POSTGRADUATE DIPLOMA PROGRAMME

Post-Graduate Diploma in Counselling Psychology

Duration: 1 Year (2 Semesters) | Weekend classes Timings: Fridays 6 pm to 8 pm, Saturdays 1 pm to 6 pm and Sundays 8 am to 1 pm

Weekdays asynchronous readings and submissions: Monday to Thursday (6 pm to 8 pm)

PROGRAMME OVERVIEW

Psychosocial issues are enormous in our day-to-day living and assisting individuals to cope adaptively becomes vital. This course provides hands-on training in professional counselling and enriches the candidate's knowledge and skills related to counselling practice in diverse fields like health, NGOs, educational, and occupational settings. PG Diploma in Counselling Psychology is a one-year diploma programme that integrates theory and practices in psychological counselling for working professionals who are passionate about counselling individuals with significant life stressors.

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 counselling skills practice in multicultural context

PS02
Assess individuals and groups using an evidence-based perspective and distinguish normal and abnormal behaviours

HIGHLIGHTS:

Theory-to-Practice Integration
This programme bridges the gap between academic concepts and real-world application, equipping working professionals with the core clinical competencies needed to manage complex life stressors.

Adaptive Coping Support
Focusing on modern psychosocial challenges, the curriculum trains practitioners to help individuals develop resilient, healthy responses to the stressors found in daily life.

Experiential Skill Building
The course prioritises hands-on, supervised training. This practical approach ensures candidates transform theoretical knowledge into refined, professional counseling techniques ready for immediate use.

Multi-Industry Versatility
Graduates are prepared for diverse environments, gaining the specialized skills required to practice within NGOs, healthcare facilities, schools, and corporate occupational settings.

Note: The course prepares the candidates with foundational knowledge and skills essential for practice but they need to complete a masters programme in counselling psychology or work under supervision for minimum 5 years to engage with real life clients.

PROGRAMME STRUCTURE

Semester I

- Approaches and techniques in Individual Counselling
- Counselling Across the Lifespan
- Mental Health Disorders
- Multicultural Counselling Skills
- Assessments in Counselling

Semester II

- Approaches and techniques in Group Counselling
- Counselling in Health Settings
- Counselling in Educational Settings
- Counselling in Occupational Settings
- Cross-cultural Advanced Counselling Skills
- Assessments in Applied Contexts

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 completed Bachelors' degree in any discipline
- Who have minimum 50% of marks from a recognized University
- Preference will be given to working professionals especially those in educational, occupational and health settings, NGOs and other service centric professionals.
- Passion for counselling service and adaptability to multicultural practice
- Who have basic understanding about counselling

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

SELECTION PROCESS

SP PROCESS	SP PARTICULARS	SP TIME	SP MODE
Skill Assessment (SA) | **Micro Presentation (MP) |** **Personal Interview (PI)** **&** **Academic Performance (AP)**	**Skill Assessment (SA):** Candidate will be given a topic to write. **Micro Presentation (MP):** Candidate should be able to talk for 90seconds, on a topic given by the panel. **Personal interview (PI):** duration: 10 minutes **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.	As per E Admit Card	Venue Based SA_MP_PI

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)