



ANUGRAHA

COUNSELLOR TRAINING PROGRAMME (CTP)

CTP Requirements

Updated : January 2020

Unit - 1		
Academic Requirements	RRR 1	The first five steps of counselling as in the book on <i>Nano Skill model</i> by Dr. Fr. Sundar Wilson
	RRR 2	Sixth to Tenth steps of counselling as in the book on <i>Nano Skill model</i> by Dr. Fr. Sundar Wilson.
	RRR 3	Transactional Analysis (TA) chapter as listed out the book <i>Dynamics of Counselling</i> by D. John Antony
Unit - 2		
Prerequisite (Summary Report)		1. Emotions Please read the book <i>Emotions in Counselling</i> by D. John Antony. After reading the book(s), please write a summary report of what you learned about Happiness, Anger, Fear, Sadness, Shame, Guilt, Disgust, Gratitude and any two other emotions from the book (2 pages each)
Academic Requirements	RRR 1	Pages 45 – 76 from the book, <i>Psychotherapies in Counselling</i> by D. John Antony. (Freud, Jung, Erikson and Adler)
	RRR 2	Pages 145 – 151 and 218 – 236 from the book, <i>Psychotherapies in Counselling</i> by D. John Antony. (Pavlova, Skinner, Frankl, May & Rogers)
Unit - 3		
Prerequisite (Summary Report)		1. Developmental Psychology Please read the book <i>Developmental Psychology</i> by Elizabeth Hurlock or any other standard textbook on Developmental Psychology. The book <i>Types of Counselling</i> by D. John Antony also deals with Developmental Psychology. After reading the book(s), please write a summary report of what you learned about Developmental Psychology at 1 page per developmental stage. A total of 10 pages. 2. Theories of Personality You may refer any standard textbook of Psychology or the book <i>Psychotherapies in Counselling</i> by D. John Antony. The portions to be studied are, The Theories of Personality according to Freud, Erikson, Adler, Jung, Carl Rogers, Viktor Frankl and Albert Ellis. After reading the book, please write a two page summary report on each theory on any of the five theories. A total of 10 pages.
Academic Requirements	RRR 1	Chapters on Counselling the Child, the Adolescence, the Middle Age and the Elderly from the book, <i>Types of Counselling</i> by D. John Antony.
	RRR 2	Chapters on Mood Disorders, Anxiety Disorders and Personality Disorders from the book <i>Mental Disorders Encountered in Counselling</i> by D. John Antony.
Unit - 4		
Prerequisite (Summary Report)		Family Counselling Read the book <i>Family Counselling</i> by D. John Antony. After reading the book(s), write a summary report of what you learned about Family Counselling at 2pagesper family therapy. A total of 10 pages.