

Dear Participant,

I'm sending you the course details as per your requirements. There are three certificate courses, after each course completion you will be awarded a certificate and after the completion of all three you will be awarded an advanced certificate in counseling. These therapies are research based and have efficacy independently of the other, but skills in all three *makes a counselor well equipped to handle any counseling situation effectively.*

1) CERTIFICATE IN HUMANISTIC PSYCHOTHERAPY

The Robert Carkhuff model of Personal Counselling, which is an offshoot of Carl Roger's Client-Centered Therapy. This certificate is necessary if you don't have any counseling background.

Course Content:

- Change certain counselor's attitudes and habits, which are not in agreement with correct counselling.
- Acquire the attitudes and skills that facilitate the counselee's learning process that leads him/her to grow in maturity and actualize his /her human potential.
- Learn the art of listening.
- Study the methodology of correct and complete communication.
- Get in touch with 'self' in order to have better understanding of the 'other'.
- Five stages of the counselling process; the goals to be achieved at each stage; and the means to be used to attain the goals.
- Practical training for the acquisition of *attending skills, responding skills, personalizing skills, initiating skills and evaluating skills.*
- Training in *empathy, genuineness, respect, concreteness, self-disclosure and confrontation.*

Eligibility: Open. No previous counseling background required.

Expertise: Beginner Level

Duration: Approx 10 hours

Timing: Flexible (60 to 90 minutes per session, three days a week)

Fees: ₹12,500/-

2) CERTIFICATE IN COGNITIVE BEHAVIOR THERAPY

Basic knowledge of counseling is assumed before undergoing this training.

Course Content:

- Basic concepts of CBT.
- ABC model.
- The thinking-feeling-behaving connection.
- Beck's Cognitive diathesis stress model
- 5 aspects model.
- Case conceptualization in Cognitive therapy.
- Session structure.
- Assessment of automatic thoughts.
- Assessment of cognitive distortions.
- Assessment of emotions.
- Core beliefs
- Cognitive restructuring
- Homework.
- Cognitive behavioral techniques.

Eligibility: Certificate in Humanistic Psychotherapy.

Expertise: Intermediate Level

Duration: 10 hours

Timing: Flexible (60 to 90 minutes per session, three days a week)

Fees: ₹15,000/-

3) CERTIFICATE IN RATIONAL EMOTIVE BEHAVIOR THERAPY

This is an advanced course which equips the counselor to deal with any presenting problem, either emotional or practical issues that the client faces. Training in previous two certificates is essential to undergo this training course.

Course Content:

- Detailed theory of REBT (A-B-C-Disputation etc.)
- Assessment of activating event
- Assessment of beliefs
- Assessment of cognitive, behavioral and emotional reactions
- Rational, irrational and indifference beliefs
- Dos and don'ts of therapy

- Doing the actual counseling, the practical training, step by step supervised training.
- Therapeutic techniques including disputation with more emphasis on disputation.
- Various cognitive, behavioral and emotive techniques, homework.
- Rational emotive imagery. Positive and negative
- Shame attack exercises
- Case discussions.
- Guidance on books and other resources and much more.

Eligibility: Certificate in Cognitive Behavior Therapy.

Expertise: Advanced Level

Duration: 10 hours

Timing: Flexible (60 to 90 minutes per session, three days a week)

Fees: ₹19500/-

The fees can be transferred by any of the following means

- 1) Cash in person.
- 2) Online, if you prefer internet banking or
- 3) Alternatively you can visit your bank and transfer the amount to the following account.

Account holder's name: Tejas Shah

Account number: 005701028190

IFSC Code: ICIC0000057

Bank: ICICI Bank, Prabhadevi Branch.

The course timings are flexible and can be decided, let me know when you would like to commence the course, so that we can decide the timing for our first session.

Kind Regards,

Tejas Shah, MSc. (Psy)

Testimonials I've received from my clients who have experiencing positive results in their lives:

"Dear Sir, I don't have the words to express my gratitude. Thank you so much! I had come across that advertisement accidentally on Facebook and I feel this is the only good thing which FB has gifted me! Thank you so much for your kindness. I never had such a healing experience before. Thank you :)"

- A Young Scientist from Kolkata.

"I want to be very frank and tell you that at the end of this session I saw HOPE. I am not sure exactly which point of the session hit the nail, but I saw HOPE for a better future. I think the therapy brought clarity about how working on the addiction will be more beneficial from a long-term perspective. I saw in that moment a very bright future.

- A Client Having Addictive Behavior from USA

"The tools simply melted away many issues of my life. My whole world changed within a few seconds. I started looking at everything differently. My interactions with my family, extended family, co-workers, employer, neighbors everything changed. Thank you :)"

- A Client Relationship Issues from USA

"You are AWESOME, In just few weeks I've already seen some changes in myself. I have realized that I really want to do so many things and I am not doing it.."

- An Entrepreneur from Mumbai.

"Excellent mind opening discussions and great insights into the subject of human psyche..."

- A NRI Participant from USA

"Distraction during work in my biggest Grey zone issue. No matter how much I try my will power to stay away from it goes only so far. Tejas gave me a simple tool. I have tried it for two days and it has helped me tremendously..! I hope to continue this practice and maximize my results.

Thanks Tejas."

- A Participant from USA

"Yes, It has changed a bit in me because when ever something wrong happens, I think that I want to change and whether this thing is in my list (within my Control) So I try to control it. I Want to give 100% to Morning Rituals as I think is the most Important part of our Life its basically Giving time to Yourself. If I think I do Not give time to My self by this Exercise I will be able to spend time with My self.

Thanks Tejas "

- A Young Entrepreneur from Mumbai

"The exercises have given me the seriousness that is is required to take my personal challenges head on. The basic aspect of sitting down and identifying the 'what' part was the key benefit for me., especially in the exercise that talks about 'GREY Matter'. The support from Tejas has been prompt and he was always available for any questions that I had.."

- A Happily Married Client from USA

"Exercises have improved my thinking, these days I spend less time on social networking sites, concentrate more on work, don't get irate / frustrated and hope to get more benefits ahead... Thanks Tejas :)"

- A Young Logistics Professional from Mumbai

"Exercises opened my mind to new possibilities and creative ways to achieve my goals..."

- A Software Professional from USA

"You have been very prompt in answering the mails and right on time for the delivery of the sessions so far. The personal touch by assuring whenever I felt de-linked is appreciated. Looking forward towards the remaining part of the sessions.

Thanks Tejas"

- A Young Female Participant from Bangalore

"Even though (like most customers) in the beginning I had felt that top-up sessions are expensive than what I had expected, you gave back way more quality knowledge and time than what I had paid for.. you are worth it. You have exceeded expectations and I am very happy to have you as my guide :) "

- A Participant from USA

"I would like to thank you for all your help and support throughout this therapy, I could feel a change in myself that I have come a long way in the process of undergoing this therapy. Though it was difficult for me initially to sync in but now it seems to come more easily. I believe I still have a long way to go in making this way of thinking and behaving as part of my life.."

- A Working Woman Participant from Hyderabad

Other Testimonials:

"It's been a pleasure to have worked with you. Your support has been very helpful. You did the work with a sense of commitment, dedication and priority. You considered the work as your own. You also showed a lot of creativity, independent thinking and initiative in your work. That's how real effective managers work. Your managerial skills are good.. You have very good technical skills as well, being proficient in computers and technology, you make things easy for work. Another quality I liked in you is dependability and honesty. That made it easy for me to trust you completely with almost everything. You went out of your way most of the times to get things done. Your hard work paid off we had a great success. You put my interest above your own, and its something very rare to find..."

- An Entrepreneur from India

"Relieved a lot of stress and able to relax my mind...!!!"

"Closing loops really made me feel good...."

"Helped me not to just think about doing this but to take it seriously...."

"Very Very Good...."