



INTERNATIONAL INSTITUTE FOR **COUNSELLING,  
PSYCHOLOGY AND RESEARCH**

# MCCP

## Master Certification in **COUNSELLING & PSYCHOTHERAPY**

*22/09/2025 to 27/09/2025*

*(Monday to Saturday)*

**Venue: Asha Nivas Social Service Centre, Thousand Lights, Chennai**

**Apply** 🖱️

<https://www.sypaie.education/apply>

**Contact:**

99627 03763, 97914 75700



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## Training Highlights:

- 50 மணி நேரம் நேரடி பயிற்சி
- பயிற்சி மொழி : தமிழில், Notes & Materials in English
- சிறந்த வல்லுனர்களின் - 100% செயல்முறைப் பயிற்சி

## 3 Certifications:

MCCP + Psychological Counselling Skills +  
NLP & Psychotherapy

## Benefits ?

- Note Pad, Pen + Bag
- 3 Certification with Professional File
- VEG Lunch + Refreshments
- Training Material (Soft copy)
- UNIFORM - COAT
- Certificate Distribution Ceremony - 28th September 2025 ( Sunday ) - Arrangements
- Graduation Gown ( Should be Returned )

## Fees for 6 days

~~Rs. 25,000/-~~

**Rs. 19,500/-**

Certification in  
NLP & Psychotherapy  
(4 days)

~~Rs. 16,000/-~~

**Rs. 14,500/-**

Certification in  
Psychological Counselling Skills  
(2 days)

~~Rs. 9,000 + Rs. 2,000 (Certification)~~

**Rs. 6,500**

+ Rs. 2,000  
(Bharathidasan University  
Certification)

## Training by

SYPA IICPR - International Institute for Counselling,  
Psychology & Research

## In Association with

International Institute for Counselling & Training (IICT)



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Master Certification in  
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## TRAINING EXPERTS



**DR. MEENA KAMALAKANNAN**

**18+ YEARS**

MSW, MS., PhD.,  
Counselling Psychologist



**A. PARVEEN SULTHANA**

**12 YEARS**

Psychologist & Trainer,  
Consultant of Positive Psychotherapy,  
European certified.  
Institute of psychological services and r  
esearch Founder & Director.



**DR. YOUSUF ADAM**

**23+ YEARS**

BDS., M.A., M.S., Ph.D (Health Psy) Research & Health  
Psychologist



**K. HEMALATHA**

**10+ YEARS**

M.Sc. Applied Psychology  
Chief Psychologist and Trainer



**S MUBEEN SULTANA**

**6+ YEARS**

MSc(Psychology), M.Phil., DCP, MDCC  
Counselling Psychologist



**A. RADHISHA**

**2+ YEARS**

SOUL coach, Transformational speaker,  
Life Skill Trainer

### **Certification in NLP & Psychotherapy (4days)**

<b>DAY</b>	<b>TRAINER</b>	<b>TOPICS</b>
<b>22/09/2025</b> (Monday)	K. HEMALATHA	<ul style="list-style-type: none"><li>• <b>Introduction to NLP</b></li><li>• <b>History and founders (Bandler &amp; Grinder)</b></li><li>• <b>Real-life applications in communication, leadership &amp; personal growth</b></li><li>• <b>NLP Communication Model</b></li><li>• <b>Filters, internal representation, state, behaviour</b></li><li>• <b>Understanding perception and language</b></li><li>• <b>Building Rapport</b></li><li>• <b>Matching &amp; Mirroring techniques</b></li><li>• <b>Pacing and leading</b></li><li>• <b>Representational Systems</b></li><li>• <b>How people store information</b></li><li>• <b>Eye accessing cues</b></li><li>• <b>Anchoring Techniques</b></li><li>• <b>Creating resourceful emotional states</b></li><li>• <b>Practical anchoring for confidence, calmness</b></li></ul>

### **Certification in NLP & Psychotherapy (4 days)**

<b>DAY</b>	<b>TRAINER</b>	<b>TOPICS</b>
<b>23/09/2025</b> (Tuesday)	<b>K. HEMALATHA</b>	<ul style="list-style-type: none"><li>• Sub modalities</li><li>• How we encode experiences</li><li>• Changing internal pictures and sounds</li><li>• Meta Model</li><li>• Challenging limiting language patterns</li><li>• Clarifying vague statements</li><li>• Milton Model (Basics)</li><li>• Hypnotic language patterns for influence</li><li>• Using metaphor and indirect suggestion</li><li>• Limiting Beliefs &amp; Reframing</li><li>• Identify negative self-talk</li><li>• Empowering alternative thoughts</li><li>• Integration &amp; Practice</li><li>• Summary of techniques</li><li>• Role plays using all tools</li><li>• Case scenarios and problem-solving using NLP</li></ul>

## Certification in NLP & Psychotherapy (4 days)

DAY	TRAINER	TOPICS
<b>24/09/2025</b> (Wednesday)	<b>DR. MEENA KAMALAKANNAN</b>	<ul style="list-style-type: none"><li>• Introduction to Psychotherapy</li><li>• Definition &amp; History</li><li>• Ethics &amp; Guidelines</li><li>• Role of a therapist</li><li>• Psychotherapy Vs. Counselling</li><li>• Therapies:</li><li>• Cognitive Behavioural Therapy</li><li>• Transactional Analysis</li><li>• Dialectical Behaviour Therapy</li></ul>
<b>25/09/2025</b> (Thursday)	<b>DR. YOUSUF ADAM</b>	<p><b>Hypnotherapy</b></p> <ul style="list-style-type: none"><li>• Introduction to Hypnotherapy</li><li>• Understanding the state of Mind</li><li>• Hypnosis Vs NLP</li><li>• Hypnotic Trance</li><li>• Hypnotic Susceptibility Test</li><li>• Self-Hypnosis</li><li>• Basics on Hypnotherapy<ul style="list-style-type: none"><li>◦ Step by Step Guide for Hypnotherapy</li><li>◦ Initial Assessment &amp; Case History</li><li>◦ Assess Hypnotic Susceptibility</li><li>◦ Hypnotic Induction</li><li>◦ Deepening the Trance</li><li>◦ Suggestion Therapy &amp; Behaviour Modification</li><li>◦ Awakening &amp; Post</li><li>◦ Hypnotic Suggestion</li><li>◦ Hypnotic Script</li></ul></li></ul> <p><b>Psychometric Testing &amp; Assessment</b></p> <ul style="list-style-type: none"><li>• Emotional Intelligence Inventory</li><li>• MBTI (Myers-Briggs Type Indicator) - Customised</li><li>• Eysenck Personality Questionnaire (EPQ)</li></ul>

### **Certification in Psychological Counselling Skills (2 days)**

<b>DAY</b>	<b>TRAINER</b>	<b>TOPICS</b>
<b>26/09/2025</b> (Friday)	<b>A. PARVEEN SULTHANA</b>	<ul style="list-style-type: none"><li>• <b>Understanding the Personality of the Couple</b></li><li>• <b>Attachment Styles</b></li><li>• <b>Birth Order</b></li><li>• <b>Conflict Resolution Styles</b></li><li>• <b>Genogram Activity</b></li><li>• <b>Family Roles &amp; Rules</b></li><li>• <b>Enhancing Couple Communication</b></li><li>• <b>Active Listening &amp; Validation</b></li><li>• <b>Red flags in relationship</b></li><li>• <b>"I" Statements vs. Blame Language</b></li><li>• <b>Nonverbal Cues &amp; Emotional Connection</b></li><li>• <b>Love Languages in Practice</b></li><li>• <b>Conflict Resolution Skills</b></li><li>• <b>Creating a Shared Vision</b></li><li>• <b>Guided Couple Therapy</b></li><li>• <b>Structured Therapy Exercise</b></li><li>• <b>Addressing Specific Couple Challenges (Q&amp;A)</b></li><li>• <b>Role-Playing for Deeper Connection</b></li></ul>

## **Certification in Psychological Counselling Skills (2 days)**

<b>DAY</b>	<b>TRAINER</b>	<b>TOPICS</b>
<b>27/09/2025</b> (Saturday)	<b>K. HEMALATHA</b>	<ul style="list-style-type: none"><li>• <b>Welcome &amp; Icebreaker</b></li><li>• <b>Introduction to Counselling &amp; Guidance</b></li><li>• <b>Difference Between Counselling and Guidance</b></li><li>• <b>Qualities of an Effective Counsellor</b></li><li>• <b>Core Counselling Skills</b></li><li>• <b>Active Listening</b></li><li>• <b>Empathy</b></li><li>• <b>Open-Ended Questions</b></li><li>• <b>Non-verbal Cues</b></li><li>• <b>Self-Awareness &amp; Values Exercise</b></li><li>• <b>Role Play: Practicing Core Skills</b></li><li>• <b>Understanding Client Needs</b></li><li>• <b>Case Discussion 1: Academic/Emotional Challenges</b></li><li>• <b>Ethics &amp; Boundaries in Counselling</b></li><li>• <b>Red Flag Scenarios (Ethical Dilemmas)</b></li><li>• <b>Case Discussion 2: Family/Social Issues</b></li><li>• <b>Advanced Role Play: Handling Difficult Conversations</b></li><li>• <b>Building Rapport &amp; Trust</b></li><li>• <b>When to Refer: Limits of a Counsellor</b></li><li>• <b>Reflection, Group Sharing &amp; Q&amp;A</b></li><li>• <b>Feedback &amp; Closing</b></li></ul>