



**DEPARTMENT OF SOCIAL WORK**

**MERCY COLLEGE, PALAKKAD, KERALA, INDIA- 678006**

(NAAC Re-accredited 'A' Grade), Affiliated to the University of Calicut



**CERTIFICATE COURSE ON 'BASIC SKILLS IN COUNSELLING & PSYCHOTHERAPY'**

The Department of Social Work organized a certificate course in 'Basic Skills in Counselling & Psychotherapy' for second-year MSW students. The course, spanning a duration of 30 hours of training (January – February 2026). A total of 35 students participated in the course. The course was handled by Dr. Sr. Sherin Joseph, Clinical Psychologist. She has done her PhD in Clinical Psychology from University of Santo Tomas Manila, Philippines.

The course was structured into five modules, covering theoretical and practical aspects of counselling. The first module introduced students to the field of counselling, discussing fundamental concepts, types of counselling, and the essential characteristics of an effective counsellor. The second module focused on the core skills required for counselling, including active listening, physical presence, appropriate posture, eye contact, and adherence to ethical codes. The third module explored the different stages of counselling, from rapport-building to assessment, goal-setting, action planning, and termination with an evaluation phase.

The Application of Therapies in Counselling covered various counselling approaches and therapeutic techniques, including Gestalt Therapy, Rational Emotive Therapy, Cognitive Behavioural Therapy (CBT), and Transactional Analysis. Additionally, it introduced strength-based approaches, eclectic approaches, and mindfulness-based stress reduction techniques. The final module was dedicated to practical training, where students participated in role-playing exercises as counsellors and counselees. These sessions provided hands-on experience in counselling stages, therapy applications, and diverse problem-solving strategies.

The certificate course provided students with a valuable opportunity to enhance their understanding of counselling theories and practical applications. Through interactive sessions, students gained insights into the challenges of counselling and how to effectively intervene in various situations while maintaining ethical standards.

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Course Coordinator & HOD

Sruthimol

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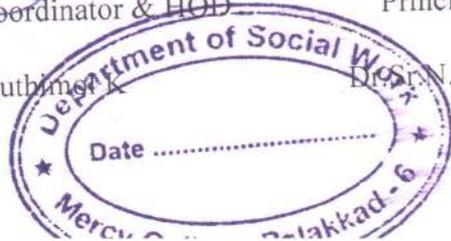
Principal

Dr. Sr. N.M Louly

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Student Coordinators

Poojakrishna A K & Sreebha S





**DEPARTMENT OF SOCIAL WORK  
MERCY COLLEGE, PALAKKAD**



# *Certificate Course on* **Basic Skills in Counselling & Psychotherapy**

**Dr. Sr. Sherin Joseph**  
**PhD in Clinical Psychology**  
**University of Santo Thomas**  
**Manila, Philippines**

*Duration: 30 hours*



**27th Jan - 10th Feb 2026**



**Seminar Hall II**

**Faculty Coordinator: Sruthimol K**  
**Student Coordinator: Poojakrishna AK**



**DEPARTMENT OF SOCIAL WORK, MERCY COLLEGE PALAKKAD**

**SYLLABUS FOR CERTIFICATE COURSE**

**BASIC SKILLS IN COUNSELING & PSYCHOTHERAPY**

**MODULE 1**

**INTRODUCTION TO COUNSELLING**

**(3 Hours)**

Concept and definition of Counselling, Types of Counselling: adolescence counselling, stress management, addiction counselling, marriage-family counselling, geriatric counselling, grief counselling, crisis and trauma counselling, career counselling, Elements in Counselling, characteristics of an effective counsellor.

**MODULE 2**

**SKILLS & TECHNIQUES IN COUNSELLING**

**(4 Hours)**

Active listening, questioning, clarification, physical attending skill, non-verbal skills, posture, facial expressions and eye contact, code of ethics and legal and ethical aspects of counselling. Qualities of an effective counsellor, Personal challenges as counsellor.

**MODULE 3**

**STAGES IN COUNSELLING**

**(5 Hours)**

Relationship building, exploring, assessment and understanding, goal setting and action, termination and evaluation phase, and referral processes. Attitudes and skills required for the stages of counselling: contracting, attending, reflecting feelings, paraphrasing, focusing, confronting, summarizing, evaluating, goal setting, empathetic responding, transference and counter transference.

**MODULE 4**

**THERAPIES IN COUNSELLING**

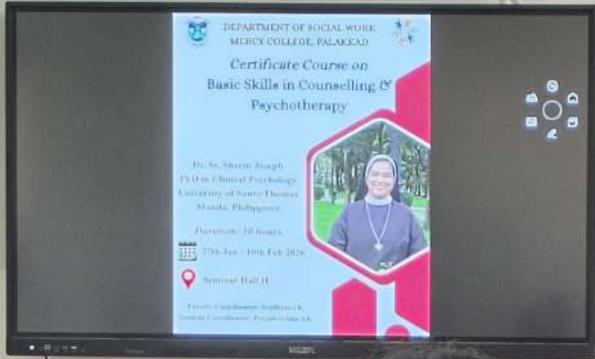
**(8 Hours)**

Gestalt theory, Rational Emotive Therapy, Cognitive Behavioral Therapy, Psychoanalysis, Client centered Therapy, Behavior therapy, Reality therapy, Transactional Analysis, Strength based approach, solution focused brief therapy, mindfulness-based stress reduction, eclectic approach in counselling.

**MODULE 5**

**PRACTICAL SESSIONS**

**(10 Hours)**





DEPARTMENT OF SOCIAL WORK  
MERCY COLLEGE, PALAKKAD

**Certificate Course on  
Basic Skills in Counselling &  
Psychotherapy**

Dr. Sr. Maria Joseph  
PhD in Clinical Psychology  
University of Santo Thomas  
Manila, Philippines

Duration: 05 Semesters  
27th Jan - 10th Feb 2026

Seminar Hall II

Faculty Coordinator: Immanuel A.  
Assistant Coordinator: Prapathika, SA

27/01/2026

**Key Names in Behavioural Therapy**

Arnold Lazarus



Role of Therapeutic Change - Brief, effective and efficient psychotherapy - Multimodal therapy





Palakkad, Kerala, India 🇮🇳

Thirunellayi Causeway Road, Pallipuram, Palakkad, Kerala  
678006, India

Lat 10.768957, Long 76.635694

Tuesday, 27/01/2026 10:34 AM GMT+05:30

Note : Captured by GPS Map Camera

GPS Map Camera

**DEPARTMENT OF SOCIAL WORK, MERCY COLLEGE PALAKKAD**  
**CERTIFICATE COURSE ON 'BASIC SKILLS IN COUNSELLING & PSYCHOTHERAPY'**

**ATTENDANCE SHEET**

SL NO	REG NO	NAME	21/1/26	02/2/26	03/2/2026	04/2/26	05/2/26	10/2/26
1.	MYAZMSW001	Amrutha K	✓	✓	✓	✓	✓	✓
2.	MYAZMSW002	Anagha K N	✓	✓	✓	✓	✓	✓
3.	MYAZMSW003	Anjaly P X	✓	✓	✓	✓	✓	✓
4.	MYAZMSW004	Aswani	✓	✓	✓	✓	✓	✓
5.	MYAZMSW005	Devapriya S	✓	✓	✓	✓	✓	✓
6.	MYAZMSW006	Dilsha D	✓	✓	✓	✓	✓	✓
7.	MYAZMSW007	Gopika U	✓	✓	✓	✓	✓	✓
8.	MYAZMSW008	Jincy N	✓	✓	✓	✓	✓	✓
9.	MYAZMSW009	Keerthi U	✓	✓	✓	✓	✓	✓
10.	MYAZMSW010	Malavika R	✓	✓	✓	✓	✓	✓
11.	MYAZMSW011	Navya	✓	✓	✓	✓	✓	✓
12.	MYAZMSW012	Nikitha K	✓	✓	✓	✓	✓	✓
13.	MYAZMSW013	Poojakrishna	✓	✓	✓	✓	✓	✓
14.	MYAZMSW014	Safwana	✓	✓	✓	✓	✓	✓
15.	MYAZMSW015	Shamla	✓	✓	✓	✓	✓	✓
16.	MYAZMSW016	Sreebha S	✓	✓	✓	✓	✓	✓
17.	MYAZMSW017	Sriya C P	✓	✓	✓	✓	✓	✓
18.	MYAZMSW018	Sruthi K	✓	✓	✓	✓	✓	✓
19.	MYAZMSW019	Sunitha A	✓	✓	✓	✓	✓	✓
20.	MYAZMSW020	Vidya	✓	✓	✓	✓	✓	✓
21.	MYAZMSW021	Vrinda Das	✓	✓	✓	✓	✓	✓
22.	MYAYMSW001	Amrutha V	✓	✓	✓	✓	✓	✓
23.	MYAYMSW002	Anjali S	✓	✓	✓	✓	✓	✓
24.	MYAYMSW003	Athulya M	✓	✓	✓	✓	✓	✓
25.	MYAYMSW004	Haritha P	✓	✓	✓	✓	✓	✓
26.	MYAYMSW005	Nimisha B	✓	✓	✓	✓	✓	✓
27.	MYAYMSW006	Sr. Nimmy Joseph	✓	✓	✓	✓	✓	✓
28.	MYAYMSW007	Sayana K Simon	✓	✓	✓	✓	✓	✓
29.	MYAYMSW009	Shilpa S	✓	✓	✓	✓	✓	✓
30.	MYAYMSW010	Shimna N T	✓	✓	✓	✓	✓	✓
31.	MYAYMSW011	Sona Maria Joseph	✓	✓	✓	✓	✓	✓
32.	MYAYMSW012	Sumaya K M	✓	✓	✓	✓	✓	✓
33.	MYAYMSW013	Sweety Johnson	✓	✓	✓	✓	✓	✓
34.	MYAYMSW014	Thulasi A V	✓	✓	✓	✓	✓	✓
35.	MYAYMSW015	Yasmin P A	✓	✓	✓	✓	✓	✓

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**COURSE FACILITATOR**



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**HOD**