manuscript development, seminars, and publication opportunities.

Contemporary Therapeutic Skills – Explore diverse approaches including ACT, DBT, Narrative Therapy, Emotion-Focused Therapy, Play Therapy, Grief Therapy, and Mindfulness-based interventions.

Professional & Career Readiness – Build ethical practice, leadership, advocacy, mentorship, and professional competencies for diverse careers in counselling and mental health.

MASTERS OF SCIENCE IN COUNSELLING PSYCHOLOGY

Semester I
- HUMAN DEVELOPMENT, AND SOCIO-CULTURAL CONTEXTS OF COUNSELLING
- PSYCHOLOGICAL RESEARCH METHODS
- COUNSELLING THEORIES AND TECHNIQUES - I (INDIVIDUAL)
- MULTICULTURAL COUNSELLING SKILLS - I
- AI AND ETHICS IN COUNSELLING

Semester II
- COUNSELLING THEORIES AND TECHNIQUES - II (GROUP)
- CHILD AND ADOLESCENT COUNSELLING
- COUNSELLING INTERVENTIONS FOR SPECIAL POPULATIONS
- MULTICULTURAL COUNSELLING SKILLS - II
- PSYCHOLOGICAL ASSESSMENTS
- PROFESSIONAL DEVELOPMENT GROUPS
- RESEARCH PROPOSAL AND SUPERVISION
- MENTAL HEALTH DISORDERS

Semester III
- TRAUMA INFORMED COUNSELLING
- COUNSELLING THEORIES AND TECHNIQUES - III (COUPLES & FAMILIES)
- SUPERVISED PRACTICUM
- RESEARCH MANUSCRIPT
- SUMMER INTERNSHIP
- DATA ANALYSIS LABS (QUANTITATIVE/QUALITATIVE)

Semester IV
- COUNSELLING SUPERVISION SEMINAR
- COUNSELLING INTERNSHIP
- RESEARCH SEMINAR & PUBLICATION
- BLOCK INTERNSHIP

ELECTIVE 1: OUT OF THESE ELECTIVES STUDENTS HAVE TO CHOOSE ONE:
- ACCEPTANCE AND COMMITMENT THERAPY
- COGNITIVE ANALYTIC THERAPY
- DIALECTICAL BEHAVIOUR THERAPY
- DREAM INTERPRETATION: JUNGIAN PERSPECTIVE
- NARRATIVE THERAPY
- PSYCHODRAMA IN COUNSELLING PRACTICES
- EMOTION FOCUSED THERAPY

ELECTIVE 2: OUT OF THESE ELECTIVES STUDENTS HAVE TO CHOOSE ONE
- GRIEF THERAPY
- SEX THERAPY
- POSITIVE PSYCHOLOGY INTERVETIONS FOR COUNSELLING PRACTICE
- ENTREPRENEURIAL SKILLS FOR COUNSELLING PRACTICE
- PLAY THERAPY
- MINDFULLNESS-BASED COUNSELLING INTERVENTIONS
- LIFESKILLS AND YOUTH INTERVENTIONS
- COUNSELLING IN HEALTH SETTINGS
- ASIAN HEALING PRACTICES

ADMISSION PROCESS

STEP 1
Register — Register with your Email ID and log in to the Admission Portal.

STEP 2
Apply Online — Fill the application form and pay the application fee.

STEP 3
Selection Process — Appear for the entrance test (if applicable), Skill Assessment, Micro Presentation and Interview.

STEP 4
Result — Check the login page for results; if selected, an offer letter is attached.

STEP 5
Fee Payment — Pay the course fee online and complete the admission process.

ELIGIBILITY & SELECTION PROCESS

ELIGIBILITY: Candidates who have passed Undergraduate degree with a minimum aggregate of 50% and above marks in any discipline including Nursing, Medicine, Allied Health, from any recognised University in India or abroad recognised by UGC / AIU, are eligible to apply.

Students appearing for their final degree examinations in March-June 2027 are also eligible to apply (Applicants who are in the last year of their studies should have secured 50% or above aggregate in all the Semesters / Years of Undergraduate Examinations conducted so far).

APPLICANTS PURSUING INTERNATIONAL CURRICULUM MUST NOTE THAT ELIGIBILITY IS ACCORDING TO AIU STIPULATIONS.

SELECTION PROCESS

SP PROCESS	SP PARTICULARS	SP TIME	SP MODE
Entrance Test (ET)	Entrance Test (ET) 90 Minutes except if otherwise specified	As per E Admit Card	Online Entrance Test
Skill Assessment (SA)	**Skill Assessment (SA):** Candidate will be given a topic to write.	As per E Admit Card	Venue Based SA_MP_PI
Micro Presentation (MP)	**Micro Presentation (MP):** Candidate should be able to talk for 90 seconds, on a topic given by the panel.		
Personal Interview (PI)	**Personal Interview (PI):** duration: 10 minutes		
Academic Performance (AP)	**Academic Performance (AP):** Assessment of past performance in Class 10, Class 12, and Undergraduate Degree. *The selection process (SA_MP_PI) will be held in person at the venue and date selected while submitting the application form online.*		

Documents: Applicants must upload all qualification-related documents through the link provided while submitting the online application form. Failure to upload the required documents will result in the rejection of the application.

Note: Applications submitted without mark sheets/report cards, or with unclear or illegible scanned copies, will be rejected and marked as Not Eligible.

Office Timings: Monday to Friday: 09:00 AM to 04:00 PM, Saturday: 09:00 AM to 12:00 PM (Office remains closed on Sundays, Third Saturdays, Government Holidays and Any special events)