

# BASIC SKILLS IN COUNSELLING 2025 - 2026

## ABOUT THE PROGRAM

The Basic Skills in Counselling (BSIC) programme offers a sound foundation in counselling theory, skills and practice.

The Course is designed for individuals who wish to work as counsellors and for professionals who wish to acquire counselling skills to enhance their performance in the role that they already occupy in their workplace e.g., health professionals, social workers, teachers, HR professionals or administrators.

It prepares trainees to incorporate counselling skills both at the administrative and clinical level. The Course also prepares trainees to refer appropriately, and to work co-operatively with other mental health professionals, such as psychiatrists and psychologists.

The Programme is designed to promote both professional development and personal growth of the trainee counsellor.

## ELIGIBILITY

Attendance of Parivarthan's Life Skills Training Programme - Module I  
Batches from June 2022 onwards only

### COURSE DETAILS

**Duration:** 10 months  
**Dates:** Jun 2025 to Mar 2026  
**Days:** 2 training days every alternate week  
**ADMISSION:** By Interview Process

### VENUE

PARIVARTHAN Consultation and Training Services  
3310, Ground Floor,  
8th Cross, 13th Main,  
Indiranagar, Bangalore – 560008

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