



**Institute of Clinical Hypnosis and Related Sciences**

# **PROS Elementary School Counselling Certification (4-12 years)**

Effectively support elementary school-aged children's social, emotional, and academic development. This comprehensive course covers topics such as self-esteem, stress management, problem-solving, confidence building, focus, concentration, bullying to name a few.

# Institute of Clinical Hypnosis And Related Sciences

## Empowering Mental Health Professionals

create an emotionally and financially fulfilling career



10+

Years in operations

1,500+

Practitioners Trained

50k+

Lives touched

ICHARS is dedicated to enabling coaches and mental health practitioners create a happier, healthier, more fulfilling world by helping them develop advanced coaching and therapeutic skills with comprehensive, step-by-step training. This enables them to serve their clients better and meet their professional and personal goals.

# PROS Elementary School Counselling Certification (4 - 12 years)



**Before**

Supporting elementary school children presents challenges in social, emotional, and academic areas. In the absence of appropriate expertise and know-how, it can be arduous to create a positive impact in their lives.

**After**

Upon completion of this comprehensive certification program, you will possess the skills and knowledge to provide confident and effective support to elementary school students. Equipped with step-by-step training and expert guidance, you will be empowered to assist students in overcoming social, emotional, and academic challenges, and cultivating the necessary skills for success in school and beyond.



**Bridge**

Through in-session demonstrations, supervised practice, engaging discussions, expert guidance, and support, this program provides practical, result-oriented training to equip you with the skills to confidently help elementary school students overcome their social, emotional, and academic challenges.



## Don't Believe Us?

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I have attended several workshops, internships, certificate courses, and paid programs in the past, but my recent workshop with ICHARS was the best so far. The experience was exceptional, and I am very happy. Thank you so much!

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**SHEHNAZ MANSURI**

# PROS Elementary School Counselling Framework

A step by step guide that enables you to help the client

1. Define the current situation or reality
2. Define the outcome precisely
3. Teach children focus in the present
4. Provide quick relief with release metaphors



5. Identify triggers (events, people...)
6. Identify thoughts that trigger hindrances
7. Restructure thoughts
8. Working with unconscious hindrances



By leveraging techniques that work at the unconscious level, this program enables clients to experience natural and sustainable change without effort.



# PROS Elementary School Counselling Certification Program (4 - 12 years)

20%

Concepts

30%

Discussions

50%

Practicals

Rs. 16,000 + 18% GST

**Enroll Now**

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## Who is this course for:

1. Mental health professionals working with a school or working with children
2. Students with or pursuing an MA in psychology are interested in working with children

## Disclaimer

1. The training does not give you the license to practice counselling/psychotherapy but is aimed at enhancing your therapy skills.
2. Please check your state/national laws to practice therapy and ethical guidelines for your region.



## What you will learn:

- Establish a comprehensive structure to build sessions systematically, with a clear progression and successful conclusion.
- Effective methods to identify underlying causes of unhelpful thinking.
- Utilize NLP & CBT strategies to support children in recognizing triggers and overcoming negative thought patterns.
- Implement metaphor-based techniques for quick release of negative emotions.
- Utilize NLP techniques to work on limiting beliefs.
- Strategies that are relevant for the child's current stage of life and that will also serve them well in the future.



## Course Outcome

- Establish a therapeutic relationship and help children define their concerns efficiently.
- Utilize targeted questioning to identify triggers of negative thought patterns.
- Equip children with tools to manage emotions such as anxiety, helplessness, anger, and guilt.
- Employ a solution-focused approach to assist children in dealing with future challenges.
- Address various pandemic-related contexts, including working from home, coping with kids, job loss, and loss of loved ones.





## Still have doubts

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The best part of the program was the opportunity to immediately practice what was covered. This provided a hands-on experience in dealing with the challenges that arise, and it initiated the learning process. Thank you for structuring the program so well. This was my first ICHARS program, and it was worthwhile. I can imagine the kind of well-structured courses you provide. Thank you.

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**ADITI SHARMA**

# PROS Elementary School Counselling Certification

## Elementary Students aged 4 - 12

### Session Flow

#### Session 1:

- Introduction to the course; setting expectation
- Role of a counselor

#### Session 2:

- Building rapport in online & offline sessions
- Identifying the source and the primary emotion
- Activity-based processes

#### Session 3:

- Defining presenting problems
- Defining the actual problem (feelings, triggers, symptoms)
- Defining a clear outcome
- Describing the Future self

#### Session 4:

- Identifying triggers
- Identifying specific thoughts and somatic feelings
- Identifying new helpful thoughts
- Restructuring thoughts (verbal and Visual)

#### Session 5

- Working with emotions

#### Session 6

- Coping skills toolbox
- Assessment

#### Session 7

- Step-by-step session flow
- Closing discussion



# PROS Elementary School Counselling Certification

## Elementary Students aged 4 - 12

### Diagnostic tools and Change processes

- Sentence completion
- The Blob Classroom
- Puppet play - 6psm Story Method
- Sharing feelings through clay
- What color is your world?
- My Heart Map
- Sand play prompts and follow up questions
- 3 wishes
- Tangled ball of Grief
- DBT house
- The Self- worth Bucket
- Iceberg Activity
- What pushes your buttons?



- Effective Questioning
- FLIP Model
- NLP Based change Processes
  - SWISH
  - WUSSH
  - Blackout/ Whiteout

- Thought restructuring process
  - When-Then statements
- Metaphor based work
  - Abstract Metaphors (drawing)
  - Release Metaphor



## 100% MONEY BACK GAURANTEE

If for whatever reason you are not satisfied with the quality of the course, let us know within 7 days of completing the course and we will refund the course purchase

**Do connect with our team for complete details**

Rs. 16,000 + 18% GST

**Enroll Now**

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## Already a believer?

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Your voice is an anchor for me, sir. When you speak, I'm immediately immersed in a hypnotic state. It's always incredible to learn from you, and my life has changed significantly. Even though I don't have a background in psychology, I feel confident working with my clients because of the framework and structure you've provided. Thank you so much for the knowledge you've given me, and I'm looking forward to learning more from you. I plan to take Level 3 and Level 4 with you as well. Thank you again.

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**NIDHI ROY**



# ICHARS

Creating Change (Un)Consciously

**WE ARE SOCIAL  
AND ACTIVE ....**



@icharsonline

## Contact Us



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## ICHARS

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