

CPSSC

Post Graduate Diploma in

COUNSELING **PSYCHOLOGY**

An overview - 2020

A: Buddhanagar, Kathmandu

T : 01-5905385

Tribhuvan University Affiliate



Background

Counseling Psychology and Social Studies College was established in 2006 AD in affiliation with Tribhuvan University. Well experienced teachers, psychologist and experts from related fields came together with an effort to provide quality education to develop skills and knowledge to meet the challenges and understand people, their problems and to find the ways to solve them through culturally consistent psychosocial approach.

Psychology is an approach that looks at the person's problem in relation to social and cultural environment. The application of psychology, thus, helps not only to identify the potentialities and strengths of the individual but also the nature of life's challenges, abilities to meet them, presumed causes of psychosocial problems and their assumed solutions. This college is established aiming to provide quality knowledge, education, counseling skills and numbers of training programs to the PGD students.



Experts from different countries will be invited to deliver lectures on subject matters related to psychology, sociology, education, culture and national development. The college apart from PGD in counseling psychology also conducts short-term counseling's skill development training. The courses are designed to provide general counseling skills relevant to professionals or voluntary workers in helping relationships with others, including social mobilizers, health practitioners, teachers, nurses and social workers.

The course based on recommended text and the experiences of the group. Core tutors are psychologists, practising counselors, teachers and social workers involved in different human service professional fields. The training package is to provide basic knowledge and skills in counseling.

Topics Covered

Introduction to Counseling and its Theoretical Approaches

Human Development and Life's Challenges

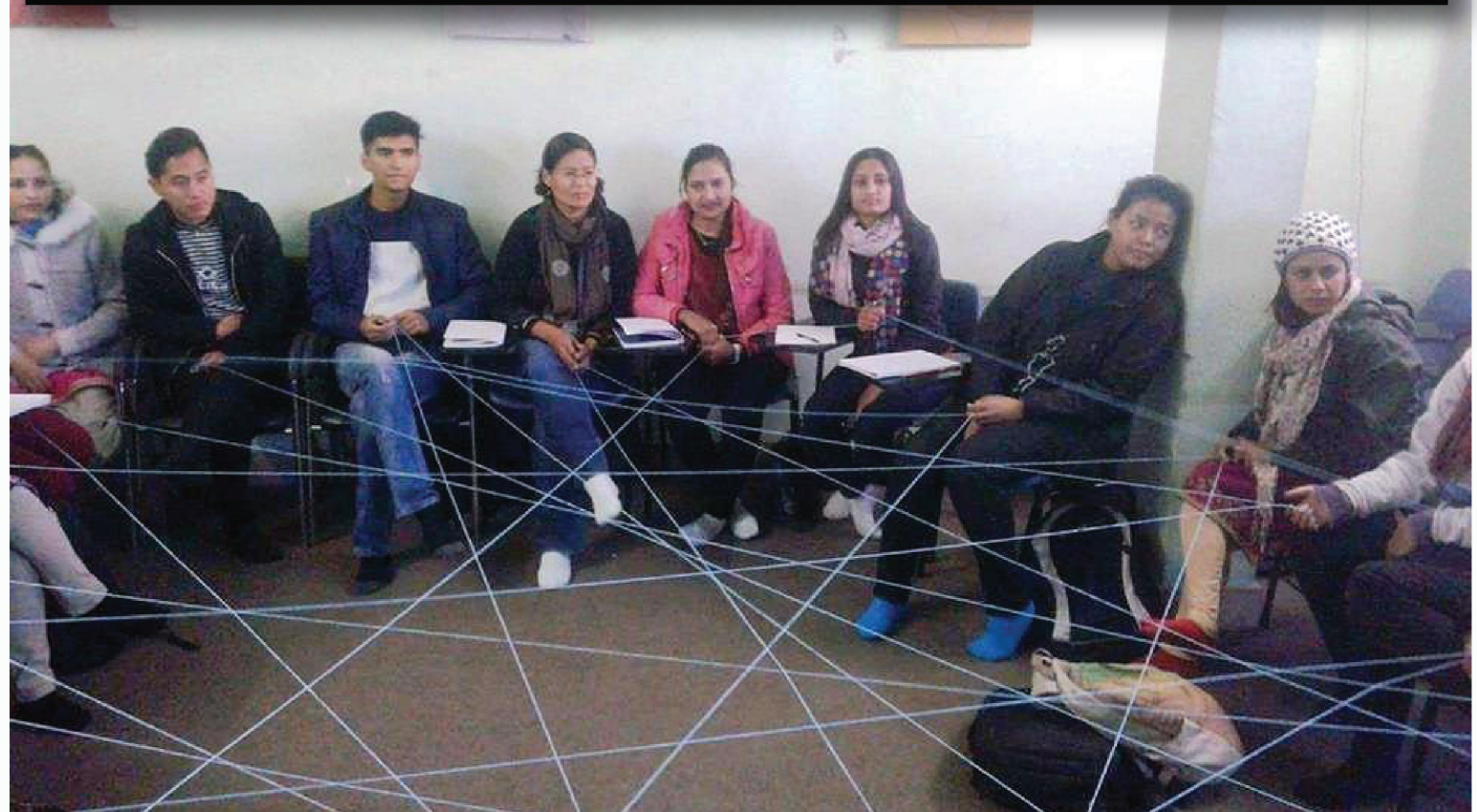
Psychosocial Health and Adjustment Problems

Psychological Testing of Psychosocial Problems and Report Writing

Process of Psychosocial Counseling and methods

Skill Learning and its Use

Internship and Case Conference



More on Counseling Psychology

Three days Training in Research Methodology

Basic and Advanced counseling Skill Training

Assessment and Diagnosis Training

Cognitive Behavior Therapy(CBT)

Creative Movement Therapy (CMT)

Meditation and Relaxation

Appreciative Inquiry (AI)

Group Counseling Training

Art Therapy

Life Skill Training

Supervision and Report Writing Training

Training Courses for PGD Courses

Career Opportunity

The course are of values in areas such as nursing, social work, non – governmental organization and INGO's engaged in offering counseling's psychology, teaching. Community mediator, business professionals, career counselors and self-growth. The courses are expected to provide valuable insight about human psychology, thus making participants equipped to deal with everyday problems professional come across.



Teaching Methods/Class Requirement

THEORETICAL AND PRACTICAL CLASSES

ROLE PLAYS

GROUP DISCUSSION AND PRESENTATION

SHORT DOCUMENTARY SHOWS

CASE CONFERENCES AND PAPER PRESENTATION

ASSIGNMENT (THEORETICAL PAPERS)

INTERNSHIP

EXAMINATION

Counseling Courses Offered

SHORT TERM

Ranging from one week to fifteen days orientation to supportive psychosocial counseling as required by the group or organization.




MEDIUM TERM COURSES

Ranging from four to six months training. The courses will cover some of the important aspects of theories related human problems, counseling approaches, assessment and counseling skills to use counseling to solve or minimize the psychosocial problems of the client.

Admission Guidelines

CPSSC College follows the admission guideline and criteria provided by Tribhuvan University. Students who have cleared Bachelor's degree or equivalent can apply for the course.

Application Checklist

-  Mark-Sheet, Character certificate and Transcripts of SLC, 10+2 and Undergraduate
-  2 passport size Photograph
-  A copy of citizen certificate

Course Fee

Application Fee : NPR 1000/-

Total Course Fee : NPR 70,000/- (Payable in Installments)

Class Schedule

Sunday - Friday

6:30 AM - 9:30 AM

For More Details

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