



NICCS - A Post Graduate Diploma in Integrated Counselling.

**A one year program offered by Nibbana Institute - Chennai and
accredited by Madras School of Social work.**

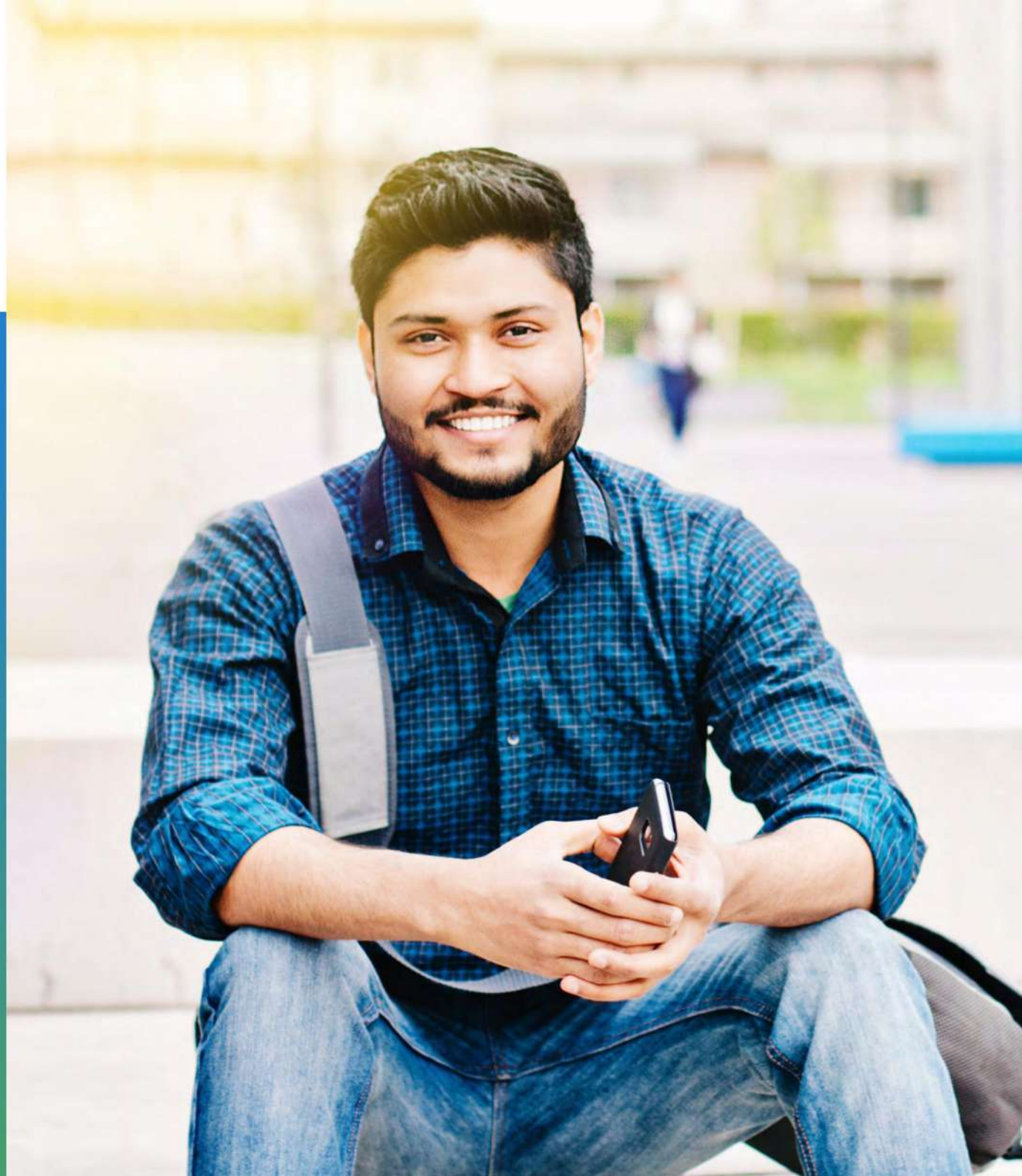
New batch starting in July 2024 in Chennai!

ENROLL NOW!!



Your career as a **Counsellor** starts here.

The **NICCS Post Graduate Diploma in Integrated Counselling** is India's first ever one-year full-time training program in Counselling offered to graduates of all streams. This pioneering program is curated and offered by Nibbana Institute, a leader in the field of mental health, and accredited by Madras School of Social Work (MSSW)



Snapshot of the program

Program Duration	One year with 500+ hours of practical training
Type	Full time
Hybrid Model	Classroom teaching + Online modules + Practical exposure
Program Start Date	July 24th, 2024
Timings	Monday to Thursday 9:30 am to 2:00pm
Application Deadline	June 30th, 2024
Eligibility	Indian graduates of all disciplines
Program Fee	Rs. 3,25,000/- + GST
Criteria for Completion	Final written exam, a viva voce, 90% attendance & evaluations through the year

About NICCS

The program provides an in-depth understanding of counselling, its various components and most importantly, hands-on practical training with clients. The program is suitable for graduates of all disciplines and at all stages in their life looking to change their career. It is also an ideal bridge program for students of Psychology, as they make the transition from classroom knowledge to professional application.

About the NICCS Program

Highlights of the program

- One-year intensive program
- 500+ hours of theory and practical training
- Overview of multiple therapeutic approaches
- 50 hours internship with real time clients
- Regular Supervision and Integration sessions to blend theory and practice
- Assignments and exams help the emergence of a confident professional who can start a practice

WORLD CLASS KNOWLEDGE TRANSFER

18 faculties from India & abroad

INTEGRATING THEORY AND PRACTICE

Internship, Peer practice & exposure to real clients

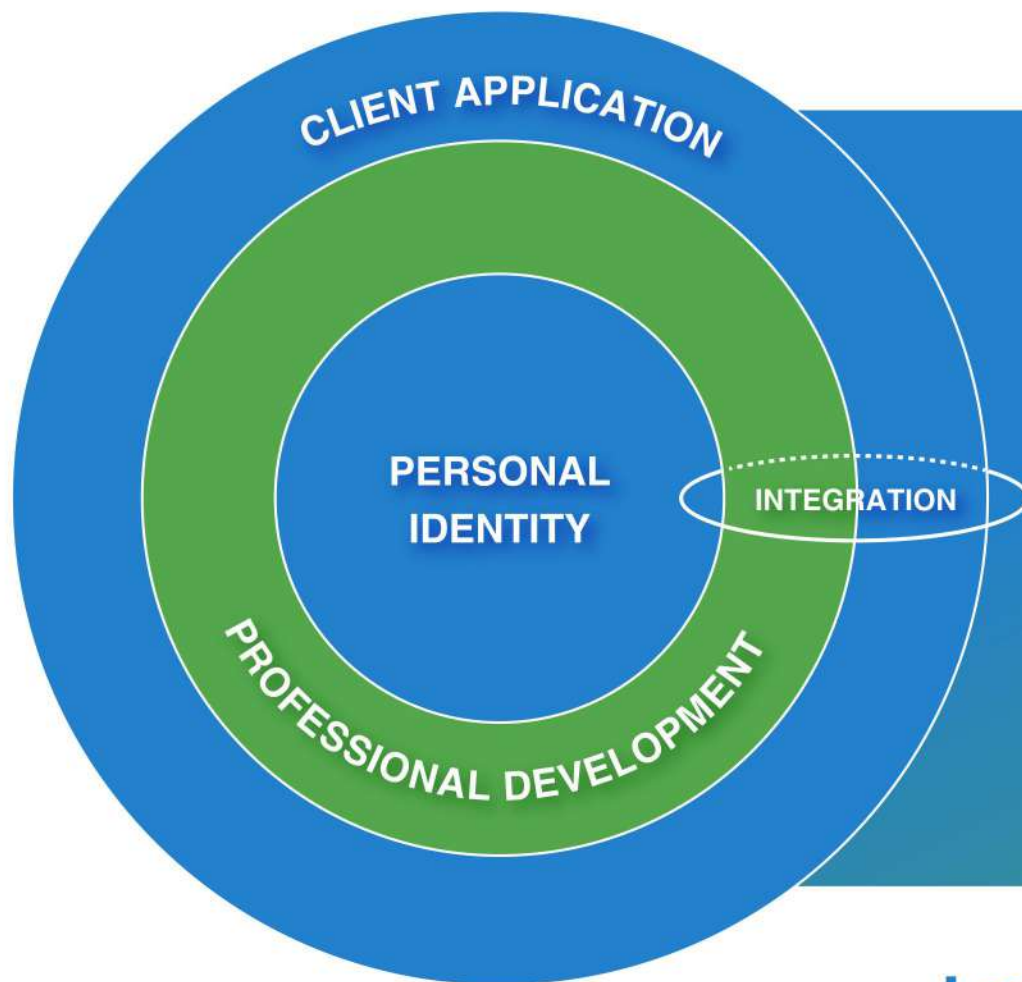
NICCS

COMPETENCY ASSESSMENT

Written exam & practical evaluation

QUALITY ASSURANCE

Accredited PG Diploma certification
Supervision & Ethical Practices



What is unique about NICCS?

- Focuses on theory, skill development and an integrative approach to counselling
- Bridges the gap between learning and practice - builds confidence through hands-on experience
- Exposes students to various schools and models of counselling and therapeutic techniques
- Faculties are practicing experts in the field of mental health
- Helps students forge a meaningful identity as a counsellor and design a path to professional success

Learning begins in the classroom and strengthens with application and practice. Get both with NICCS

Program Structure

Students experience growth both as an individual and professional in the counselling space

The program is divided into 3 modules. The modules have been designed for the students to experience growth, both as individuals and professionals in the counselling space. The focus, process and outcomes of each module are highlighted below. Every module will have assignments, peer practice sessions and students will be evaluated on an ongoing basis.

Program completion and certification will be based on a final written exam, a viva voce, 90% attendance and evaluations through the year.

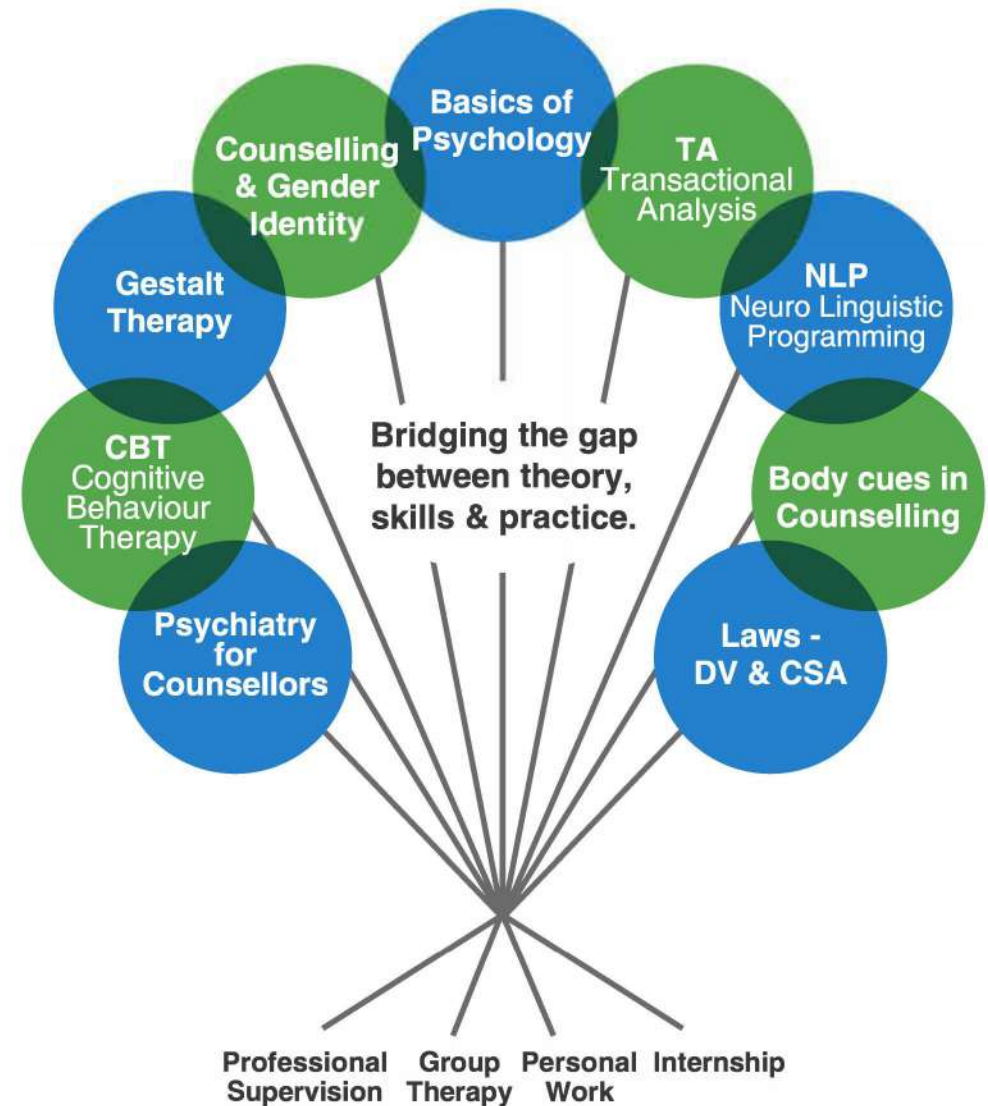
Hybrid mode of Teaching

Classroom teaching + Online Modules + Practical Exposure

Timings of the Course: Monday - Thursday, 9:30am to 2:00pm

Teaching Methodology

The NICCS program uses a variety of time-tested, learning oriented teaching methodology to ensure the students get a understanding of the subject. Some of the innovative approaches include Personal Work, Demonstration by practitioners, Peer Practice, Internship, Supervision and Internal & External evaluation.



Module 1 - Personal Identity

	Focus	Process	Outcome
Building self-awareness and shaping-up for the role as a counsellor	Preparing the participant to own the identity of a counsellor	Our unique frameworks to be used as a lens for self-discovery	<ul style="list-style-type: none"> • Developing identity of a counsellor • Aligning the personality to the role of a counsellor • Ability to notice personal styles influencing counselling process • Ability to increase flexibility in communication patterns • Awareness about vulnerabilities, being authentic & having ethical perspectives • Modelling personal well-being
	Developing flexibility in the personality to accommodate a variety of client presentations	Group process and Self-reflections to enhance Self-knowledge Assignments reflecting self-growth	

Module 2 - Integrating Theory & Practice

	Focus	Process	Outcome
Integrating Theory and practice	Significance on learning various schools of counselling	<ul style="list-style-type: none"> • Teaching and demonstration of context-oriented practice • Guidance from practicing experts in the field of mental health • Using AV recording for self-monitoring and feedback • Assignments integrating theory & practice with verbatims from practice sessions 	<ul style="list-style-type: none"> • Relevant counselling theories and hands-on skill development • Developing contact fullness with the client • Ability to notice incongruencies, facilitate perceptual updates • Tools and techniques in facilitate changes • Observational skills to pick up cues • Ability to elicit unconscious patterns • Corelating content and process • Noticing blind spots and deaf spots • Ability to begin and close sessions & negotiate for further sessions • Ability to set boundaries • Body awareness of the counsellor
	Using frameworks & models to understand client presentation and formulating change constructions		

Module 3 - Client Application

	Focus	Process	Outcome
Application & Supervision	<ul style="list-style-type: none"> • Hands-on experience to start & close a session • Revisiting theory and practice towards client work orientation • Facilitating an individual session & making an overall session & change plan • Understanding professional ethics 	<ul style="list-style-type: none"> • Realtime application through 50 hours of internship & supervision • Mini case studies • Writing client histories & verbatims • Mini research & presentations 	<ul style="list-style-type: none"> • Ability to open a client's narrative • Ability to notice patterns in Client behaviour, emotional handling, fantasies & cognitive patterns • Ability to notice patterns of clients in engaging in relationships • Framing hypothesis (diagnosis) • Ability to make contracts • Construct change options for client • Ability to use models and frameworks in diagnosis & treatment • Maintain internal balance while working with the client • Awareness of emotions, compulsions, judgements and agendas of self

Who is this program for?

- Any individual who has a dream and a passion to work in the field of counselling
- Working professionals who wish to enhance their interpersonal and managerial skills by including counselling as a key component
- A professional who seeks to establish their own private practice in the field of mental health
- Individuals who are looking for second career options

The NICCS PG Diploma in Integrated Counselling is offered to graduates of all disciplines.

Eligibility

- An Indian citizen who is a Graduate in any discipline between the ages of 21 to 60
- Fluent in English and can dedicate one-year to learning
- Comfortable in using computers - Microsoft Word, Excel and online platforms for learning
- Individuals should be ready to look inward, open to feedback and willing to grow
- Admissions will be based on interviews
- Seats are limited and admissions will cease as soon as the seats are filled

Turn your natural talent of helping people into a professional counselling skill. Enroll Now.



Program Outcomes

On successful completion of the program you will be ready to start your own practice and interact with clients. You will have a thorough understanding of the subject and the confidence of client interactions.

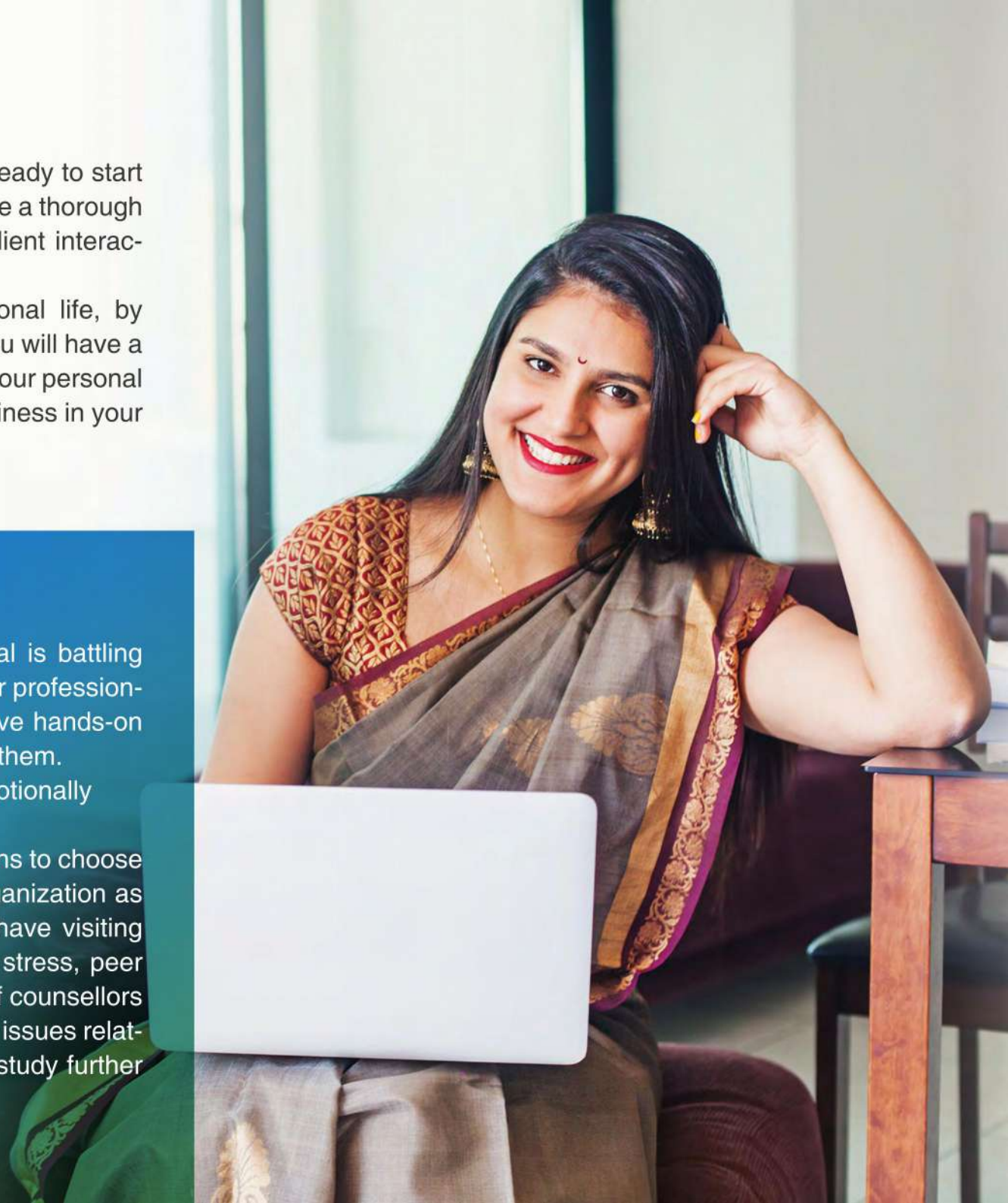
The program also significantly enhances your personal life, by making you look inwards and grow as an individual. You will have a deeper understanding of yourself and how to improve your personal and professional interactions, to bring peace and happiness in your life.

Career Scope

We are living in a world today where every individual is battling through various issues in their lives. There is a need for professional counsellors, who are trained beyond books and have hands-on experience of understanding client needs and helping them.

A career in counselling can be both financially and emotionally satisfying.

As a counsellor, you have a wide range of career options to choose from - you can set up your own practice or join an organization as an in-house counsellor. Many schools and colleges have visiting counsellors to help children deal with their academic stress, peer pressure and more. Several NGOs seek the support of counsellors to help them in their work, especially when dealing with issues related to women and children. You could also choose to study further and enhance your skills.





About Nibbana Institute

Nibbana Institute is a leading service provider in the field of psychotherapy and counselling for over two decades and is situated in Chennai. Nibbana's Counselling and Psychotherapy Centre has offered counselling services to several people over the years and holds a reputed name in the field. To know more about Nibbana, please log onto our website www.nibbanatherapy.com

In 2017, Nibbana launched their flagship educational program Nibbana's Integrated Course on Counselling Skills - NICCS, the first-of-its-kind in India. This unique program has been created by Nibbana to develop skilled professionals in the field of counselling, who are trained in both the theory and practical aspects of the field. After completing three successful batches, Nibbana is honoured to be accredited by Madras School of Social work (NAAC credited and affiliated to University of Madras) to offer this program as a One-year Post Graduate Diploma in Integrated Counselling.

This unique program has been created by Nibbana to develop skilled professionals in the field of counselling, who are trained in both the theory and practical aspects of the field.

The MSSW endorsement of this program as a Post Graduate Diploma in Integrated Counselling provides a prestigious accreditation to the students who invest 500+ hours in the programme, enhancing their career development.

About Madras School of Social Work (MSSW)

Madras School of Social Work, established in 1952, located in Chennai, South India, is an Autonomous Institution, NAAC accredited and affiliated to University of Madras. MSSW is recognized among the top-ranked institutes of the country and is a member of the Association of Schools of Social Work in India and the Asia - Pacific Association of Social Work Education. The School is also affiliated to the International Association of Schools of Social Work and is rated 3rd Best Social Work College in India and 1st in South India.



Geethan, Managing Director & Senior Therapist, Nibbana Institute & Dr. S. Raja Samuel, Principal & Associate Professor, MSSW