PROGRAMME CALENDAR (PGD-NICW)

Live Sessions: Friday | **6:00–7:30 pm IST**
Module Structure:

- LMS module runs **2 weeks**
- **End of 2 weeks → Live review / guest lecture**
- Next module begins immediately

SEMESTER 1

Foundations in Counselling & Mental Health
(July 2026 – December 2026)

Orientation

17 July 2026 (Friday – Live Only)
Programme overview, learning expectations, LMS navigation

Semester 1 Modules

LMS Module Period	Live Session	Module
17 Jul – 30 Jul 2026	**31 Jul 2026**	Human Development Across the Lifespan I
31 Jul – 13 Aug 2026	**14 Aug 2026**	Human Development Across the Lifespan II
14 Aug – 27 Aug 2026	**28 Aug 2026**	Mental Health Literacy I: Mood & Anxiety Disorders
28 Aug – 10 Sep 2026	**11 Sep 2026**	Mental Health Literacy II: Psychosis & Personality Disorders
11 Sep – 24 Sep 2026	**25 Sep 2026**	Family Systems & Counselling
25 Sep – 08 Oct 2026	**09 Oct 2026**	Counselling Children & Adolescents
09 Oct – 22 Oct 2026	**23 Oct 2026**	Parenting for Emotional Wellness
23 Oct – 05 Nov 2026	**06 Nov 2026**	Foundations of Career Psychology
06 Nov – 19 Nov 2026	**20 Nov 2026**	Workplace Mental Health & Wellbeing
20 Nov – 03 Dec 2026	**04 Dec 2026**	Geriatric Counselling, Cognitive Reserve & Wellness

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IN-PERSON WORKSHOP 1

Core Counselling Skills in Practice

8–9 January 2027 (Friday–Saturday)

(Fundamental counselling skills, reflective listening, developmental dialogue, emotional regulation)

SEMESTER 2

Counselling Approaches, Skills & Practice Integration
(January 2027 – May 2027)

Semester 2 Modules

LMS Module Period	Live Review	Module
08 Jan – 21 Jan 2027	**22 Jan 2027**	Understanding Trauma & Recovery
22 Jan – 04 Feb 2027	**05 Feb 2027**	Addiction & Behavioural Compulsions
05 Feb – 18 Feb 2027	**19 Feb 2027**	Complex Personality & Emotional Dysregulation
19 Feb – 04 Mar 2027	**05 Mar 2027**	Solution-Focused Counselling
05 Mar – 18 Mar 2027	**19 Mar 2027**	CBT I: Foundational Cognitive-Behavioural Skills
19 Mar – 01 Apr 2027	**02 Apr 2027**	CBT II: Advanced Case Formulation & Intervention Skills
02 Apr – 15 Apr 2027	**16 Apr 2027**	Third Wave CBT: ACT, DBT & Somatic Tools
16 Apr – 29 Apr 2027	**30 Apr 2027**	Crisis Intervention & Suicide Prevention

30 Apr – 13 May 2027	**14 May 2027**	Setting Up a Wellness Counselling Practice
14 May – 23 May 2027	**-**	Capstone Integration & Reflective Practice

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IN-PERSON WORKSHOP 2

Integrated Psychotherapy in Practice

Dates: 21st -23rd May 2027

(Integrated case formulation, multi-model psychotherapy, supervision labs, ethical integration, professional identity)