

Basics of Counselling and Psychotherapy in the Indian Context
(Online Short-term Modular Course)

Syllabus

Day 1: Basics of Counselling

Day 2: Basics of Ayurvedic Mental Health Care

Day 3: Medhya Rasayana, Achar Rasayana and Golden Rules of Happiness

Day 4: Seven Stages of Counselling Process

Day 5: (1) Basics of Prana Chikitsa (2) Diet and Mental Health Care

Day 6: (1) Role of Yagyopathy in Mental Health Care (2) Role of Cow Science in Mental Health Care

Day 7: Role of Swadhyay-Satsang in Mental Health Care

Day 8: Unmada: Basic concepts

Day 9: Other techniques of Mental Health Care

Day 10: Use of Daily Activity Chart in Mental Health Care

Day 11: Summary-Conclusion

Day 12: Test/Assignment