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Theories Through The Ages

Course Brochure

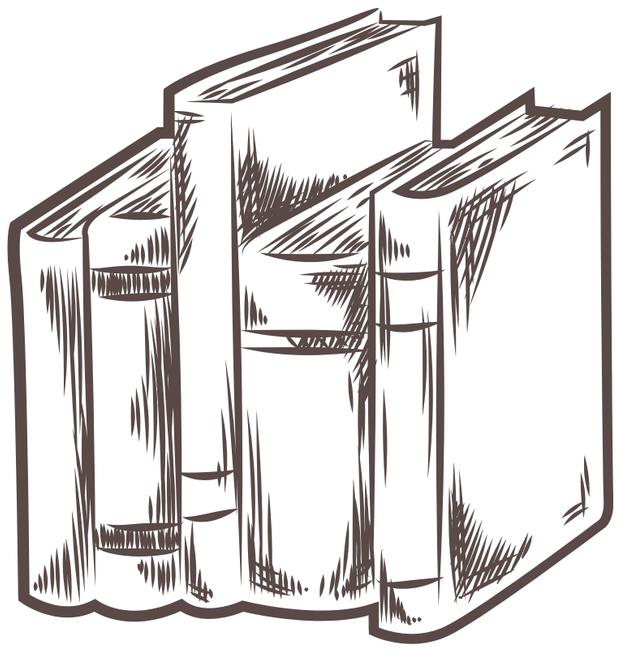
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The Alternative Story is launching *Theories Through The Ages*, a series of self-paced online classes for counselling students and professionals to explore and learn about counselling theories and approaches that have evolved over time. The course will also explore the application and relevance of these theories in practice, through a combination of theory and practice-oriented modules.

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Course objectives:



- Develop a deeper understanding of the history and context of the various counselling theories
- Understand the fundamental concepts and theories within each approach
- Explore client-counsellor relationship, strategies and skills within each approach
- Examine sociocultural relevance and drawbacks of each theory

Course Structure:

Theories Through The Ages is a self-paced online course transacted via Google Classrooms. Each counselling theory or chapter spans over 4-6 weeks. Participants can register for individual chapters or the full course of 6 chapters.

Sl.No	Chapters	Month
1.	Psychodynamic Theories	February
2.	Cognitive and Behavioral Therapy	March
3.	Mindfulness Based Cognitive Therapy	April
4.	Humanistic Therapy	May
5.	Existential Therapy	June
6.	Feminist Therapy	July

Fee:

Professionals Fee (per chapter)	Rs 3000/-
Professionals Full Course Fee	Rs 18,000/-
Early Bird Discount (per chapter)*	Rs 2000/-
Students Fee (per chapter)	Rs 2000/-
Students Full Course Fee	Rs 12,000/-

*Early Bird Discount closes on Jan 14th

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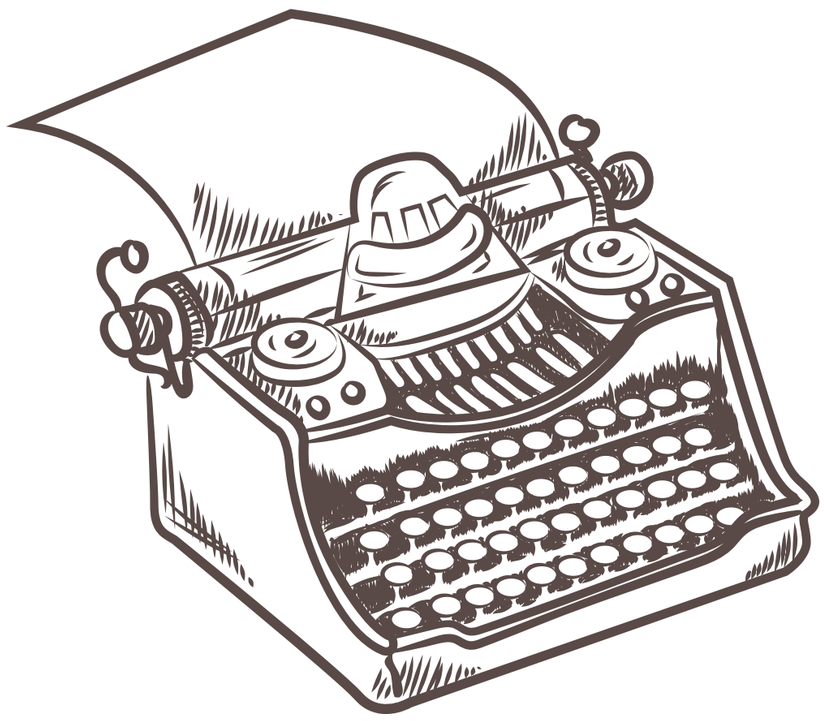
Who can apply?

The course is open to students and professionals in the field of mental health and social work. Students currently enrolled in Bachelors or Masters programmes in Psychology can also apply.

Link to register:
http://alternativestory.in/about-2/courses/

For more information please reach out to: archa.altstory@gmail.com

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Course Faculty



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Prarthana Sham (she/her) (left)

Prarthana works as an Associate with The Alternative Story in Bengaluru. She holds a Master's Degree in Applied Psychology with a specialization in Counseling Psychology from Tata Institute of Social Sciences. She has 4 years of experience working in the field of mental health. She primarily employs a feminist, existential and narrative approach in counselling.

Shamal Jaykar (she/her) (right)

Shamal works as an Associate with The Alternative Story at Andheri, Mumbai. She holds a Master's Degree in Applied Psychology with Specialization in Counselling Psychology from Tata Institute of Social Sciences. She has extensive experience providing therapy to survivors of Child Sexual Abuse and working with children and older adults individual and group settings.

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Yasmin Paul (she/her) (left)

Yasmin works as an Associate with The Alternative Story in Bengaluru. She holds a Master's Degree in Psychosocial Clinical Studies from Ambedkar University Delhi. In the past she has worked with marginalized women and children in the context of homelessness and in the area of community based mental health interventions for suicide prevention.

Prachi Pratap (she/her) (right)

Prachi works as an Associate with The Alternative Story. She holds a masters degree in counseling psychology from Tata Institute of Social Science, Mumbai and BA (H) psychology from Delhi University. She has worked with survivors of sexual and gender based violence at Médecins Sans Frontières (MSF), Delhi.

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Paras Sharma (he/him)
Director (Programmes and Services)

Paras holds a Master's Degree in Counselling from Tata Institute of Social Sciences and is a Doctoral Scholar at the same university. He has extensive experience as a development sector expert, therapist, and trainer.

Rashi Vidyasagar (she/her) (right)
Director (Communications and Strategy)

Rashi has a Master's degree in Criminology and Criminal Justice Administration along with a Bachelor's in Psychology. She has experience in providing crisis interventions to survivors of domestic and sexual violence as well as building programmes for the criminal justice system and healthcare system to respond to violence.





Naina Shahri (she/her) (left)

Naina works as a Team Lead at The Alternative Story. She holds a Master's Degree in Applied Psychology with specialization in Counselling Psychology from Tata Institute of Social Sciences. She has extensive experience providing therapy in online and offline formats, and in individual and group settings to young and middle-aged adults. She is also trained in Mindfulness and Arts-based Therapies.

Ahla Matra (she/her) (right)

Ahla works as a Team Lead at The Alternative Story. She holds a Master's Degree in Applied Psychology with specialization in Clinical Psychology from Tata Institute of Social Sciences. She primarily uses post-modern, strengths-based and feminist approaches to counselling.

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