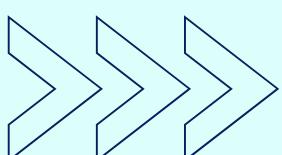




**APEX PSYCHOLOGICAL SOLUTION**  
Centre for Mental Health  
Unit of Zenith Academy of Psychology (P) Limited



# **ADVANCED CERTIFICATION IN COUNSELLING AND PSYCHOTHERAPY**



**MODE OF LEARNING :**  
Online , Offline, Hybrid

**DURATION:**  
3 Months



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Apex Psychological Solution, a unit of Zenith Academy of Psychology Private Limited (**Registered under the Companies Act 2013, Ministry of Corporate Affairs, Government of India**), is a trusted name in mental health and well-being.

Founded in 2020, we have empowered **over 3500 individuals** through high-quality, result-driven psychological services. Our journey began with a vision to bridge the gap between mental health awareness and effective therapeutic solutions, and today, we stand as a beacon of hope and growth for those seeking emotional and psychological support.

At Apex, we believe in the power of education to transform lives. Our commitment to excellence extends to **professional education and training, equipping aspiring counselors with the knowledge, skills, and ethical foundations** needed to excel in the field of mental health.

With our expertise in Academic Resilience & Success Initiatives, Career Guidance & Psychological Skill-Building Workshops, and Mental Well-Being & Emotional Intelligence Programs, we bring a unique, holistic approach to learning. Our **Advanced Certification in Counselling & Psychotherapy (ADCP)** is meticulously designed to blend theoretical foundations with practical experience, preparing you to navigate psychological challenges with confidence and compassion.

## MISSION

Our mission is to empower individuals with the knowledge and skills to become compassionate, competent, and ethical counseling psychologists. We strive to provide high-quality education that blends theoretical foundations with practical experience, fostering personal growth and professional excellence.

## VISION

Our vision is to be a leading center of excellence in psychological education and mental health services, nurturing the next generation of psychologists who will make a positive impact on society. We aim to inspire change and build a community of empathetic mental health professionals.

ABOUT US



# WHY CHOOSE ACCP AT APEX?

## Mentorship & Supervision Model

Each student is paired with an experienced psychologist for personalized guidance. Weekly supervision sessions provide a platform for in-depth case discussions, ensuring practical learning and critical thinking.

We prioritize emotional resilience through workshops on art therapy, mindfulness, and self-care to help you maintain well-being while navigating the challenges of counseling.

## Therapist's Personal Growth Module

## Live Case Discussions & Peer Reviews

Engage in live case discussions and peer reviews to analyze real-life client scenarios, share perspectives, and develop problem-solving skills in a collaborative environment.

Learn from renowned psychologists and therapists specializing in diverse therapeutic approaches. Gain exposure to the latest industry practices through expert guest lectures.

## Guest Lectures



# WHY CHOOSE ACCP AT APEX?

## Business Acquisition for Counselors

Learn the essentials of digital marketing and client acquisition using social media and online directories, equipping you with the tools to establish and grow a successful practice.

Benefit from our industry collaborations with leading mental health clinics and organizations. Our placement assistance connects you with internships and job opportunities to launch your career.

## Industry Collaboration & Placement Assistance

## Final Project: Independent Case Handling

Gain hands-on experience by independently handling 5 client counseling sessions under supervision. Presenting your case reports demonstrates your practical competence and readiness for professional practice.

The Advanced Certification in Counselling & Psychotherapy (ACCP) delivers an in-depth educational journey, integrating advanced theoretical foundations with extensive hands-on practice. ACCP at Apex is structured to empower participants with specialized expertise, advanced competencies, and the assurance required to excel as insightful and impactful counseling psychologists.



# ACCP PROGRAM OVERVIEW

The Advanced Certification in Counselling Psychology (ACCP) at Apex Psychological Solution is crafted to develop advanced counseling expertise through a rigorous and thoroughly immersive training program.

- Mode:** Offline, Online, Hybrid and Recorded
- Duration:** This intensive **3-month program** is structured to provide a balanced mix of Practical training, and supervised practice, ensuring comprehensive skill development.
- Eligibility:** Open to students with a **Bachelor's or Master's degree in Psychology or allied fields**. No prior counseling experience is required, also making it suitable for beginners looking to enhance their skills.
- Objective:** The primary objective of the ACCP is to cultivate **advanced counseling competencies** in students by engaging them in **authentic real-world experiences**, such as comprehensive case management, extended live client sessions, and **intensive supervised practice**.

“

“Apex Psychological Solution is the answer for all the psychology students looking for exposure and internships. This organization is power packed by great mentors and counsellors. The environment is very supportive and cooperative. I would highly recommend students to keep Apex Psychological Solutions at priority when it comes to internships.”

SANCHITA JAIN

”

“Apex Psychological Solution is a wonderful organization. They provide us an opportunity to grow in the field of mental health, their fact based information and the amount of support they provide is all what a student needs. I have done internship in Clinical Psychology under Dr. Vikas Sharma, he has been a wonderful mentor. Thank you for all the support and advice throughout.”

TUBA MUKHTAR

## STUDENT TESTIMONIALS

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“I joined the Art Therapy Training program at Apex Psychological Solution. The way of teaching and guiding was wonderful!! In some class we did case studies, through which I got more ideas and it also helps us in doing Art Therapy activities by ourselves. Thank you so much for this opportunity and a wonderful experience, Apex Psychological Solution!”

LAKSITHA MURUGESAN

”

“Working at Apex Psychological Solution and learning from trained professionals was a great opportunity for me. With a very professional and positive environment, Apex is a great organization for anyone who wishes to learn more in the field of psychology and make the most out of this field. The team is cooperative, dedicated and experienced, providing great support to everyone!”

BRAHMLEEN BEDI



# **CURRICULUM STRUCTURE**

## **LEVEL 1: COMPREHENSIVE FOUNDATION OF COUNSELING PSYCHOLOGY (BASICS & SELF-EXPLORATION)**

**Mode:** 50% Practical + 50% Experiential Learning

**Objective:** Build fundamental skills through interactive learning and live case discussions.

<b>Module 1: Orientation to Counselling and Psychotherapy</b>	<ul style="list-style-type: none"><li>Understanding counseling &amp; psychotherapy</li><li>Ethics &amp; legal aspects in counseling</li><li>Comparison of counseling and clinical psychology</li><li>History of counseling and psychotherapy</li></ul>
<b>Module 2: Self-Exploration, Professional Identity &amp; Emotional Intelligence</b>	<ul style="list-style-type: none"><li>Advanced self-reflection techniques,</li><li>Emotional intelligence enhancement tools</li><li>Managing biases, countertransference, boundary maintenance</li><li>Identification of psychological defenses</li></ul>
<b>Module 3: Core Advanced Counseling Micro-Skills (Live Demonstrations + Role Plays)</b>	<ul style="list-style-type: none"><li>Enhanced active listening, and empathy building</li><li>Complex questioning, reflective and interpretive skills</li><li>Crisis listening and rapport formation</li></ul>
<b>Module 4: Basics of Mental Health Disorders</b>	<ul style="list-style-type: none"><li>Common psychological issues (Anxiety, Depression, Trauma)</li><li>Screening vs. Diagnosis: When to refer to a clinical psychologist</li><li>Cultural and developmental considerations in assessment</li></ul>
<b>Module 5: Live Supervised Role-Playing Sessions</b>	<ul style="list-style-type: none"><li>Students practice as counselors under expert supervision</li><li>Case-based discussions and feedback sessions</li><li>Case report documentation and reflective journaling</li></ul>



# **CURRICULUM STRUCTURE**

## **LEVEL 2: APPLIED COUNSELING PRACTICE AND TECHNIQUES (REAL-WORLD EXPOSURE BEGINS)**

**Mode:** 70% Practical + 30% Foundational Concepts

**Objective:** Train students to handle initial consultations and real-life scenarios.

<b>Module 6: Advanced Counseling Techniques (Hands-on Training)</b>	<ul style="list-style-type: none"><li>Core counseling skills &amp; Techniques</li><li>Cognitive Behavioral Therapy (CBT)</li><li>Humanistic &amp; Person centered therapy</li><li>Mindfulness Based Stress Reduction (MBSR)</li></ul>
<b>Module 7: Case Formulation &amp; Intervention Planning</b>	<ul style="list-style-type: none"><li>Understanding a client's history &amp; assessment tools</li><li>Goal setting, outcome and process monitoring</li><li>Writing comprehensive case notes and developing multifaceted treatment plans</li></ul>
<b>Module 9: Supervised Counseling Practice (Live Clients)</b>	<ul style="list-style-type: none"><li>Students deal with 5 real clients, supervised by senior professionals</li><li>Group supervision with case breakdown</li><li>Maintenance of logs and process records</li></ul>
<b>Module 9: Psychological Assessments and Report Writing</b>	<ul style="list-style-type: none"><li>Training in Using Screening Tools: Assessing Anxiety, Depression, Sleep Quality, Cognitive Impairment and Stress</li><li>Writing Professional Counseling Reports</li></ul>
<b>Module 10: Internship and Practical Exposure</b>	<ul style="list-style-type: none"><li>Fieldwork with Real Clients Under Supervision</li><li>Engagement in Coaching, Schools, or NGOs</li><li>Developing Case Reports, Progress Notes, and Reflections</li><li>Final Presentation of Key Learning and Growth as a Counselor</li></ul>



# MEET THE FACILITATORS

With a wealth of knowledge and real-world experience, our facilitators are committed to providing personalized mentorship and practical insights.



**VIKAS KUMAR SHARMA**

Counselling Psychologist, Industry Expert  
5+ years of experience overall  
M.Sc. Clinical Psychology, PhD  
Psychology, ADCP  
Dip. in Child Development & Counselling



**NEHA SHARMA**

Counseling Psychologist  
Mental Health Educator  
M.A. in Psychology, Advanced  
Diploma in Counseling and  
Psychotherapy

# ADMISSION PROCESS & FEES

## INTEREST FORM -

### 1. Eligibility Criteria

- Bachelor's degree in Psychology (BA/BSc) or a related field
- Master's degree in Psychology (preferred but not mandatory)
- Healthcare Professionals

### 2. Application Process

- **Online Application Form:** Collect basic details, educational qualifications, work experience, and statement of purpose (SOP)

### 3. Selection Process

- **Step 1: Screening of Applications**  
Review of interest form.
- **Step 2: Interview (Online/Offline)**  
Short interview to evaluate motivation, understanding of counseling, and interpersonal skills.

### 4. Final Selection & Admission Confirmation

Shortlisted candidates will receive an offer letter. Candidates need to confirm their admission by paying the course fee of **24,500/-** within the time specified.



# APPLY NOW!

**Invest in Your Skills, Transform Your Future**



**Contact Us for More Information**



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