



Name of the Program(s): - Short Courses or Diploma –Short course in Psychotherapy or Psychotherapy & Counseling (PC), Professional Diploma in Psychotherapy & Counseling (DPC), Diploma in Psychotherapy & Psychoanalysis (DPP), Advanced Diploma in Psychotherapy (ADP), Diploma of Applied Psychology and Counselling.

Are you interested in earning your Short Training or Diploma Certificate in Psychotherapy or Psychotherapy & Counseling (PC), but you're unsure how to start the process? While this is a great step for your individual career, it doesn't have to be a complex one really if you study from GEPEA. This is the ultimate guide to enroll yourself in your desired short course trainings such as in Psychotherapy & Counseling Trainings, Advanced Techniques in it as well as specific qualifications.

Upon completing the course respective student are usually equipped to plan and engage in effective training practices in the specific career. To become a Psychotherapist ambitious student should take this initial step of short course training & diploma. As a result of this type of short course and diploma respective trainee will gain basic knowledge about Psychotherapy & Counseling. Importantly, the candidates must have to be completed required internship training or related working experience in any recognized Senior Consultant in private practice or in hospital or organization approved by the concerned authority in their home countries.

Why Psychotherapy & Counseling Course?

This is all about professional short course or Diploma on Psychotherapy & Counseling. This is an in-depth course with examination through OBS, MCQ, Case Studies at the end of each module so to increase your potential to learn and absorb course material. To ensure your understanding of the course material before you can be awarded certification.

In this course, you will learn what psychotherapy is and the type of people you will be treating. You'll gain a thorough understanding of how stress can impact on a psychological and physiological level. You'll understand how traumas can impact health and well-being and how unhealthy behaviours can form as a result. Importantly, you will understand people. Whether you plan to set up an online therapy business or, to have your own psychotherapy business where clients attend in person, you'll be able to help them in a professional capacity. You'll understand who your clients are likely to be, and you'll gain insight into those clients who are unlikely to seek help or, to continue with sessions. You'll comprehend the differences between counselling and psychotherapy. More Importantly, you will be trained to a level where you can start to help clients. GEPEA's easy to learn modules include: Introduction to the course, What Is Psychotherapy, The Brain & Hormones, The Conscious & Unconscious Mind, Memory, Stress, Behaviour, Affective Disorders, and many others.



Short Courses or Diploma – Short course in Psychotherapy or Psychotherapy & Counseling (PC), **Professional Diploma in Psychotherapy & Counseling (DPC)**, **Diploma in Psychotherapy & Psychoanalysis (DPP)**, **Advanced Diploma in Psychotherapy (ADP)**, **Diploma of Applied Psychology and Counselling** (specializing in the Practice of Psychotherapy).

SHORT COURSE, DIPLOMA, PROFESSIONAL SKILLS TRAININGS

Training Hours: 12 or 36 GEPEA Credit hours.

Program Duration: Short Course in 1 Month (Fast Track) or 2 Months and Diploma Course in 3 Months to 6 Months (For Part Time Home Study-Distance Learning) (Certifications).

Admission Requirements: A high school diploma or an associate degree in general science or science (or global equivalent), Secondary degree (high school diploma, associate degree, or the global equivalent). **Age Limit:** No age bar or age limit.

Other Requirements: Any related degree are needed to take this course, but have some extra skills using laptop/computer and internet, E-mail for communications will help.

Training Delivery: The course duration will comprise 12 or 36 hours of self-study home based or lecture based delivery. The 12 or 36 hours will be delivered in 1 to 3 sessions online distance learning based on given course materials. This 1 month or 2 months or 3 months to 6 months' course aims to provide an introduction and depth understanding, practical training in the respective field. Even the short course or trade course will develop and enhance trainees a core -basic skills of the concern training and certification areas.



Syllabus Outline

Serial No.	Syllabus component	Assignment TMA (Tutor Mark Assignment) or Case Study	Board Questions (OBS = Open Book System) Exam.	MCQ (Multiple Choice Questions) 10 Questions (each @ 2 marks)
	<p>1 session or part will count 4 hours each (1 parts/courses x 4 hours study each = 4 hours total) + Suggested Video Exercises Minimum 8 hours = Grand Total 12 Hours</p> <p style="text-align: center;">OR</p> <p>3 session or part will count 12 hours each (3 parts/courses x 4 hours study each = 12 hours total) + Suggested Video Exercises Minimum (3X8) 24 hours = Grand Total 36 Hours</p>	45	35	20
	<p>Short Courses or Diploma – Short course in Psychotherapy or Psychotherapy & Counseling (PC), Professional Diploma in Psychotherapy & Counseling (DPC), Diploma in Psychotherapy & Psychoanalysis (DPP), Advanced Diploma in Psychotherapy (ADP), Diploma of Applied Psychology and Counselling (specializing in the Practice of Psychotherapy).</p>	<i>12 or 36 Hours (Time)</i>		
1.	<p>Semester-1:</p> <p><u>Training Course Certificate Title:</u></p> <p><u>Theory & Practice of Counseling and Psychology:</u></p> <p>PART 1: BASIC ISSUES IN COUNSELING PRACTICE –</p> <p>1 Introduction and Overview</p> <p>2 The Counselor: Person and Professional</p> <p>3 Ethical Issues in Counseling Practice</p> <p>PART 2: THEORIES AND TECHNIQUES OF COUNSELING-</p> <p>Psychoanalytic Therapy</p>	<p>45</p> <p><i>4 Credit Hours Per Subject</i></p>	35	20

	<p>Adlerian Therapy</p> <p>Behavior Therapy</p> <p>Cognitive Behavior Therapy</p> <p>Existential Therapy</p> <p>Person-Centered Therapy</p> <p>Gestalt Therapy</p> <p>Choice Theory/Reality Therapy</p> <p>Feminist Therapy</p> <p>Postmodern Approaches</p> <p>Family Systems Therapy</p> <p>PART 3: INTEGRATION AND APPLICATION</p> <p><u>Suggested Video Exercises:</u></p> <ol style="list-style-type: none"> Theory and Practice of Counseling and Psychotherapy: Chapter 1 https://www.youtube.com/watch?v=or-OmcEKFsg Theory and Practice of Counseling and Psychotherapy: Chapter 2 https://www.youtube.com/watch?v=GNA8p9qbX-g Theory and Practice of Counseling and Psychotherapy: Chapter 3 https://www.youtube.com/watch?v=5YznLTn1QSc Theory and Practice of Counseling and Psychotherapy: Chapter 4 https://www.youtube.com/watch?v=pjD0xP-AELI Theory and Practice of Counseling and Psychotherapy: Chapter 5 https://www.youtube.com/watch?v=PcOnATFWopQ <p>Chapter 6 https://www.youtube.com/watch?v=JMLHzhIQRzs</p> <p>Chapter 7 https://www.youtube.com/watch?v=gRqqc9Pk8gU</p> <p>Chapter 8 https://www.youtube.com/watch?v=EKOiidHxoEw</p> <p>Chapter 9 https://www.youtube.com/watch?v=pbW8-6dpl9U</p> <p>Chapter 10 https://www.youtube.com/watch?v=FXFPIei09Z8</p> <p>Counseling and Psychotherapy Theories in Context and Practice Video https://www.youtube.com/watch?v=-lOpXJlh2_w</p>	<p><i>8 Credit Hours</i></p>		

Introduction to Counseling Theory

<https://www.youtube.com/watch?v=caBLC1H90Pk>

HERE IS THE END OF SHORT COURSE TRAINING, BUT WE SUGGEST TO WATCH AND LISTEN CAREFULLY FOLLOWING RECORDED VIDEOS FOR BETTER UNDERSTANDING IN THEIR DESIRED COURSE.

Semester-2:

Training Course Certificate Title:

2. THE TECHNIQUE OF PSYCHOTHERAPY:

- 1 WHAT IS PSYCHOTHERAPY?
- 2 VARIETIES OF PSYCHOTHERAPY
- 3 EXTRATHERAPEUTIC (non-specific) HEALING AIDS: I. THE "SPONTANEOUS" CURE
- 4 EXTRATHERAPEUTIC (non-specific) HEALING AIDS: THE "HELPING" SITUATION
- 5 SIGNIFICANT VARIABLES THAT INFLUENCE PSYCHOTHERAPY
- 6 EDUCATIONAL, CASEWORK, AND COUNSELING APPROACHES VERSUS
- 7 BASIC INGREDIENTS OF PSYCHOTHERAPY
- 8 IS PSYCHOTHERAPY EFFECTIVE?
- 9 SUPPORTIVE THERAPY
- 10 REEDUCATIVE THERAPY
- 11 RECONSTRUCTIVE THERAPY
- 12 MISCELLANEOUS THERAPIES
- 13 SIMILARITIES AND DIFFERENCES AMONG THE VARIOUS PSYCHOTHERAPIES
- 14 WHAT IS THE "BEST" KIND OF PSYCHOTHERAPY?
- 15 THE SELECTIVE USE OF SUPPORTIVE, REEDUCATIVE, AND RECONSTRUCTIVE APPROCHES
- 16 WHO CAN DO PSYCHOTHERAPY?
- 17 THE EQUIPMENT OF THE PSYCHOTHERAPIST
- 18 GENERAL PRINCIPLES OF PSYCHOTHERAPY
- 19 THE CONDUCT OF THE PSYCHOTHERAPEUTIC INTERVIEW
- 20 THE PHYSICAL SURROUNDINGS OF PSYCHOTHERAPY
PHYSICAL PLAN
- 21 A PRACTICAL OUTLINE OF PSYCHOTHERAPY

Suggested Video Exercises:

3 Psychotherapy Techniques That Identify Your Client's Real Problem

https://www.youtube.com/watch?v=MRkNd_UrzUE

10 Therapy Questions to Get to the Root of the Problem

<https://www.youtube.com/watch?v=B8G846WVA2I>

*4 Credit
Hours Per
Subject*

*8 Credit
Hours*

3.	<p>Psychotherapy: Definition and Main Theoretical Approaches https://www.youtube.com/watch?v=Otio4pzeAo4</p> <p>How to Prepare for Your First Therapy Session https://www.youtube.com/watch?v=RIGIvbHpluE</p> <p>Psychotherapy Psychological Therapies Psychiatry Video Lectures V-Learning https://www.youtube.com/watch?v=Vkj0_v7KN8s</p> <p>How Psychotherapy Works https://www.youtube.com/watch?v=g-i6QMvIAA0&t=352s</p> <p>5 Minute Therapy Tips - Episode 01: Anxiety https://www.youtube.com/watch?v=Joski1vAMLo</p> <p><u>Training Course Certificate Title:</u></p> <p><u>Applied Psychology:</u> <u>PSYCHOLOGY APPLIED TO HUMAN</u> <u>PROBLEMS:</u></p> <p>1, Psychological well-being and Mental Disorders 2, Therapeutic Approaches 3, Rehabilitation Psychology</p> <p>Reference BOOK: Book Title: Applied Psychology: India Specific and Cross Cultural Approaches, Author: Smarak Swain, IRS,</p> <p><u>Suggested Video Exercises:</u></p> <p>What is APPLIED PSYCHOLOGY? What does APPLIED PSYCHOLOGY mean? APPLIED PSYCHOLOGY meaning https://www.youtube.com/watch?v=J-N9N1SQ7iA</p> <p>Applied Psychology https://www.youtube.com/watch?v=MHZlufGP8OE</p> <p>Therapeutic Approaches https://www.youtube.com/watch?v=UvG35Y2MiGc</p> <p>Applied Psychology in 60(ish!) Seconds: The Cognitive Approach https://www.youtube.com/watch?v=DI5MS6snfel&list=PLMg-z-Uc0ix1cw2AJNQ6WH6TJcvJrQAeR</p> <p>Applied Psychological Science https://www.youtube.com/watch?v=k5tcVgCGYcQ</p> <p>What is Rehabilitation Psychology? https://www.youtube.com/watch?v=Zu0u1MOjvB4</p> <p><u>Additional Resources:</u></p> <p>Articles: https://www.psychotherapy.net/articles-and-interviews/articles https://www.therapistaid.com/therapy-articles</p>	4 Credit Hours Per Subject	8 Credit Hours	
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	<p>FOLLOWING ADDITIONAL TASKS SHOULD HAVE TO DONE BY PARTICIPANTS OR STUDENTS:</p> <p>a) Training in the respective area and its professional Certification Test MCQ Questions answer practicing</p> <p>b) Training in the respective area and its professional Test Board Questions/TMA (Tutor Mark Assignment)</p> <p>c) Training in the respective area and its professional Case Studies (If Case Studies are needed in the respective course then this is required to study)</p> <p>Exercises (<i>After the each of the above mentioned video links are the Suggested Videos from the respective area is advisable to watch attentively in a quiet place in order to complete the short trainings/trade courses in time</i>) and projects</p>			
	<p>TOTAL HOURS REQUIRED TO BE COMPLETED FOR THE SHORT TRAININGS AND TRADE COURSES OR PROFESSIONAL CERTIFICATIONS= 1 session or part will count 4 hours each (1 parts/courses x 4 hours study each = 4 hours total) + Suggested Video Exercises Minimum 8 hours = Grand Total 12 Hours</p> <p>OR</p> <p>3 session or part will count 12 hours each (3 parts/courses x 4 hours study each = 12 hours total) + Suggested Video Exercises Minimum (3X8) 24 hours = Grand Total 36 Hours</p>			

COURSE MATERIAL

Besides using the traditional books GEPEA has also modernized the learning process by providing students with online portal consisting of –

- **Study Materials (Soft copies)** – PDF of books are provided to students making studies nomadic & convenient. GEPEA Department of Students Affairs will assign Study Materials via Email or other methods after registration and admission.
- The focal point of **GEPEA** study materials is enhancing Practical Education. **GEPEA** Kit provided to applicants is a world full of practical scenarios, explanation in terms of facts rather than theoretical phrases. Customized to be self-explanatory & easy to understand.
- **Faculty Guidance** – GEPEA panel of intellectuals guide students personally with regards to any query through email about any concept in the notes provided, being the author of the same.

EXAMINATION

GEPEA Professionals are given the privilege to answer exams from any examination center in the world along with the freedom to pick the exam schedule for the same, as time permits in the particular examination months of GEPEA. Students are allotted 2 modes of examinations – Home Based/Center Based.

- Question papers would be drafted by **GEPEA** panel of veteran professors which

would be TMA (Tutor Mark Assignment), OBS (Open Book System) and MCQ study pattern. A single course will consist 100 marks based on these three pattern of exam types. In each program will consist a major (Thesis Research) course or theory in order to complete the respective Diploma Program.

- This unique & novel methodology teaches a student how to assess business situations and make decisions based upon those assessments, allowing students to display their potential.
- In case of home based/distance learning exams question paper would be emailed to the students, which they would have to answer & courier back to GEPEA office or GEPEA directed authority in the respectable exam slab.
- Candidate also has the option of appearing for Center Based Examination wherein they would have to visit one of the many GEPEA exam centers & complete answering the exam in the duration of 3 hours which wouldn't be an open book examination.

CASE STUDY METHOD & STUDY MATERIAL:

Today communication systems have advanced so much that it is much easier, convenient and quicker to gain expertise via online distance learning. GEPEA offer potential students the opportunity to study through an autonomous online distance learning program. This means that people who can't get traditional further education can still achieve what they want and get their qualifications through Online Distance Learning. That gives the opportunity for a much wider range of people to get the qualifications that they want. Today, thanks to technological advances, higher education is more readily available to those who want it.

GEPEA is an institute of excellence offering widest range of autonomous programmes in the field of Business Management and different Professional Training education. In response to the rapidly changing economic environment and the process of globalization, the Academy has made sustained efforts to bring an international perspective to all its wide range of areas and activities.

BENEFITS AND FEATURES:

- (i) Flexible Programs & Curriculum:** You can earn and study at the same time! From GEPEA International Curriculum, Flexibility is the biggest advantage of distance learning courses. This stands true especially if you are a working professional. Not everyone has the luxury of taking their own time to finish their studies. For those who had to take a break from studies to start working, such courses are a boon and provide the opportunity to pursue higher education.
- (ii) Saves Time & Energy:** You save up a lot of time and energy on commuting. You can stay at any place and pursue a course that is available at GEPEA. Or you might be based out of a remote village or town which does not have enough options for higher studies. Distance learning courses eliminate these obstacles.
- (iii) MCQ, Case Based Learning:** MCQ, A Case-based approach engages students in discussion of specific situations, typically real-world examples of African, Asian and International companies. Allowing the students to put their theoretical knowledge to practice.
- (iv) Study at your own Pace:** Not everyone has the same pace of learning. Some students pick up things fast, others need time to grasp a concept. One of the biggest advantages of distance learning is that you can study at a pace that is comfortable for you.
- (v) Saves Money:** These courses are almost always cheaper as compared to their on-campus counter-parts. You also cut down on the costs incurred while

commuting etc.

- (vi) **Personal Fulfillment:** An MBA is the key to unlocking both a professionally and personally rewarding future. Education is the foundation upon which you can build lifelong business and personal achievements. The GEPEA MBA program is designed to enrich your personal life, as well as to keep you informed about a constantly changing industry.
- (vii) **Convenient:** You can submit your assignment with the click of a button or simply drop it off at a post-office! It's sometimes as simple as that!
- (viii) **24X7 Access to Study Material & fellow Students:** This is the best way to study if you are comfortable with internet and technology. You can access your study material online whenever you want and also clear doubts, exchange views and discuss with your virtual class-mates!
- (ix) **Study any Topic You Want:** Since you'd already have all your books/online study material with you, you can pick up any topic/chapter that interests you and tackle that first! This way your interest in the subject is sustained.
- (x) **Higher Level of Self-Confidence:** The knowledge gained through our Correspondence MBA program will enhance your effectiveness in your current position and help define your future career path. It will sharpen your skills in critical business areas, giving you the self-confidence you need to become a leader in your profession.
- (xi) **Specialization:** We provide more than 80 specializations which allow students to gain additional knowledge and background on specific business topics.

ACCREDITATIONS AND RECOGNITIONS:

ITQSM Accredited & International Partnered Professional Academies.

GEPEA has proudly claimed the Excellence in Online Distance Learning Award presented by its Governing Body Really Matters as a token of appreciation for providing top notch education to professionals globally. This solely proclaims that GEPEA is one of the best Professional Academy in the field of online distance learning.

PROFESSIONAL FACULTIES:

GEPEA Faculty members are highly professional, qualified & experienced. Professors provide substantial assistance through 24*7 web support. Each & every query regarding studies, assignments, cases, projects, research are resolved on time & responded with clear, relevant answers on par with syllabus. They update themselves from time to time about the changing market scenario & syllabus. Thus working professionals have chance to get resourceful information by interacting with professors through web-support from time to time. Timely communication & assistance is key to our successful association with our students & our professors believe in same.

GEPEA (Global Educational & Professional Excellence Academy)

*In case any query, please feel free to contact us via **E-Mail:**
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www.gepea.education*