

# TWIN COURSE – 2024-25



PREMANJALI COUNSELLING SERVICES, a **JESUIT** Institute offers Xavier Institute of Basic Counselling (XIBC) & Xavier Institute of Advanced Counselling (XIAC) a twin courses in 2024-25.

**This change is based on our experience and feedback of the past 12 years.**

**XIBC:** Focusing on the basic aspects of counselling theory and practicum, this 5-month program equips participants to counsel people in schools, parishes, institutions, and organizations.

**Training period :** Aug. 3 to Dec. 21, 2024. (Training period: 120 hours plus practicum outside)

**XIAC:** Offered to a select group (priority given to XIBC students), this 3-month course delves into psychotherapies like NLP, Gestalt Therapy, Family Therapy, Brief Therapy, Group Therapy, CBT and others.

**Training period:** Jan. 4 to Mar. 29, 2025. (Training period: 80 hours plus practicum outside)

**Supervised practical training is the strength of our courses.**

We want to empower our students to use these skills fluently.

Join us **Every Saturdays from 9:00 am to 4:00 pm**, making it accessible for working professionals. Past participants include psychologists, business professionals, educators, those seeking a second career and others.

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For years our staff has often received requests to start a counseling course that will benefit teachers, parents, social workers and all those whose work involves dealing with others effectively.

This year we have decided to respond to these expressed needs by making a **Basic Counselling Course** available specially to such persons.



## OBJECTIVE:

In keeping with the vision of Premanjali training programs, our goal is to make our participants feel confident in counselling in the context of their basic relationships with schools, parishes, institutions, and organizations.

## WHO CAN PARTICIPATE:

This course will be useful for teachers, parents, social workers, doctors, lawyers, employers and other professionals who are looking for ways to put clients at ease quickly, as well as establish rapport, so necessary to win over their confidence. For some who are not sure regarding the direction they intend to move into, this course equips you to be an **EFFECTIVE COUNSELLOR**.





## 7<sup>th</sup> ADVANCED TRAINING PROGRAMME FOR PROFESSIONAL COUNSELORS



### About the course :

Like a parched arid land thirsting for the first showers, our psychologists have been longing for a training programme to help them translate their theoretical knowledge in psychology into a practical art. Our **Basic Counselling Course** with practicum helps to do just that. But there is a need for more.

Psychologists have theoretical knowledge about different forms of psychotherapies but lack the skills to use them in their practice. Additionally, today psychotherapists seek to resolve problems in a limited time. Our Xavier Institute of Advanced Counselling (XIAC) Course responds to this very need. It offers *personalized supervised practical training* to professional counsellors to sharpen their skills to enable them to be more effective therapists.

### What XIAC provides:

**Supervised Practical Training:** We provide hands-on training to equip psychotherapists with the skills they need to excel.

**Time-Efficient Solutions:** In a world where time is precious, our focus is on effective problem-solving within practical timeframes.

***Join us at XIAC, where theoretical wisdom meets practical mastery!***