MHAI
MENTAL HEALTH ACADEMY INDIA
Creating Healthy Minds



DIPLOMA IN MENTAL HEALTH AND COUNSELLING SKILLS

(DMHCSO2023)

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Diploma In Mental Health and Counseling Skills is an interactive course designed to provide a strong foundation to participants in **practical aspects** of mental health.

It is a **6 months program** with online classes conducted **twice a week.** The duration of the class will be for **two hours.**

What do you learn in this course?

Section 1: Introduction to Mental Health

- Introduction to Mental Health and Mental Health Problems in India
- Spectrum of Interventions for Mental Health Problems
- Professionals who can help
- MHAI Action Plan for Mental Health Support
- Ethics in Mental Health and Relevant Laws, Mental Health Policy in India

Section 2: Understanding Human Behaviour and Psychology

- Self-Awareness
- Emotions, Perceptions and Thinking
- Multiple Intelligences
- Interpersonal Relationships
- Brain Structures and Their Mental Health Roles
- Defence Mechanisms
- Stress, Burnout
- Stress Management: Relaxation and Cognitive Techniques
- Loneliness

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Section 3: Understanding Mental Health Conditions

- **Depressive and Mood Disorders**: Major Depressive Disorder, Bipolar Disorder and Perinatal Depression
- **Anxiety Disorders**: Generalized Anxiety Disorder (GAD), Social Anxiety Disorder (SAD), Specific Phobias and Agoraphobia
- **Obsessive-Compulsive and Related Disorders**: Obsessive-Compulsive Disorder (OCD)
- **Trauma- and Stressor-Related Disorders**: Post-Traumatic Stress Disorder (PTSD)
- **Schizophrenia Spectrum and Other Psychotic Disorders**: Introduction to Psychosis and Psychotic Disorders
- **Substance-Related and Addictive Disorders**: Substance Use Problems and Gambling Disorder
- **Eating Disorders**
- **Neurodevelopmental Disorders** : Introduction to Developmental Disorders
- **Personality Disorders**
- **Neurocognitive Disorders**: Dementia and Mental Health in Older Adults

Section 4: Mental Health Crisis and Initial Support

- Suicidal Thoughts and Behaviours
- Non-Suicidal Self-Injury
- Panic Attacks
- Supporting Individuals Following a Traumatic Event
- Severe Psychotic States
- Severe Effects of Alcohol Use
- Aggressive Behaviours and De-escalation
- Recognising Crisis Situations and Appropriate Referral

Section 5: Counselling Skills and Therapeutic Approaches
Foundational Counselling Skills:

- Introduction to Rogerian Counselling (Non-Directive Counselling)
- Rapport Building
- Non-Judgemental Attitude
- Confidentiality and Its Limitations
- Empathy and Active Listening, Patience
- Communication Skills

ADDITIONAL SUPPORT

FREE GROUP MENTORING SESSION

- Congruence (Genuineness)
- Unconditional Positive Regard (Positive Strokes)
- Questioning Skills: Open and Closed Questions
- Paraphrasing and Summarising
- Confrontation in Counselling, Unmasking the real issues
- Goal Setting
- Self-Disclosure
- Transference and Countertransference
- Introduction to Relationship and Couples Counselling
- Introduction to Grief Counselling
- Counselling for Child Abuse
- Group Counselling and Support Groups
- Referrals
- Self-care for Counsellors

Introduction to Therapeutic Approaches

- Cognitive Behavioural Therapy (CBT)
- Art-Based Approaches
- Music Therapy
- Expressive Writing
- Bibliotherapy
- Ecotherapy
- Expressive Movement/Dance Movement Therapy

Section 6: Inclusive and Culturally Sensitive Mental Health Support

- Cultural Sensitivity, Diversity and Respect for Individual Differences
- Inclusive Communication and Supporting LGBTIQ+ Individuals

Section 7: Mental Health Resources and Information

- Mental Health Helpline Numbers
- Books and Documentaries on Mental Health Conditions
- District Mental Health Programme (DMHP): Information and Resources Across India
- Government Mental Health Institutions in India
- Mental Health Support Services and Referral Networks

ADDITIONAL SUPPORT

EXPERIENTIAL LEARNING

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Section 8: Additional Topics in Mental Health and Wellbeing

- Nutrition and Mental Health
- Self-Care and Wellbeing Practices
- Holistic Approaches to Mental Wellbeing

Section 9: Practical Training, Internship and Professional Development

- Dyad and Triad Practice Sessions (Online)
- Mock Counselling Sessions
- Role-Plays and Experiential Activities
- Case Studies and Case Discussions
- Report Writing and Documentation
- Internship
- Networking, Referrals and Professional Branding

Methodology

- Assessments
- Discussions, Group activities
- Case Studies
- Activities/Role-play
- Assignments
- Dyads/Triads (Both Online and Classroom practice sessions)
- Group Mentoring/1:1 Mentoring
- **Internship**
- Presentations
- Mock sessions

This course is designed to suit even those who do not have prior theoretical knowledge of psychology/mental health, and is conducted with the explicit aim of empowering you with practical skills.

ADDITIONAL SUPPORT

FREE 1:1 MENTORING SESSION

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Eligibility Criteria for the course

- While the program is meant for persons with an academic background up to graduation level, those with lesser qualification are also considered on interview, if they are caring and sensitive human beings and have had sufficient exposure to life.

- No prior qualifications are necessary, aside from possessing the appropriate attitude to diligently adhere to the course and Academy guidelines, along with a genuine dedication to comprehending human nature and actively learning, understanding, and applying the skills.

- Course is delivered in **English Language** only.

- **85% Attendance** is mandatory for certificate of Diploma in Mental Health and Counseling Skills.

- Minimum of **30 sessions (total of 30 hours) training/counselling sessions of Internship** must be completed by the end of this course to be eligible to get the certificates. (Internships can be done in schools/organization/NGO/Corporates which will be discussed during the program).

- When you enroll you will be invited for individual 1:1 interactions to understand your progress in life, your aspirations, your existing skills, and your expectations from this course.

The course is conducted in small batches and sufficient individual interaction and time is provided for personal growth.

LEARN MENTAL HEALTH SKILLS

START A NEW CAREER

Benefits of the course

- **Understand, practice and master Skills** to teach, support and Promoting Mental Health Awareness in community.
- **Diploma Certificate**
- **Knowledge on Mental Health & Counseling skills to support oneself, family, friends, colleagues and community.**
- Become a Member of Mental Health Academy India **Support Group and Human Books.**
- Become a member of our **Alumni Trainer group** with **ongoing support and training opportunities.**
- **Value add Mental Health** skills to your CV/Resume
- **Course Handout and materials** - Notes will be sent every week.

Duration

- It is a **6 months** program, including internship.

- Classes will be held on **Tuesdays** and **Thursdays** from **6:30 PM to 8:30 PM IST (tentative)**.
- The new batch is scheduled to commence on a date to be finalised. While we intend to maintain the same schedule throughout the programme, minor adjustments may occasionally be made based on requirements.
- For those who prefer individualised, one-on-one sessions, 1:1 sessions may also be available. The fee structure for 1:1 sessions will vary depending on the individual requirements and session format.
- Please reach out to us for further details.

LEARN MENTAL HEALTH SKILLS

START A NEW CAREER

Your commitment

- You are expected to maintain regular attendance, complete the required internship hours, and submit assignments on time. Evaluation will be an ongoing process, based on attendance, participation in discussions, assignments, presentations, quick-review mini-tests, institutional visits, and internship performance.

- There are no exams but your ability to genuinely reach out and counsel effectively gets you the Diploma. Those who do not come up to the required standard may only get a participation certificate.

- Complete confidentiality is to be maintained by you and we will also respect your confidentiality if you share anything with us.

- All case studies and personal experiences discussed during classes are for educational purposes and must be treated with confidentiality, sensitivity, and respect.

AN INTERACTIVE AND PRACTICAL

COURSE WITH INTERNSHIP

Additional Support and enhancement of Skills

- In addition to the weekly classes, special sessions of **group mentoring** will be given once a week for a better understanding of the topic.
- Mentoring will be done in small groups to **promote personal interaction and understanding of topics** covered.
- **1:1 Mentoring Support**: Individual mentoring sessions with the trainer will be available once a month, based on the participant's needs.

Course Fee

Total cost of the course will be Rs. 38,000/- (To be paid in full prior to the course).

Instalment Option: Student can pay in three parts:

1st instalment at admission: INR 18,000/-

2nd instalment by 2nd month: INR 10,000/-

3rd instalment by 3rd month: INR 10,000/-

Early Bird offer - Pay Rs. 35,000/- (One shot payment - To be paid in full prior to the course)

Refund: We only offer a refund before the course begins, after deducting INR 1000/- as administrative fees. No refund will be given once the course begins.

Registration Instructions

- Please fill up the application form (on website) completely.
- Proceed with the Payment process
- Submit your duly filled questionnaire. The questionnaire will be emailed to you upon registration.

About MHAI

At Mental Health Academy India (MHAI), we are dedicated to promoting mental well-being through a comprehensive ecosystem of support. Our offerings include awareness programs, training sessions, workshops, counseling, nature/eco therapy, music therapy, healing retreats, and holistic wellness services— each thoughtfully designed to support individuals in nurturing their mental and emotional well-being as part of a holistic approach to health.

Our mission extends beyond services. We are deeply committed to breaking the stigma surrounding mental health and cultivating a culture of openness, healing, and resilience.

We strive to make our knowledge and services accessible not only in cities but also in rural communities at the grassroots level, ensuring that support is available and inclusive for all—regardless of geography.

Services offered at MHAI

- **Diploma** in *Mental Health and Counselling Skills*
- **Certificate** Course in *Suicide Prevention Skills*
- **Certificate** Course in *Non-Suicidal Self-Injury Prevention Skills*
- **Certificate Course** in *Life Skills* (For Kids and Adults)
- **Diploma** in *Life Skills*
- Mental Health **Awareness Program**, Workshops
- **Counselling** and **Mentoring** Services
- **Support Group** Meet (Online and In-person)
- **Human Books** (Online and In-person)
- **Ecotherapy, Shinrin Yoku (Forest Bathing)**
- **Workshops** on topics related to Mental Health, Life Skills, Human Behaviour
- **Internships** for students
- **Holistic Health Rural Training program** in collaboration with *Mental Strides, Australia*
- **Harmony** - *The Journey Within* - Outdoor Workshop/Retreat
- **Kaadu Harate** - Outdoor Workshop
- **Author's Program** (Book Writing)
- **The Sound Mind** - An Immersive Journey Through Art and Nature
- **Mann-Thann** - Discover yourself differently

Check out our website **www.mhai.in** and join us on

- **LinkedIn (Ranjitha Raj):** https://www.linkedin.com/in/ranjitha-raj-mentalhealthcoach/
- **Facebook:** https://www.facebook.com/mhaiorganization/
- **LinkedIn (MHAI Page):** https://www.linkedin.com/company/mental-health-academy-india/
- **Instagram:** https://www.instagram.com/mentalhealthacademyindia/
- **YouTube:** https://www.youtube.com/channel/UC5Hbvq4Q1Xsb7EASu1-ZglA

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