



MUSLIM COLLEGE OF EDUCATION

Accredited with 'B' Grade by NAAC

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Certificate Course in Counselling

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Counselling

The Muslim College of Education offers a certificate program in counselling that aims to equip teacher-trainees with fundamental information, skills, and hands-on experience in the counselling area. These courses aim to give teacher-trainees with the necessary skills and resources to offer assistance and direction to their peers who may be encountering different difficulties in their personal and professional life.

Key features of Counselling course

Participants are familiarized with fundamental concepts, theories, and principles of counselling. This includes comprehending human behavior, psychological maturation, and the determinants that impact mental health and overall well-being.

The course has a strong emphasis on developing essential counselling skills, such as active listening, empathy, communication, and problem-solving. Participants develop the ability to establish a robust rapport with clients, foster a supportive environment, and facilitate meaningful conversations.

The counselling practice places great emphasis on ethical norms and professional standards to ensure that participants fully comprehend the significance of maintaining confidentiality, respecting client autonomy, demonstrating cultural competency, and making ethical decisions.

The teacher-trainees learn about the process of assessment and diagnosis in counselling, including how to gather information, conduct interviews, and use assessment tools to understand clients' needs and formulate treatment plans.

Various counselling approaches and techniques are explored, including cognitive-behavioral therapy, psychodynamic therapy, humanistic therapy, and solution-focused therapy. teacher-trainees learn how to apply these techniques to address specific issues such as anxiety, depression, trauma, addiction, and relationship problems.

