



ANTARA

# Diploma in Psychological Counselling

PROSPECTUS

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**Antara Institute of Health Sciences**  
*A unit of Antara Society of Mental Health Sciences*



# INTRODUCTION

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In today's global context, mental health has emerged as a significant issue, and India is actively addressing this concern. Amidst the stresses of modern life, individuals are increasingly experiencing a range of mental health challenges such as depression, anger, mood swings, anxiety, eating disorders, obesity, addiction, and related issues. The Course in Psychological Counselling enhances your theoretical and practical skills to identify areas of distress and implement intervention programs aimed at assisting individuals in managing crises effectively..

Antara aims to fill the gap in specialist and non-medical prescribing counsellors and community mental health support system through this program. Established in 1971 in Antaragram, Kolkata, Antara has been providing comprehensive care for mental illness, addiction, and alcoholism. Recognizing the significant global burden of psychiatric disorders and an 83% treatment gap in India, Antara launched the 'Capacity Building in Mental Health: Professional Training' project via the Antara Institute of Health Sciences (AIHS) in 2021. This initiative focuses on training mental health caregivers to deliver competent care across clinical and community settings, particularly emphasizing rural outreach. Antara's goal is to enhance local support systems and contribute nationally to improved mental health care.





# MAIN OBJECTIVE AND LEARNING OUTCOMES

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Towards the end of this course, students will be able to,

- Acquire skills and competencies essential for effective public interaction and soft skill development.
- Apply ethical guidelines and principles in various counselling scenarios beyond professional counselling contexts.
- Utilize fundamental psychological concepts to analyze behavior, personality, and cognitive patterns, enhancing comprehension of human behavior dynamics.
- Apply acquired skills across diverse counselling settings such as mental health centers, hospitals, schools, clinics, NGOs, and rehabilitation centers.
- Develop a comprehensive understanding of psychopathology for diagnostic purposes and intervention planning.
- Cultivate assessment skills and utilize statistical methods to investigate, diagnose, and devise interventions effectively.
- Demonstrate the role of a psychological counsellor in entrepreneurial contexts, fostering leadership qualities and personal development, while adhering to legal standards in counselling practices.



# COURSE STRUCTURE

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- Duration: 1 year (August 2025 to September 2026)
- Training Delivery: Hybrid mode (Online distance learning for theory classes and 50 Hours of practical sessions at Antara Psychiatric Hospital, Antaragram)
- Medium of Instruction: English
- Eligibility Criteria: Graduate in any discipline
- Course Fees: INR 32,300 (Admission Fees: INR 8,300, 1st Instalment: INR 12,000, 2nd Instalment: INR 12,000)



# COURSE CURRICULUM

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**1 year course consisting of 2 semesters. Each semester contains 3 subjective modules. (A total of 6 modules)**

## **SEMESTER 1**

- **Module 1 - August to September - 64 Hours of: Introduction to Psychology and Understanding Human Behaviour-**
  - **□ History of psychology (Schools of Psychology), fields of Psychology, Methods of Psychology, Biological Perspective (structure of neuron, neural and synaptic transmission overview, Nervous system, structure of brain, endocrinology- the basics)**
  - **□ Sensation, perception, learning, motivation, Memory, emotion - general models and basic overview.**
  - **□ Personality- Definition, Theories- Freudian, Neo-Freudian , Humanistic, Trait, behavioural and social**
  - **□ Developmental Psychology - Psychological, Social and Moral Development in Child**



- **Module 2- October to November - 64 Hours: Introduction to Psychopathology**
  - **□ Meaning and criteria for Normality and Abnormality**
  - **□ Classification of Mental Disorders (ICD and DSM)**
  - **□ Organic Disorders (Dementia), Psychoactive Substance Use, Schizophrenia, Mood Disorders, Neurotic, Stress related and Somatoform disorder, Personality Disorders, Behavioural and emotional disorders with onset in childhood and Adolescent, Pervasive Developmental Disorders, Mental Retardation**
- **Module 3 - December- 32 Hours: Assessment techniques**
  - **□ Importance and purpose of assessment**
  - **□ Ethics of conducting assessments**
  - **□ Types of Assessments**
  - **□ Various Assessment tools in measuring Psychological Disorders (An overview of the tools along with what it measures, procedure of conducting -the basics) Example: IQ assessment, Personality Assessment and others. Note: Students will only be shown the tests and would be given information about it. No indepth administration demonstration will be shown.**
  - **□ Statistical concepts- central tendency , variables and corelation (no mathematical calculation for corelation)**
- **Practical - Topic discussions, Group projects**





## SEMESTER- 2

- **Module 4: January to February - 64 Hours: Counselling basics**
  - □ Introduction, Definition, purpose
  - □ Counselling, Psychotherapy, and Psychiatry - Difference, Do's and Dont's,
  - □ Types of Counselling, Fundamental skills required for Counselling
  - □ Ethics of Counselling
  - □ Techniques of Counselling
  
- **Module 5: March to May - 96 Hours: Counselling specifics**
  - □ Psychological Approaches to counselling
  - □ Child and Adolescent counselling
  - □ Family, Marital and Couples counselling
  - □ Substance Abuse
  - □ Educational and School Counselling, career counselling
  - □ Individual counselling
  - □ Geriatric counselling
  - □ Grief and Trauma
  - □ Workplace stress counselling
  
- **Module 6: June to July - 64 Hours - Basics of Psychotherapy**
  - □ Purpose and Importance of Psychotherapy, ethics of psychotherapy
  - □ Basic overview of Psychoeducation, supportive therapy, CBT, Group therapy, MET
  - Practical - Case History, Mental Status Examination, Patient interaction, case discussions and case presentation
  
- **Practical - Case History Writing, Mental State Examination**



## **PRACTICAL SCHEDULE FOR STUDENTS**

**Students are required to complete 50 hours of clinical practice and training at Antara Psychiatric Hospital, which will consist of eight days of attendance, each with a six-hour shift.**

- **Clinical Practice Start:**

**Clinical practice is expected to begin in the 4th module. Specific details will be shared closer to the date.**

- **Fixed Training and Assessment Days:**

**Three days are designated for mandatory training and practical assessments. These dates will be communicated one month in advance, and group attendance is required.**

- **Flexible Clinical Practice Days:**

**The remaining five days will be based on students' availability for clinical practice. During these days, students should conduct Case Histories and Mental State Examinations (MSE), aiming to complete at least five cases for each.**

- **Final Report Submission:**

**Students must submit a final report for assessment upon finishing their clinical practice.**





## MARK DISTRIBUTION FOR THEORY AND PRACTICUM

### Theory:

#### 1st Semester

- **Formative Assessment (FA): 30 Marks (10 Marks per Module x 3 Modules)**
- **Summative Assessment (SA):**
  - **Mid Semester Examination: 50 Marks**
  - **Project Submission and Presentation: 20 Marks**

#### 2nd Semester

- **Formative Assessment (FA): 30 Marks (10 Marks per Module x 3 Modules)**
- **Summative Assessment (SA):**
  - **End Semester Examination: 70 Marks**

### Practical:

- **Report Submission (5 Case History Writings and 5 Mental State Examinations): 50 Marks**
- **Presentation and Viva Voce: 50 Marks**



# Certificate of Completion

## CERTIFICATION AND EVALUATION

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Upon successful completion of the programme, participants will receive a 'Diploma in Psychological Counselling' certificate accredited by AIHS. Evaluation includes written exams, field reports, case submissions, practicum, and viva exams.



# Job Opportunity

Accounting	107
Administrative/Clerical	110
Inventory	
Legal Administration	
Legal Counsel	

## SCOPE OF EMPLOYMENT

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Graduates of the psychological counselling training program are equipped with essential public-facing, soft skills, and life skills training. They can apply their expertise in hospitals, mental health clinics, alongside psychiatrists, psychologists, or psychiatric social workers. Opportunities also exist in educational institutions, rehabilitation centers, NGOs serving diverse populations, corporate settings, and entrepreneurial ventures. Advanced studies in the field are also open to them.





# ADMINISTRATIVE DETAILS

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- Administrative Coordinator: Ms. Bincy Mary George
- Academic Coordinator - Ms. Shweta Saha
- Location: Antara Institute of Health Sciences, Antaragram, P.O- Dakshin Gobindapur, P.S- Baruipur, Kolkata – 700145

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The Diploma in Psychological Counselling at Antara Institute of Health Sciences is designed to equip individuals with essential skills in counselling, enabling them to support mental health care across diverse settings. Aligned with the mission of Antara Society of Mental Health Sciences, the program aims to enhance mental health education and advocate for rights-based approaches. This initiative empowers professionals to effectively address the distinctive challenges of mental health, contributing to improved outcomes for individuals throughout India.

**For further details and application, visit  
[www.antaraglobal.org](http://www.antaraglobal.org) or contact  
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