



APEX PSYCHOLOGICAL SOLUTION

CENTRE FOR MENTAL HEALTH

An Autonomous Institute, Registered Under Companies the Act 2013, Ministry of Corporate Affairs, Government of India

**Get a Diploma and work experience,
both at the same time.**



ADVANCED DIPLOMA IN COUNSELLING & PSYCHOTHERAPY

with Apprenticeship

APPLY NOW



MODE OF LEARNING :
Full Time / Part Time

DURATION:
6 Months



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ABOUT US

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 1500 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 Diploma 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.



WHY CHOOSE ADCP 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 ADCP 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

Independent Case Handling

Gain hands-on experience by independently handling 20 client counseling sessions under supervision. Presenting your case reports demonstrates your practical competence and readiness for professional practice.

Our Advanced Diploma in Counselling & Psychotherapy (ADCP) offers a comprehensive learning experience that blends theoretical knowledge with practical skills. ADCP at Apex is designed to equip you with the knowledge, skills, and confidence needed to succeed as a compassionate and effective counseling psychologist.



ADCP PROGRAM OVERVIEW

The Advanced Diploma in Counselling & Psychotherapy (ADCP) is designed to equip you with essential counseling skills through a comprehensive and immersive learning experience.

- **Mode:** Hybrid, Offline and Online
- **Duration:** This intensive **6-month program** is structured to provide a balanced mix of theory, 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 goal of the ADCP is to **equip students with core counseling skills** through real-world experiences, including **casework, live client interactions, and 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

“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

The program will be divided into 3 levels, each integrating practical exposure.

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

Mode: 50% Practical + 50% Experiential Learning

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

Module 1: Introduction to Counseling	<ul style="list-style-type: none">• Understanding counseling & psychotherapy• Ethics & legal aspects in counseling• Difference between counseling & clinical psychology
Module 2: Counselor's Self-Awareness & Emotional Intelligence	<ul style="list-style-type: none">• Self-reflection & emotional intelligence• Identifying personal biases & managing countertransference• Psychological defense mechanisms
Module 3: Core Counseling Micro-Skills (Live Demonstrations + Role Plays)	<ul style="list-style-type: none">• Active listening & Attending skills• Open-ended questions, paraphrasing, and Art of questioning• Rapport formation, Empathy & Reflection
Module 4: Basics of Mental Health Disorders	<ul style="list-style-type: none">• Common psychological issues (Anxiety, Depression, Trauma)• Screening vs. Diagnosis: When to refer to a clinical psychologist
Module 5: Live Supervised Role-Playing Sessions	<ul style="list-style-type: none">• Students practice as counselors under expert supervision• Case-based discussions and feedback sessions



CURRICULUM STRUCTURE

LEVEL 2: APPLIED COUNSELING TECHNIQUES (REAL-WORLD EXPOSURE BEGINS)

Mode: 70% Practical + 30% Theoretical Concepts

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

Module 6: Advanced Counseling Techniques (Hands-on Training)	<ul style="list-style-type: none">• Core counseling skills & Techniques• Cognitive Behavioral Therapy (CBT)• Humanistic & Person centered therapy• Mindfulness, SFBT & ACT
Module 7: Case Conceptualization & Treatment Planning	<ul style="list-style-type: none">• Understanding a client's history & assessment tools• Writing case notes & formulating treatment plans
Module 8: Shadowing & Client Observation	<ul style="list-style-type: none">• Students observe real counseling sessions conducted by senior professionals• Breakdown of sessions & discussion of therapist's approach
Module 9: Supervised Counseling Practice (Live Clients)	<ul style="list-style-type: none">• Learn how to handle counseling sessions with real clients under supervision• Group supervision and feedback sessions
Module 10: Crisis Management & Psychological First Aid (Hands-on Training)	<ul style="list-style-type: none">• Psychological First Aid• Handling trauma, grief, and self-harm situations• Practicing crisis intervention techniques



CURRICULUM STRUCTURE

LEVEL 3: ADVANCED PRACTICAL EXPERIENCE + WORKSHOP + BUSINESS SKILLS

Mode: 80% Practical + 20% Supervised Discussions

Objective: Enable students to work independently as professional counselors.

Module 11: Real Client Handling & Therapy Sessions (Independent Practice)	<ul style="list-style-type: none">• Students take real cases under expert supervision• 1-on-1 counseling practice (at least 20 real clients)• Performance evaluation & improvement strategies
Module 12: Specialized Counseling Areas (Guest Sessions & Workshops)	<ul style="list-style-type: none">• Relationship counseling• Career counseling• Trauma & grief counseling
Module 13: Workshop & Teaching (With Industry Experts & Organizations)	<ul style="list-style-type: none">• Workshops in mental health centers, corporates, NGOs and schools• Exposure to community mental health projects
Module 14: Business & Private Practice Setup (Entrepreneurial Module)	<ul style="list-style-type: none">• How to start a private counseling practice• Marketing strategies for professionals• Accounts in online directories• Understanding pricing, branding, and legal formalities
Module 15: Final Assessment & Certification	<ul style="list-style-type: none">• Practical exam: Conducting counseling sessions and Case reports• Oral viva on real case work• Felicitation: Awarding of Diploma



MEET THE FACILITATORS

With a wealth of knowledge and real-world experience, our facilitators are committed to providing personalized mentorship and practical insights to help you excel in the field of counseling psychology.



VIKAS KUMAR SHARMA

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



SHAIFALI BADONI

RCI Licensed Clinical
Psychologist (CRR. A96780)
5+ years of experience overall
M.Phil. Clinical Psychology,
M.A. Clinical Psychology

ADMISSION PROCESS & FEES

INTEREST FORM - <https://forms.gle/QPgsM1vHBEs512vR9>

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)
- **Submission of Documents:** Require copies of degree certificates.

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 75,000/- within the time specified.



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Centre for Mental Health

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Invest in Your Skills, Transform Your Future



Contact Us for More Information



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