

<p><b>National Council of Education –</b> The National Council of Education, Bengal (NCE-Bengal) was founded on 11th March, 1906 by eminent nationalist leaders like Satish Chandra Mukherjee, Rabindranath Tagore, Aurobindo Ghosh and other such persons. to impart adequate Literary, Scientific and Technical knowledge on national lines.</p>	<p>Proper Responding - Reflection,, Paraphrasing &amp; other responses in counselling, Different Aspects of the Process of Counselling.</p>	<p>Feedback Principles, Dealing with Criticism, Strategies &amp; Techniques for Handling different and difficult persons.</p>
<p><b>Objective of the Course:</b> There is a growing demand for counsellors in schools, welfare organizations, marriage/family counselling centres, NGOs/International agencies, support groups for alcohol / substance users, jails/correction centres, community-based mental health programmes, police training centres and human relations programmes. In view of the felt need for counsellors, the Institute has begun a one-year Post Graduate Diploma Course in Counselling, offered through participatory and experiential modes. This course is for those who wish to offer their services to the society but do not have adequate skills in counselling.</p>	<p><b>Humanistic Therapy &amp; Client Centred Counselling:</b> Historical Context of the Humanistic approach, Carl Roger’s Theory of the Person, Phenomenological point of view , Self Concept, Organismic Self, Key Concepts in the Client Centred Approach, Actualising Tendency, Organismic valuing process, Positive Regard, Conditions of worth, Conditions of Humanistic Counselling, Unconditional positive regard, Empathy, Congruence, The Counsellor-Client Relationship, Conditions for change &amp; Steps in the counselling process. Need Theory - Self Determination Theory, The three basic needs and desire. Need substitute and Compensatory motivation.</p>	<p><b>Personality Development in Adolescence:</b> Developmental tasks at specific stages, Characteristics of Adolescence, Bodily changes &amp; its effects, Hazards of puberty, Cognitive, Emotional &amp; Moral development in adolescence, Changes in Social status &amp; Family relationships, Counselling Adolescents and Parents of adolescents.</p>
<p><b>Eligibility:</b> The candidate must be a graduate in any discipline from a recognized University-Indian/Foreign. Those who are graduating in the current year can also apply.</p>	<p><b>Concepts of Classical and Operant Conditioning:</b> Introduction to Behavioural theories, Behavioural therapeutic process &amp; Techniques. Concept of Classical &amp; Operant Conditioning, Behavioural therapeutic process &amp; Techniques, Positive Parenting for small child, Relaxation, Desensitisation, Graded Exposure</p>	<p><b>Psycho-Sexual Aspects of Wellbeing:</b> Sexuality, Sex &amp; Gender. Myths associated with sexuality, Gender Identity &amp; Roles and their significance in cultural contexts, Differences in Sexual Orientation, Sex Response Cycle, Sexual Health and Sexual dysfunction.</p>
<p><b>Duration:</b> Eighteen months. Classes are held on Thursdays and Fridays from 6:00 to 8:00 pm. Skills Facilitation classes are held on specific Saturdays.. Workshops are held for full day on pre-notified Holidays. <b>DUE TO PANDEMIC ALL CLASSES ARE NOW HELD ONLINE, 6:30-8:30..</b></p>	<p><b>Cognitive Behavioural Approaches Towards Counselling:</b> Basic principles of Cognitive Behavioural Theory, Cognitive Behavioural Counselling &amp; Techniques and applications of CBC, Cognitive Distortions &amp; Inflexible Thinking, Identifying and Responding to Automatic Thoughts, Intermediate Beliefs &amp; Core Beliefs. Applications of CBC techniques, Cognitive restructuring</p>	<p><b>Psychopathology, Referral &amp; Special Areas of Counselling:</b> Concept of abnormality, Classification of mental disorders - Anxiety and Panic disorders, Mood disorders, Somatoform disorders, Personality disorders, Psychoses, Mental Status Examination, Identification of Mental Disorders for referral.</p>
<p><b>Course Content:</b> The course has been designed for those who wish to combine study with work commitments. The course includes <i>participatory and experiential</i> learning, <i>whole day</i> workshops, <i>and interactive group work, face-to-face individual personal growth sessions, hands-on skills training and Dissertation and Internship opportunity in schools under supervision of facilitators.</i></p>	<p><b>Key Concepts of Psychodynamic Theories:</b> Fundamental concepts of Freudian Theory- Id, Ego, Superego, Primary &amp; Secondary Processes, Defense Mechanisms.</p>	<p><b>Marital Counselling:</b> Choice of partner, Expectations from partner, Stages of relationship &amp; associated crises, Adjustment to changes in life patterns, Issues of Intimacy, Relationship with extended family, Extramarital relationships, Couple interventions, Characteristics of healthy couple relationship. Special issues in Couple Counselling.</p>
<p><b>Basic Counselling Skills:</b> Characteristics of a Counsellor, Barriers to Listening, Active Listening, Improper Responses,</p>	<p><b>Communication:</b> Different styles of Communication, Assertiveness Principles,</p>	<p><b>Wellbeing &amp; Positive Psychology:</b> Approaches to happy aging, Attitudes towards death, Principles of pleasure, The context and subject matter of positive psychology, Western perspectives on Wellbeing, Subjective Well-being, Psychological Well-being by Ryff, Critical Thinking Skills and Faith, Self - reflection and Spirituality as a mode of wellbeing in Eastern concepts of Well-being, coping strategies, Optimism and Hope, Self-efficacy, Love, Compassion, Forgiveness, Altruism, Gratitude, Wisdom and Courage, <b>Positive Psychological Startegies.</b></p>

**Personal Growth & Development:** Personal sessions are seen as enabling trainees to develop as reflective counsellors, learning to monitor and evaluate their attitudes, own needs and conflicts & personal development through the Personal Register.

**Skills Training:** This practice based module is concerned with the need for the development of competence which evolves through practice. Skills Training will be held on Saturdays 4 - 6 pm.

**Dissertation: Group Presentation & Project work:** Group Presentation and Project Work are to be carried out. A presentation and a dissertation are to be submitted at the end of the course.

**Evaluation:** Assessment procedure involves written and practical examinations at the end of each semester. The practical evaluation will include evaluation of active participation in group work throughout the course and assessment of their counselling skills in helping others to the path of well-being through peer counselling, case-work and role-plays.

**Course Fee:** The fee for the course is Rs.30000/- .

**Venue :** 188, Raja Subodh Chandra Mullick Rd, Kolkata – 700032.

**Key Faculties : Specialized and Skilled Professionals comprising Psychiatrists, Doctors, Psychologists, Rehabilitation Professionals and Counsellors.**

**Dr. Debashis Chatterjee :** Consultant Psychiatrist, President WHY(Wellbeing & Happiness for You), Founder Member MON Foundation.

**Dr. Swapna Jha:** Consultant Physician, Advisor, WHY(Wellbeing & Happiness for You)

**Dr. Debasish Sanyal:** Psychiatrist, Professor & Head of Department Psychiatry, KPC Hospital.

**Smt.Ananya Mukherjee, :** Wellbeing Consultant , former school teacher

**Dr. Nilanjana Paul:** Consultant Psychiatrist, Department of Psychiatry, ICARE Institute of Medical Sciences & Research, Advisor.

**Smt. Sumitra Mukherjee:** Formerly Faculty Rani Birla College, Counsellor Coordinator  
**WHY.**

**Smt. Srabasti Majumdar:** Consultant in Medical Psychology & Counsellor.

**Smt. Sarmistha Baksi:** Rehabilitation Psychologist , Counsellor, Dept. of Health, Govt. of West Bengal, Faculty.

**Smt Banani Ghosh:**

**Smt Sucharita Ghosh:** Consultant Psychologist & School Counsellor,

**Sri Sanjib Kundu:** Professional Social Worker, Counsellor.

**Our other Resource Persons are:-**

**Smt, Amrita Ghosh:** Wellbeing Consultant

**Smt. Soma Ghosh:** Wellbeing consultant

**Smt Saswati Chatterjee:** Wellbeing Consultant

**Smt Sonali Sengupta:** Wellbeing Consultant

**Smt Sanghamitra Roy:** Wellbeing Consultant

**Sri Tamal Dasgupta:** Wellbeing Consultant

**Smt. Papri Das:** Wellbeing Consultant ,educator

**Sri Kanchan Sengupta:** Wellbeing Consultant

**Smt. Sujata Chatterjee:** Wellbeing Consultant

**Course Coordinator:**

**Dr Sujata Roychoudhury,** Consultant Psychologist & Well-being Specialist, Faculty, Secretary, WHY(Wellbeing & Happiness for You).

**Course Director: Prof. Soumitra Basu,** Faculty Jadavpur University (JU), Former Coordinator Counselling Centre, JU, Advisor, WHY (Wellbeing & Happiness for You).

PROSPECTUS

## PG DIPLOMA COURSE IN COUNSELLING AND WELLBEING

Conducted by  
SCHOOL OF COUNSELLING & PROMOTIO  
OF WELLBEING



NATIONAL COUNCIL OF  
EDUCATION, BENGAL  
188, Raja S.C. Mullick Road  
Kolkata - 700032

INFORMATION GIVEN WILL BE SUBJECT TO  
CHANGE DEPENDING ON PANDEMI  
SITUATION.