

# PG Diploma in Mindfulness Based Counseling: Listening with Embodied Presence

## About the Training

Apply here : <https://zfrmz.in/JY9CsuTOsbtQ3b4l0s8j>

For more details: <https://bit.ly/mbc2425>

This course is jointly certified by - Just Being Center for Mindfulness and Presence, Pune & St. Mira's College for Girls (Autonomous), Pune.

Do you find that people naturally gravitate to you seeking solace? Do people tell you how supported they feel by your presence? Do you have a flair for listening? This course is an opportunity to refine this affinity with greater attunement and skill to be of benefit to others.

The course is a unique one following a mindfulness based approach and focusing on the inner listening paradigm. The course is experiential and practical with just sufficient theory to supplement an experiential understanding of what it means to hold space for another. To be there for another, we need to encounter ourselves deeply and so the course design includes self-reflection, engagement in non-sectarian mindfulness practices, personal sessions with experienced counsellors/listeners and peer sessions. Inner listening and self-care are key components of the course.

This is a **one year part-time PG diploma** open to all who would like to offer a listening space to people with Mindfulness as a base.

## The Program is offered in two formats:

1. Join the program in a **fully online** format
2. Join the program in a **hybrid format**- both in-person and/or online format

### Course Highlights:

Practical & Experiential

Personal Work & Mindfulness practice

Basic theory of counseling

630 hours of coursework

Individual and group supervision from experts

A mix of in-person and online sessions

A total of 27 credits awarded at the completion of the course

Group work

# Course Structure and Dates

Spread over a year, it involves a mix of training sessions & group supervision sessions.

The first three months involve three-day sessions once a month, after that we alternate every month, between once-a-month three-day training sessions and two-day sessions for group supervision, sharing, and feedback.

Dates :

Pre-Program Mindfulness Practice begins June 22nd, 2024

Module 1 - August 2,3,4 2024

Module 2- September 13,14,15 2024

Module 3- October 4,5,6 2024

Mid-term Evaluation- 24th November 2024

Supervision 1- November 9,10 2024

Module 4- December 6,7,8 2024

Supervision 2- January 4,5 2025

Module 5- January 31,February 1, 2 2025

Supervision 3- March 1,2 2025

Module 6 - April 4,5,6 2025

Final Evaluation- June 8th, 2025

Final Submissions - June 30th, 2025

## Eligibility Criteria:

**Graduation in any discipline and a willing heart to hold a listening space.**

At the end of the course you can offer listening sessions and/or counselling sessions (if you have a psychology background) to benefit the community either on an individual basis or as a part of the organization.

This course is also suitable for those already in the field of counselling.

Please note:

Participants without an academic background in psychology/social work will be certified in Mindfulness Based Listening with Embodied Presence. Those with a psychology or social work background will be certified in Mindfulness Based Counseling: Listening with Embodied Presence

## Course Fee

Program fee is Rs. 73,160/- (Rs. 62,000 + 18% GST)

# Admission Process

The following will be an ongoing process once you submit the application form:

1. Submission of Application form
2. Short-listed Candidates will be invited for Interview
3. Final Selection
4. Non-refundable deposit of Rs.12,000/- to confirm Enrolment within 2 weeks of Selection
5. Completion of formalities (Degree submission etc.) & Full fee payment to confirm seat

Important Dates:

1. Document submission, Full Fee Payment & Completion of formalities: May 30th,2024
2. Pre- Program Mindfulness Practice - June 22nd,2024
3. Commencement of Program- August 2nd, 2024

Kindly note:

The admission is on a first-come-first-serve basis.

The seats are limited to 24 due to the nature of learning involved. Request you to apply early.