

PROGRAM
DETAILS



**A
GUIDE
TO
MINDFULNESS**

Professional Diploma in Counseling Psychology

Course Duration : 1 Year

www.counselladder.com

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COUNSELING

About CounsellLadder

CounsellLadder is a modern psychology learning platform designed for the next generation of mental health professionals. We offer certified courses and diploma programmes in psychology, carefully crafted to bridge the gap between academic knowledge and real-world counselling practice.

At CounsellLadder, we don't just train counsellors – we nurture empathetic change makers. Whether you're a psychology student, educator, coach, or someone starting a new journey, we provide the tools, structure, and mentorship to help you grow with confidence and make a meaningful impact.



Why PDCP from Us?



Bridges the Gap between Theory and Practice

Academic learning often falls short in preparing you for the complex realities of mental health work – we make sure you're ready.



Practical & Real-World Training

Move beyond textbooks to develop counselling skills that truly make an impact through hands-on learning and expert mentorship.



Learn from the best in the field

Train directly with RCI-certified psychologists, counsellors, and industry professionals – grounded in real-world practice.



Simplified learning of complex topics

Psychological concepts are taught in a simplified, structured format – making them easier to understand and apply.



Perfect for all levels

Whether you're just beginning or looking to upskill, this course is tailored to help you grow with confidence.



Covers Most relevant, high-demand areas in psychology

Includes topics like stress, trauma, career confusion, parenting, relationship challenges, and more – all taught with practical application in mind.

Scope of PDCP?



Job Support

After regular intervals we will keep sending you job updates from all over India.



Work with our Team

You will get a chance to work with our team remotely or from the office to learn and gain more experience as Mental Health Ambassador.



Case Study Exposure

Psychology learning is incomplete without case studies and we cover 25+ case studies in this Program.



RCI Trainers

All the trainers/mentors will be certified and licensed by RCI.



Self Practice/ Own Venture

We believe in making people self-dependent to earn and help society at the same time by having their own Venture.



Demanding Sessions

We cover advanced and most demanding topics through which you can grow in the Psychology Industry at a very high speed.



AMERICAN
PSYCHOLOGICAL
ASSOCIATION



The
British
Psychological
Society



**WORLD MENTAL
HEALTHCARE ASSOCIATION**
License no 120215 (MCA, Govt of India)



CL Learning Support



Student Support Team

- Student Support is available 9 AM to 9 PM.
- Mail your query at “support@counselladder.com”.
- For urgent queries, use the "CL ChatBot" option on Counselladder WhatsApp.



Expert Feedback

- Personalised expert feedback on assignments and projects.
- Regular live sessions by experts to clarify concept-related doubts.



Program Content Access

- Enjoy continuous access to the recorded content for 1 years after completion of Course.
- Study Material Soft Copy available on LMS to download and print.



Industry Mentors/ Subject Matter Experts

- Receive unparalleled guidance from industry mentors, subject matter experts, teaching assistance & graders.
- Receive one-on-one feedback on submissions and personalised feedback for Improvement Scope.
- Timely doubt resolution by Industry experts and peers.



Job Assistance Support

- Timely job assistance from our counselors regarding Interview Preparation, Mock Interview and Resume Building.
- Updates/ Newsletter on Psychology vacancies across Industry.

CL Journey Till Now



Network of 1500+ Psychologists



125+ Students Completed Course



Highest Package Achieved – 8 LPA



97% Learner Satisfaction



450+ Active Participant Across Batches



15+ Active Hiring Partners



Ladder to Success



Course Curriculum

- 1 Foundation of Psychology & Mental Health | Understanding Human Behaviour
- 2 Counseling Fundamentals | Therapeutic Approach | Life Transitions & Development
- 3 Common Mental Health Concern - Part 1 | Part 2 | Relationship Psychology
- 4 Specialised Counseling Area - Part 1 | Part 2 | Advance Counseling Topics
- 5 Integration & Professional Development
- 6 QnA Sessions | Self Marketing and Branding Classes



**Live Case Studies will be Discussed
and Shared Post Sessions**

Course Curriculum

Foundations of Psychology & Mental Health

- Introduction to Psychology
 - History and Evolution of Psychology
 - Major schools of thought: Psychoanalysis, Behaviorism, Humanism, Cognitive
 - Modern psychological approaches
 - Psychology as a science
- Mental Health Fundamentals
 - Mental Health vs. Mental Illness Spectrum
 - Common Mental Health Issues
 - Stigma Reduction
 - Biopsychosocial Model

Understanding Human Behavior

- Cognitive Processes
 - Attention and Perception
 - Memory Systems
 - Learning Theories
 - Cognitive Biases and Distortions
- Emotions and Motivation
 - Basic and Complex Emotions
 - Theories of Motivation
 - Stress Responses and Coping
 - Emotional Intelligence and Regulation

Counseling Fundamentals

- Core Counseling Skills
 - Active Listening
 - Empathetic Responding
 - Communication Skills
 - Therapeutic Relationship Building
- The Counseling Process
 - Stages of Counseling
 - Goal Setting
 - Session Structure
 - Helper Self-Awareness

Course Curriculum

Therapeutic Approaches

- Cognitive-Behavioral Techniques
 - CBT Principles
 - Cognitive Restructuring
 - Behavior Modification
 - Practical Applications
- Mindfulness and Stress Management
 - Mindfulness Foundations
 - Mindfulness Practices
 - Relaxation Techniques
 - Stress Management Integration

Life Transitions and Development

- Developmental Psychology
 - Life Stages and Milestones
 - Major Life Transitions
 - Identity Formation
 - Resilience Development
- Life Rebuilding Counseling
 - Values Identification
 - Goal Setting for Transformation
 - Emotional Resilience Building
 - Meaning and Purpose



Common Mental Health Concerns I

- Depression
 - Understanding Depressive Disorders
 - Etiology and Risk Factors
 - Therapeutic Approaches
 - Crisis Management
- Anxiety
 - Anxiety Disorders
 - Cognitive-Behavioral Techniques
 - Physiological Aspects
 - Building Coping Skills

Course Curriculum

Common Mental Health Concerns II

- Trauma and Crisis
 - Trauma Psychology
 - Trauma Assessment
 - Trauma-Informed Approaches
 - Crisis Intervention
- Addiction and Behavioral Issues
 - Addiction Processes
 - Types of Addictions
 - Assessment and Intervention
 - Recovery Support

Relationship Psychology

- Relationship and Couple Counseling
 - Relationship Dynamics
 - Communication Skills
 - Conflict Resolution
 - Trust and Intimacy
- Family Systems
 - Family Dynamics
 - Family Life Cycles
 - Intergenerational Patterns
 - Supporting Family Change

Specialized Counseling Areas I

- Child and Adolescent Psychology
 - Developmental Considerations
 - Common Youth Issues
 - Play and Creative Approaches
 - Collaborative Approaches
- Parental Counseling
 - Parenting Styles
 - Managing Parental Stress
 - Discipline Strategies
 - Parent-Child Communication

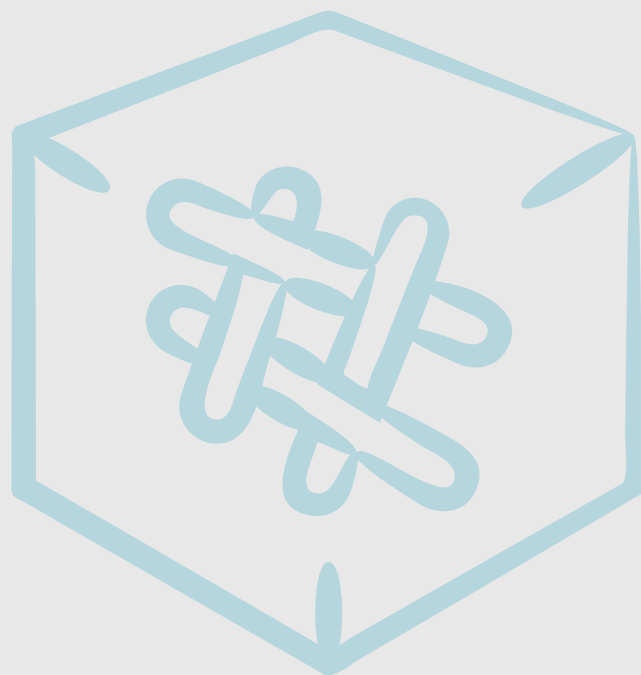
Course Curriculum

Specialized Counseling Areas II

- Career and Workplace Counseling
 - Career Development
 - Workplace Stress
 - Work-Life Balance
 - Workplace Communication
- Geriatric Counseling
 - Aging Psychology
 - Later-Life Transitions
 - Cognitive Health
 - Promoting Well-being

Advanced Counseling Topics

- Multicultural Counseling
 - Cultural Influences
 - Cultural Competence Development
 - Working with Diverse Populations
 - Addressing Bias
- Grief and Loss
 - Grief Process Models
 - Types of Loss
 - Supporting Grieving Clients
 - Complicated Grief



Integration and Professional Development

- Ethics and Professional Practice
 - Ethical Standards
 - Legal Considerations
 - Documentation
 - Self-Care and Burnout Prevention
- Capstone Project and Integration
 - Case Conceptualization
 - Treatment Planning
 - Integration of Approaches
 - Professional Development Planning

Who All Are Eligible?



Counselling Aspirant



Counselors/Doctors



HOD's/Team Leaders



Coordinators/ Professionals



Entrepreneur/ Businessman

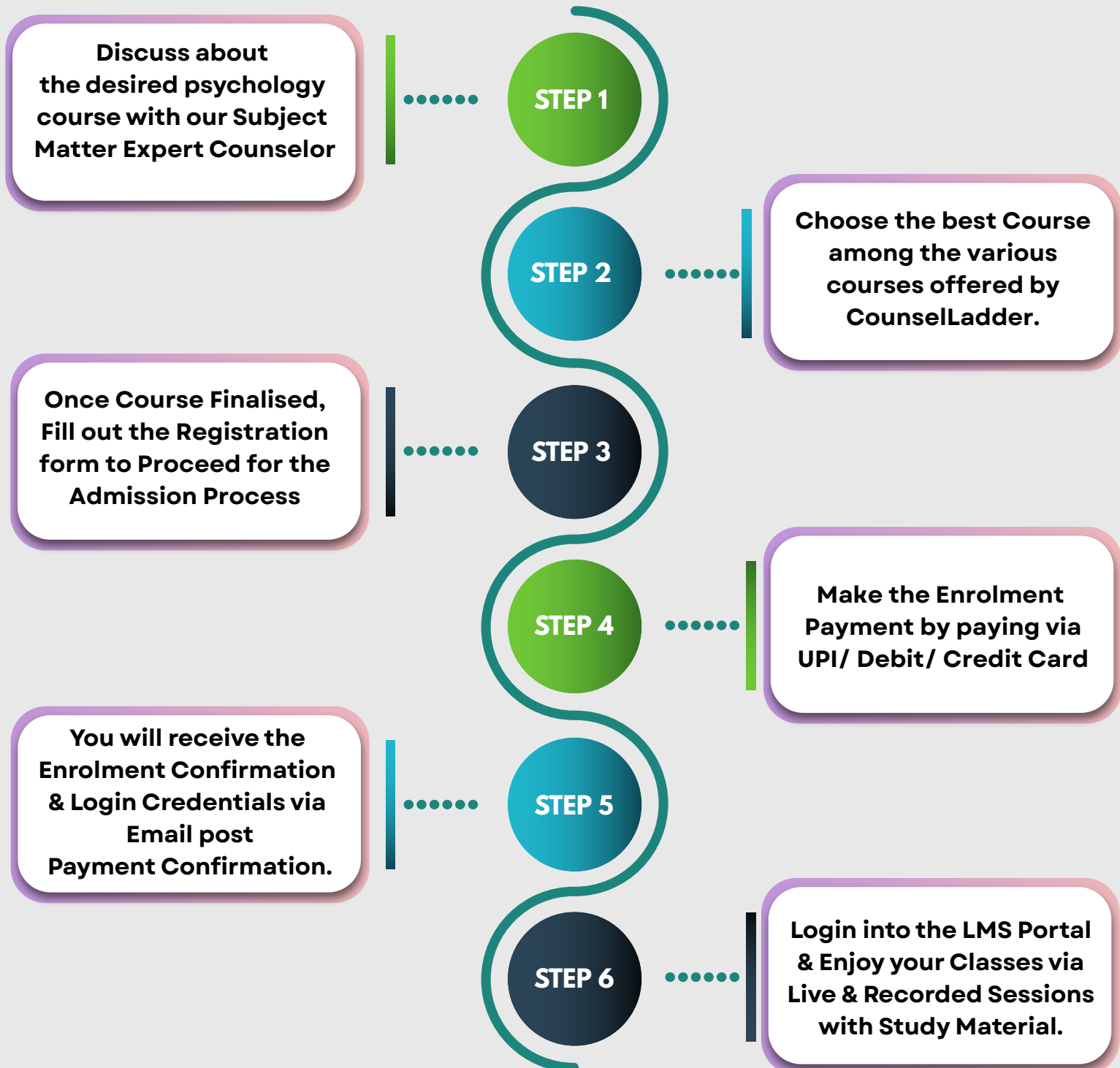


Teachers/Mentors/Coaches



New Age Students

Admission Process



Price Structure

Classes	No. of Sessions	Per Session	Actual Price
Psychology Sessions	52	1500	78000
Role Play & Soft Skill Session	12	1000	12000
QnA Sessions	26	1000	26000
Case Study Curricular Session	12	1000	12000
Convocation Charges	1	1000	1000
Study Material Printing	1	1000	1000
Added : GST 18%		18%	130000
TOTAL			153400

Details	Fee
Applicable Fee	153400
Early Bird Discount (GST Included)	69999
Additional 15% Discount - One Time Payment	59499
You Save	83400

Sample Documents



Our Clients Words



"The Professional Diploma in Counseling Psychology at CounselLadder was a turning point in my journey. It gave me the skills, confidence, and real-world exposure I needed to begin my career in mental health with clarity and purpose."

-Amrita Sikdar, M.Sc Psychology
Counseling Psychology Learner



"Counseling Psychology Course at CounselLadder was truly eye-opening. Each session was focused, practical, and deeply relevant. What stood out was the real-world approach – from procedures to practicals – and how they helped me turn my knowledge into real client impact."

-Abhishek Kapoor, MA Clinical Psy
Counseling Psychology Learner



"The moment I joined the course, I felt the positive vibe. The level of details that this course offered was tremendous. Overall the experience was excellent and up to the mark. Love to know more about such courses."

-Ashish Sharma, MA Child Psy
Child Psychology Learner



"The instructors weren't just teachers – they were true mentors. Their passion for child psychology came through in every session, making even complex concepts easy to understand & genuinely engaging. I'd highly recommend this course to anyone looking to build a strong foundation in child psychology."

-Megha Mathur, Child Psychologist
Child Psychology Learner



COUNSELLADDER
Connect. Climb. Contribute.

*The Purpose of Psychology is to give us a
Completely Different Idea of the things we
know Best.* – Paul Valery



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