



Thrive Café brings you Counselling Skills Foundation Course starting August 2023

Objectives:

This course is designed to provide basic counselling skills for

- A) People wanting to pursue mental health counselling as a profession. You will build a strong base and understanding of different therapeutic models as well as acquire basic skills in NLP (Neurolinguistic Programming), TA (Transactional Analysis) and Hypnotherapy.

At successful completion, you will be certified as a counsellor.

- B) People in a position to influence and mentor others in a work situation or at home. If you are naturally empathetic and frequently find others confiding in you, it is helpful to know how to facilitate effectively, rather than offering platitudes or advice or becoming over-wrought oneself. By knowing how to help effectively, the skilled helper can benefit many. At successful completion, you will receive a participation certificate.

Duration of the Course:

The course will be conducted over a period of 8 months (from August 2023 to March 2024) in 24 sessions. Additionally, the curriculum includes short courses in TA, NLP, and Hypnotherapy.

Class timings are 9.30 am to 11.30 am on the dates as given in the section marked 'Syllabus'.

(With consensus of the group, some timing / dates may be changed to suit participants & trainers)

Requirements from all trainees:

This is an *experiential* course. All participants will maintain *STRICT CONFIDENTIALITY* on all personal issues that are raised during the course.

Commitment to the course for the year will include:

- Sufficient attendance
- Practicing the skills and theories taught
- Working on personal issues
- Attendance of the TA course
- Attendance of the NLP course
- Attendance of the Hypnotherapy course
- Satisfactory completion of the term assessment papers
- Working on and presentation of TA 'butterflies' (life scripts)
- Submitting for Supervision of acceptable verbatim transcriptions of counselling/helping sessions conducted with people outside of the course. (NB. Transcripts should be modified to protect the identity of the person/s counselled. Verbatims will be shared with the entire group except in very rare cases).
- 16 accepted verbatims will be required to certify as a counsellor, 8 accepted verbatims are required for participation certification.
- Submissions should be completed by the 23rd session to allow for supervision time.
- Peer review of verbatims submitted

Fee structure:

The total fee has been divided into instalments for easier payment planning.

Fees are due as follows:

August 25th: Rs 30,000/-

October 6th: Rs 30,000/-

December 1st: Rs 30,000/-

February 2nd: Rs 30,000/-

Please note that the fees **include** the courses in TA, NLP, Hypnotherapy, Exam fees and Supervision Fees for the verbatims submitted.



Course facilitator:



Sumedha Bhise has over 30 years of experience as a Counsellor and Trainer. She is a certified NLP (Neuro Linguistic Programming) Master Practitioner; licensed Clinical Hypnotherapist; accredited Brain Working Recursive Therapy practitioner, mentor, and trainer; certified in Past Life Regression Therapy and Spiritual Regression; with a diploma in Transpersonal Regression Therapy (TASSO trained). Her rich experience of working with many people and understanding their varied ways of processing information, handling situations, their metaprogrammes and differing levels of effectiveness helps her create a unique learning experience.

Sumedha designs her own training programmes, using NLP as well as TA, Hypnotherapy, Gestalt therapy, Rogerian client-centred counselling, the Egan model of change, Carkhuff's model, Jung's inner dialoguing, REBT and Play Therapy. To enrich personal growth workshops and training programmes she includes creative games and exercises, with practical examples drawn from her experience as well as from the group. She also has a BSc. degree from the University of Bombay and three decades of experience in Communications and Advertising.

Other facilitators may be brought in from time to time.

To register, or for further details, email: Sumedha.workshops@gmail.com

Course Venue:

003 Classic Aloha, Rahat Bagh Enclave,
B.A. Basith Road, Near Big Bazaar Old Madras Road,
C.V. Raman Nagar P.O.,
Bangalore 560 093.

Payment Details:

The payments can be made by cheque or bank transfer.

<u>Beneficiary name:</u>	Social Unconditioning Works Pvt Ltd
<u>Bank:</u>	HDFC Bank, Tippasandra branch
<u>IFSC:</u>	HDFC0000832
<u>A/c No:</u>	50200066010333
<u>A/c type:</u>	Current Account

About Thrive Café

Thrive Café was set up to democratise mental health. In service of its purpose, Thrive Café aims to standardise and invest in Counsellor training, upskilling and Certification. To this effect, multiple courses such as the Counselling Skills Foundation Course would be made available to new and existing practitioners to improve their effectiveness.

Thrive Café is also working towards promoting positive mental health through Emotional Health Skill building. In collaboration with reputed Academic Institutions, it is also working on creating accessible new formats of mental health solutions that can impact everyone.



Syllabus:

The course may vary slightly in exact detail, depending upon the trainees' (and trainer's!) needs.

SESSION No.	SCHEDULED DATE (subject to change)	TOPIC
0	AUGUST 18 th	Introductions, questions and answers, clarifications if required.
1	25 th	COURSE COMMENCES: What is counselling?
2	SEPTEMBER 1 st	Who is a counsellor?
3	8 th	The counselling process – 'How'. Demos. Verbatim introduction
4	15 th	Practice. Verbatim submissions to start
5	22 nd	Where the helpee is in the personal process (stages of development)
6	29 th	Practice: (includes Analysis through POV of theories studied)
7	OCTOBER 6 th	Inner Child work & working with children
TA BASICS	9 th – 13 th (5 full days)	Contracting, Strokes, Stroke conversions, Time Structuring, Ego States, Passivity Syndrome, Psychological Games, Transactions, Life Script Concepts, Life Positions, Discounting, Redefining, Dialoguing, Autonomy. Afternoons will be devoted to practice.
8	20 th	Miniscripts. Fear. Introduction to 'Butterfly' process
9	27 th	Co-Dependency
10	NOVEMBER 3 rd	Practice. Analysis through different POV's including TA
11	10 th	REBT (CBT)
DIWALI BREAK		
12	DECEMBER 1 st	1st term paper
13	8 th	Gestalt. Boundaries. Anger.
NLP BASICS	DECEMBER 11 th – 22 nd (10 mornings, excluding weekends)	General Concepts, Pre-suppositions, Modalities and Sub Modalities, Recall and Construct, Pacing, Cross Pacing, Communication Skills, Motivation Styles, Compelling Outcomes, New Behaviour Generators, Introduction to Timelines, Traumas, Body Sculpting, Exercises and more.
CHRISTMAS/ NEW YEAR BREAK		
14	2024 JANUARY 5 th	Practice & Analysis
15	12 th	First Butterfly Script presentations
16	19 th	First presentations continue
17	FEBRUARY 2 nd	Grief, Stages of Loss
18	9 th	Group Practice, group revision of all concepts.
19	16 th	Second Butterfly Script presentations
20	23 rd	2nd term paper
21	MARCH 1 st	Final Butterfly Script presentations
22	8 th	Group Practice & Termination Strategies..
23	15 th	Group Practice. Final date for Verbatim submissions
HYPNOTHERA PY BASICS	20 th – 22 nd (3 full days)	Theory of Mind, Inductions and Deepeners, Affirmations, Suggestion Scripts, Regression to Cause and more.
24	MARCH 29 th	Closure, Certificates & Celebration!



Graduate Testimonials:

To give you an idea of what to expect, listen to a few participants from previous years.

"BCS4EE was an insightful experience, initiating transformation through understanding at all levels – mental, emotional, and physical."

~ Devi Sampath C. Ht.

"Sumedha's Basic Counselling Skills course transformed me. It comprised an ideal balance of theory and practical exposure, which gave me an ability to better handle situations around me. The skills I learned are now so much a part of me, that I practice better communication, deeper empathy and self-awareness without even having to "switch it on". Doing the course was the best thing I did for myself."

~ Itisha Peerbhoy, Writer

"This course has exposed me to be born again – thank you for the initiation."

~ Chandrani

"For me, going through BCS4EE was a miraculous experience in knowing my inner self and to have complete self acceptance. It has helped me to stay focus in doing what brings joy in life. Through this course one can also have harmony with self and among every living being. This course is so beautiful designed by Sumedha ma'am that one can know the real worth of it only through EXPERIENCING IT"

~ Preethi Lokesh

"This year long course supported me in what turned out to be an emotionally intense roller coaster ride of my life so far. I felt cared and loved."

~ Sowmya Gopinath

"Being a part of the BCS4EE 16-17 has been such a great honour & privilege. It changed me on so many deep levels and steered me in the direction of greater self discovery, freedom and alignment with my true self. Thank you Sumedha for imparting your immense wisdom and teaching style which is divinely blessed and allowed me to dive deep into the recesses of my being and explore my inner landscape and find grounding and an inner compass to navigate through life. There aren't many words to describe an experience of such magnitude and beauty. All I can say is that it's a gift I'll always be very grateful for. Thank you."

~ Vanika Bansal

"This course and the journey of one year has helped me understand self and has shown hidden potential of oneself. Anything can be achieved once you understand yourself!"

~ Sunitha Vasanth