



Certificate Program in Psychological Counselling

PROSPECTUS

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



INTRODUCTION



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 program 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

Towards the end of this program, 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

- Duration: 1 year (October 2025 to September 2026)
- Course Delivery: Entirely campus-based, with theory classes and practical training held at Antara Psychiatric Hospital, Kolkata, West Bengal.
- Medium of Instruction: English
- Eligibility Criteria: Graduate in Psychology
- Course Fees: INR 25,000
(Admission Fees: INR 8,300,
1st Instalment: INR 8,350,
2nd Instalment: INR 8,350)



SYLLABUS STRUCTURE

Schedule: Every Saturday, 4 Hours

- **Hours 1–3: Lecture**
- **Hour 4: Practical exposure / role play / case discussion based on the lecture**

Module	Topics Covered	Hours Allocation	Mode
Module 1: Introduction to Psychology & Human Behaviour	- History of Psychology (Schools of Thought) - Methods of Psychology - Biological Perspective (Brain) - Sensation & Perception - Motivation & Emotion - Memory - Learning - Personality (Freud, Humanistic, Erikson) - Developmental Psychology (Piaget, Kohlberg & others)	25 hrs + 5hrs	Lectures + Practical(ppt presentation)
Module 2: 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 - Case-based discussions	25hrs + 5hrs	Lectures + Practical(case discussion)



SYLLABUS STRUCTURE

Module	Topics Covered	Hours Allocation	Mode
Module 3: Assessment Techniques	- Introduction & Ethics of Assessment - Psychological Tools - Hands-on practice with assessments	25 hrs	Lectures + Practical
Module 4: Counselling Basics	- Definition, Purpose, Steps & Goals of Counselling - Difference between Counselling & Psychotherapy - Types of Counselling - Ethics of Counselling	25 hrs	Lectures + Practical
Module 5: Counselling Specifics	- Career Counselling - Family & Relationship Counselling - School & Adolescent Counselling - Crisis Counselling	30 hrs	Lectures + Practical
Module 6: Psychotherapy	- Introduction to Psychotherapy - Ethics of Psychotherapy - Types of Psychotherapy (CBT, Psychodynamic, Humanistic, etc.)	30 hrs	Lectures + Practical
Total		170 hrs (42 weeks × 4 hrs)	



Certificate of Completion

CERTIFICATION AND EVALUATION

On successful completion, participants will receive a Certificate in Psychological Counselling with practical exposure at Antara Psychiatric Hospital. Evaluation will include exams, field reports, case studies, practicum, and viva.



Job Opportunity

EMPLOYMENT

SCOPE OF EMPLOYMENT

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.



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