



# School Counselling Certification Program

A comprehensive certification program by the Institute of Clinical Hypnosis and Related Sciences (ICHARS) designed to equip school counselors, teachers, and mental health professionals with evidence-based techniques to support children aged 4-15 in their social, emotional, and academic development.

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# Course Description

This program equips you to effectively support school-aged children's social, emotional, and academic development through **advanced counselling techniques** specifically designed for elementary to middle school students.

## **Self-esteem and Confidence Building**

Techniques to help children develop positive self-image and believe in their abilities

## **Stress and Anger Management**

Methods to help children identify triggers and develop healthy coping mechanisms

## **Focus and Concentration**

Strategies to improve attention span and engagement in academic activities

## **Behavioral Issues**

Approaches to address challenging behaviors through positive interventions

## **Problem-solving Skills**

Frameworks to guide children in developing critical thinking and decision-making abilities

## **Emotional Regulation**

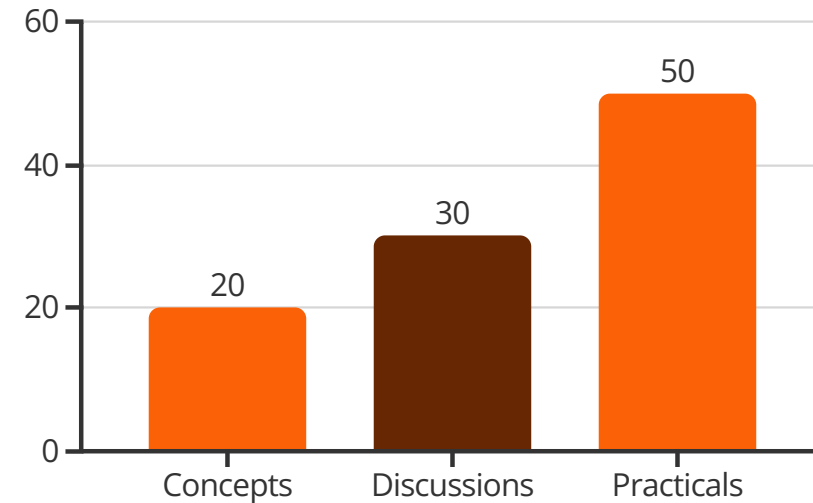
Techniques to help children recognize, express, and manage their emotions appropriately

All training is rooted in **evidence-based practices** and delivered through experiential learning approaches that prepare you for real-world application in school settings.

# Learning Methodology

## Our Balanced Training Approach

The ICHARS methodology balances theoretical knowledge with practical application, ensuring you not only understand concepts but can confidently implement them in school settings across India.



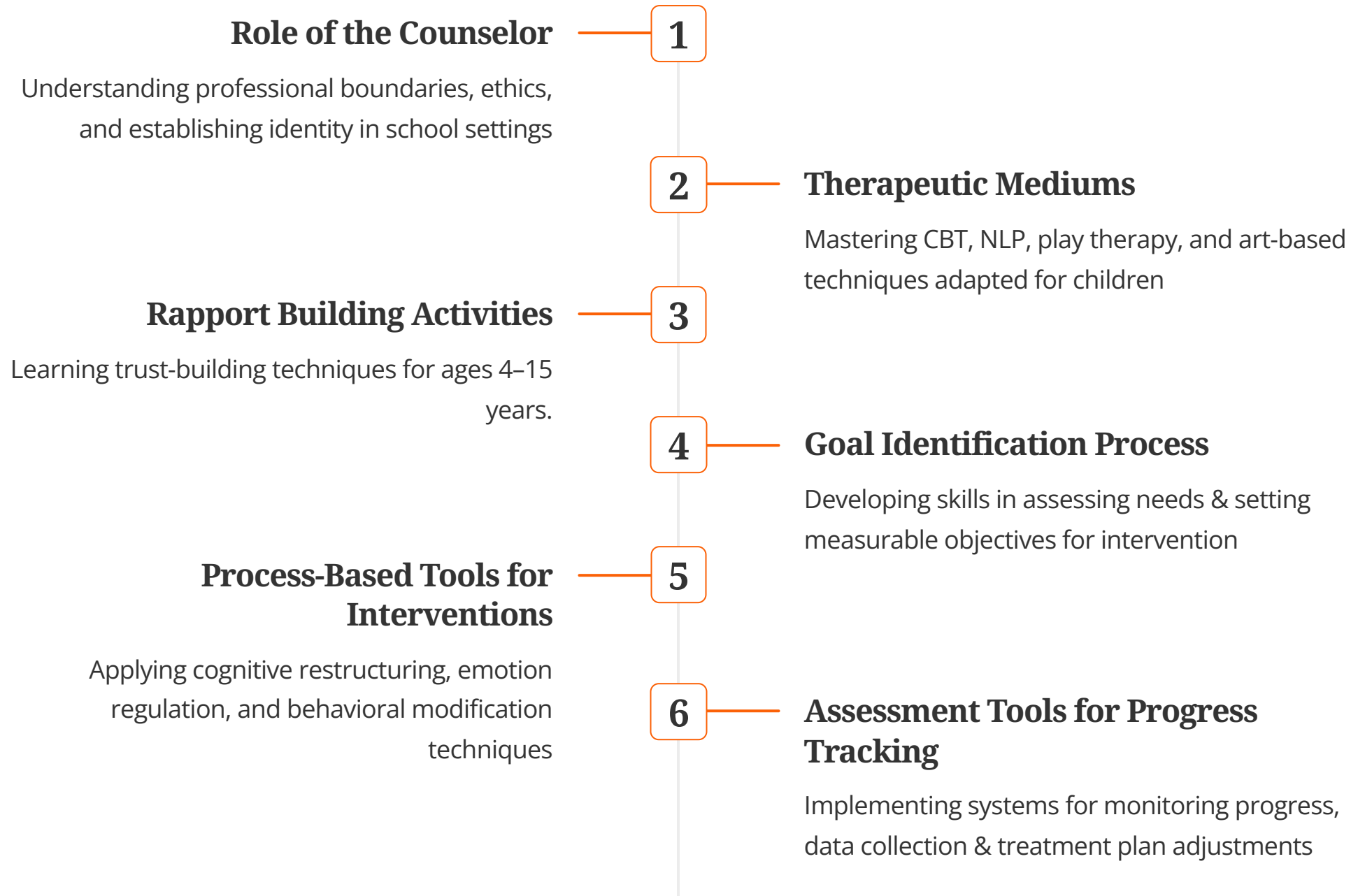
## Key Features

- 1 Experiential role-playing sessions to practice intervention techniques
- 2 Case studies & supervised practice with feedback
- 3 Interactive workshops with peer learning opportunities
- 4 Evidence-based therapeutic techniques adapted for Indian school contexts
- 5 Age-appropriate interventions for children 4-15 years

This hands-on approach ensures you develop not just knowledge but confidence in applying counselling techniques effectively in diverse Indian school environments.

# Comprehensive Curriculum

Our carefully structured curriculum covers all essential aspects of school counselling, from establishing professional boundaries to implementing specialized interventions for the diverse needs of school children.



The curriculum continues with advanced topics including Coping Skills Toolbox, Group Therapy, SEL Curriculum Building, Workshop Design, Inclusion Policy Brief, and Documentation & Planning - providing a complete professional development pathway.

# Target Audience

This program is specifically designed for practitioners who have completed **Level 2 of the Cognitive Hypnotic Coaching Diploma** and are working in or preparing to work in educational or therapeutic settings with children in India.

## **School Counselors & Educators**

Professionals working directly in school settings who want to enhance their skills in supporting students' emotional and social development

## **Child Psychologists & Therapists**

Mental health professionals seeking specialized techniques for working with school-aged children in clinical or educational settings

## **Psychology & Social Work Students**

Graduate students pursuing an MA in Psychology or Social Work who wish to specialize in working with children & adolescents (ages 4–15 years)

The program is particularly valuable for professionals working in educational contexts, where culturally-relevant counselling approaches are essential for effective student support.

# Learning Outcomes

## What You Will Learn

- Build effective therapeutic relationships with children aged 4–15 years in school contexts
- Apply appropriate assessment and intervention tools for diverse student needs
- Design and integrate Social Emotional Learning curricula into school settings
- Conduct effective individual and group counselling sessions
- Create engaging workshops for teachers and parents that address common challenges in schools
- Support inclusion & diverse student needs with cultural sensitivity
- Maintain professional documentation aligned with best practices

## Course Outcomes



### Enhanced Confidence

Develop confidence in handling behavioral & emotional challenges common in school settings



### Immediate Application

Gain practical tools that can be implemented immediately in your school or practice



### Career Enhancement

Expand your professional opportunities in education & therapy across India

By the end of this program, you'll be equipped with the **practical skills, theoretical knowledge, and professional confidence** to make a significant positive impact on children's lives in educational settings.

# Course Structure

The ICHARS School Counselling Certification Program is organized into three intensive weekends, each building upon the previous to develop your complete skill set as a school counselling professional.

## Weekend 1: Foundations

- Role of the Counsellor in school contexts
- Therapeutic Mediums adapted for diverse cultural backgrounds
- Rapport Building with children from various socioeconomic backgrounds
- Goal Identification for individualized student support

## Weekend 2: Intervention & Assessment

- Tools for Interventions in resource-varied settings
- Progress Tracking methods suitable for school systems
- Coping Skills Toolbox for common challenges faced by students
- Group Therapy Fundamentals for classroom and small group settings

## Weekend 3: Implementation & Professional Practice

- SEL Curriculum Building aligned with educational frameworks
- Workshop Design for teachers and parents in various school settings
- Inclusion Policy development for diverse learning needs
- Documentation & Planning according to professional standards

Each weekend combines theoretical learning with **extensive hands-on practice**, ensuring you develop both knowledge and practical skills progressively throughout the program.



# Program Highlights & Disclaimer



## Experiential Learning

Practice concepts immediately through role-playing and supervised exercises



## Role-Playing

Safe space to practice handling challenging scenarios common in schools



## Expert Guidance

Learn from seasoned practitioners with extensive experience in educational contexts



## Practical Application

Gain ready-to-use tools that can be implemented immediately in your setting



## Important Disclaimer

1. This training does **not provide a license** to practice counselling/psychotherapy in India or elsewhere.
2. Please check local/state laws regarding therapy practice in your region.
3. Use techniques **within your professional scope of competence** as defined by your qualifications and regulatory bodies.

While this program provides comprehensive skills, participants must operate within their existing professional frameworks and qualifications when applying these techniques.

## About ICHARS

**13+**

### **Years Experience**

Pioneering mental health and coaching education in India

**2,000+**

### **Practitioners Trained**

Building a community of skilled professionals across India

**50,000+**

### **Lives Touched**

Creating positive ripple effects throughout communities

Experience the transformative journey with ICHARS, a pioneer in mental health and coaching for over a decade in India. Our dedication to excellence and innovation shines through our impactful training, empowering professionals to create positive change in individuals' lives.


ICHARS is dedicated to enabling coaches and mental health practitioners to create a happier, healthier, more fulfilling world by helping them develop advanced coaching and therapeutic skills with comprehensive, step-by-step training adapted for Indian contexts.

# Enrolment Information




## Investment Details

**Standard Fee** Rs. 75,000

**Special Offer:** Up to 65% discount for participants from the Indian Subcontinent

 *Book a free call to check your eligibility for regional discounts*

## Contact Information

-  Website: [childpsy.ichars.com](https://childpsy.ichars.com)
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## Why Enroll Today?

Ready to transform your practice and impact students' lives? The ICHARS School Counselling Certification Program offers:

- Immediate application in school settings
- Enhanced professional credentials
- Expanded career opportunities
- Skills to support the unique needs of Indian students

**Enroll Now**

**Request Information**