



M.O.P. Vaishnav College for Women (Autonomous)
Chennai - 600034

(Affiliated to University of Madras & Re-accredited at "A++" grade by NAAC)



*"Empowering Future Counselors
for a Better Tomorrow"*

**M.Sc Applied Psychology
(Counseling Psychology)***

Two-year Post-Graduation Programme

*Subject to approval by affiliating Institution - University of Madras
Year of Commencement - Academic Year 2025-26

About the Programme

The M.Sc in Applied Psychology (Counseling Psychology) programme is designed to equip students with the knowledge, skills, and practical experience required for a successful career in counseling and mental health services. The program integrates theoretical foundations with hands-on training, ensuring students develop the expertise needed to address diverse psychological challenges.

The programme aims to cultivate a new generation of compassionate and skilled counseling psychologists equipped with scientific knowledge, practical expertise, and cultural sensitivity, dedicated to promoting mental well-being in diverse communities at local, national, and global levels.

Programme Objectives

- To provide a rigorous, research-driven curriculum integrating psychological theory with hands-on clinical training
- To foster ethical and culturally responsive counseling professionals who can address India's unique mental health challenges
- To enhance students' competencies through experiential learning, internships, and interdisciplinary collaborations
- To contribute to the field of mental health through innovative research, policy advocacy, and community engagement
- To equip graduates with the necessary skills for diverse career paths, including clinical settings, education, corporate mental health, and independent practice

Eligibility Criteria

A Bachelor's degree in Psychology (B.A/B.Sc. Psychology) or degree with Psychology as one of the majors or equivalent degree accepted by the University of Madras

Programme Structure

Duration: 2 years (4 semesters)

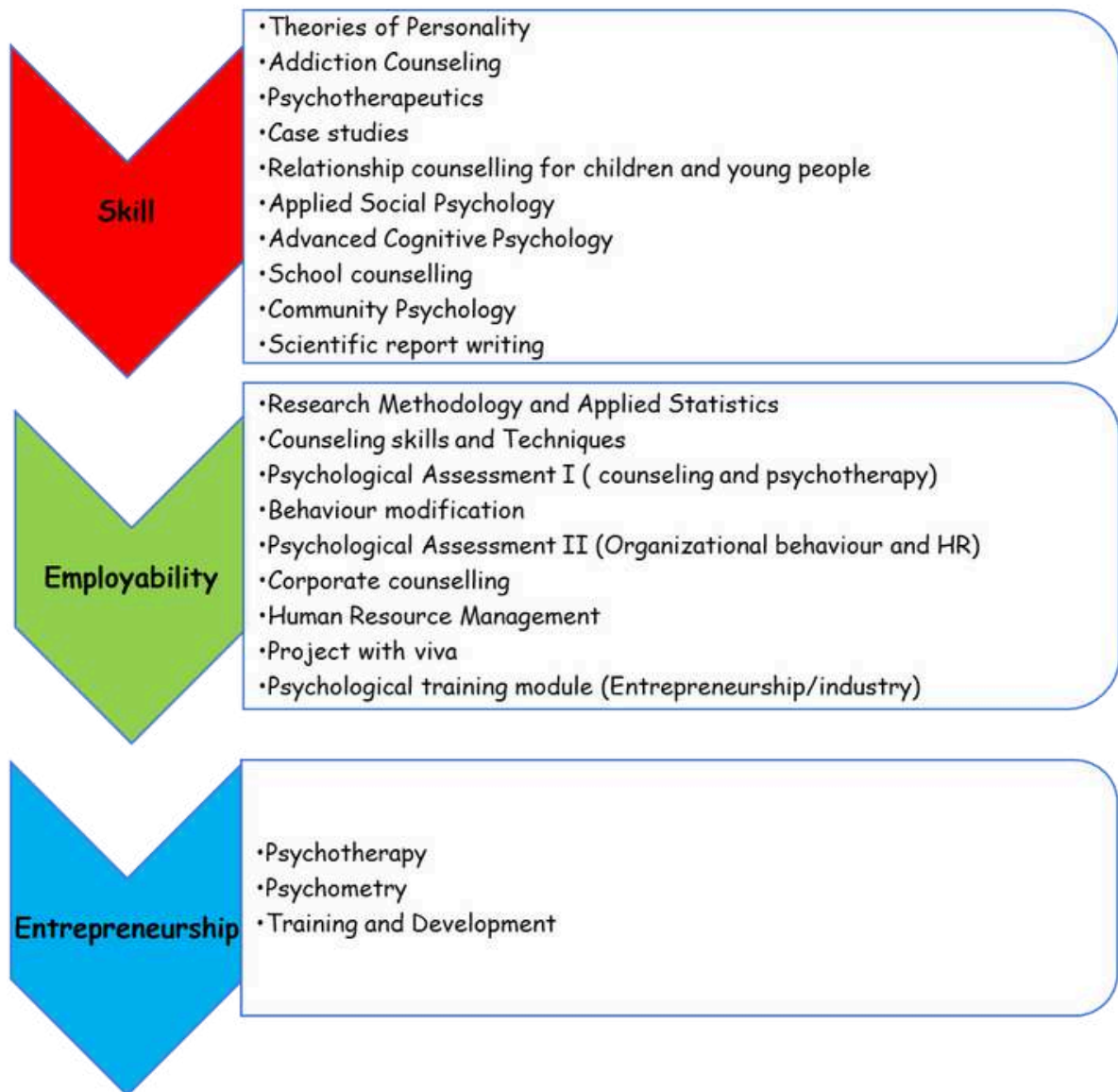
Mode: Full-time

Affiliation: University of Madras *

(subject to approval by affiliating institution - University of Madras.

Programme commences from AY 2025-26)

Course Curriculum



Academic Collaborations



Schizophrenia Research
Foundation



TEACHFORINDIA



CHANGE
BEGINS

"Change begins" is a trademark of Maaya Analytics
Private Limited

Key Highlights



Field Visit to Trishul De-addiction Centre, Madurai



Workshop on 'Take Charge of Your Life' by Dr. Farida D'Silva Dias, Director, Centre for Reality Therapy India (CRTI)

Why Choose M.O.P?

Industry-Oriented Curriculum:
Designed to meet the evolving demands of counseling psychology

Expert Faculty & Mentorship:
Learn from experienced professionals and academicians

Comprehensive Practical Exposure:
Apply classroom knowledge in real-world settings

Personal & Professional Development:
Enhance emotional intelligence, communication, and ethical decision-making

Career Readiness:
Strong focus on employability with internships and networking opportunities

Holistic Learning Environment:
Supportive academic culture that nurtures both personal and professional growth

Core Areas Covered

Theoretical Foundations in Counseling

Psychotherapy Techniques

Psychological Assessment & Diagnosis

Mental Health Interventions

Research Methods in Psychology

Ethics & Professional Standards

Career Prospects

Clinical & Counseling Psychology:
Mental health centers, hospitals, and wellness centres

Educational Settings:
School and college counseling.

NGOs & Rehabilitation Centers:
Working with marginalized and vulnerable communities.

Academic & Research Institutions:
Contributing to psychological research, teaching & a pathway to PhD

Corporate & Workplace Psychologist -
Employee Well-being and HR Counseling

Private Practice & Entrepreneurship
- Establish independent counseling services

Programme Highlights

Regional (State and Local Approaches)

Community-Based Counseling Projects	Collaborate with local NGOs, schools, and mental health organizations to provide psychological support to marginalized communities.
Counseling for Educational Institutions	Work with local CBSE, State Board, and IB schools to implement student wellness programs and teacher training workshops.
Internships in Local Mental Health Centers	Gain experience in hospitals, rehabilitation centers, and crisis helplines catering to the city's population.
Culturally Responsive Therapy Training	Learn to integrate indigenous healing practices, family counseling models, and traditional wellness approaches relevant to the local community.

National (India-Focused Applications)

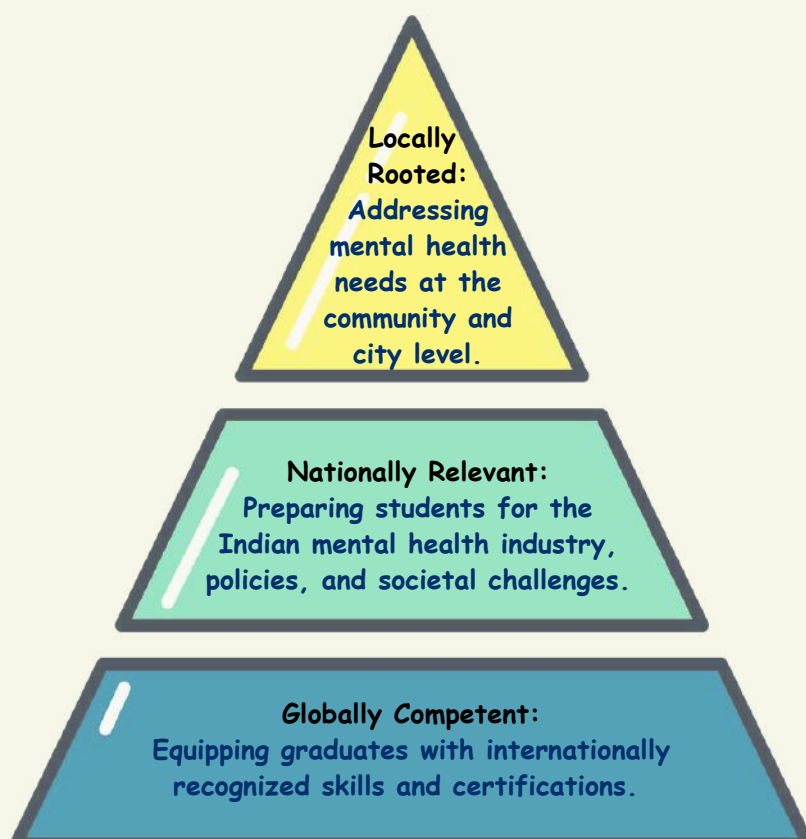
Training in the Mental Healthcare Act (2017) & Indian Counseling Ethics	Understand legal and ethical frameworks governing counseling practice in India.
Psychological Assessment for Indian Populations	Hands-on training in Indian-adapted psychometric tools for personality, intelligence, and mental health disorders.
Counseling for Social Challenges in India	Special focus on suicide prevention, addiction recovery, domestic violence, and gender-based mental health concerns.
Fieldwork in Rural & Urban Mental Health Settings	Experience working in government mental health initiatives, tribal communities, and urban corporate wellness programs
Multilingual Counseling Techniques	Develop skills to provide counseling in different Indian languages to ensure accessibility for diverse populations.
Entrepreneurship & Private Practice in India	Learn the process of setting up independent counseling centers, licensing requirements, and online therapy models in India

Programme Highlights

International (Global Perspectives & Best Practices)

Cross-Cultural Counseling Training	Exposure to global therapy models including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Trauma-Informed Care.
Global Internships & Research Collaborations	Opportunities to work with international universities, mental health organizations, and global research projects.
Certification in International Therapy Techniques	Additional training in globally recognized therapies such as Expressive Arts Therapy, and Neuropsychological Interventions.
Virtual Counseling & AI-Integrated Therapy	Learn teletherapy practices and AI-driven mental health solutions used in global counseling settings.
Mental Health & Policy Advocacy on Global Platforms	Understand how India's mental health landscape aligns with UN Sustainable Development Goals (SDGs) and WHO guidelines.
Cross-Disciplinary Electives	Choose specialized courses in Neuropsychology, Positive Psychology, and Sports Psychology with international faculty collaborations.

This structure ensures the programme is



Students at the Psychological Science Congress Conference at Chaudhary Charan Singh University, Meerut, U.P for paper presentation

Programme Signatures

Kaleidoscope of Activities



Honorable MP Thiru. Dayanidhi Maran at the inauguration of World Mental Health Day



Field Visit to Child Welfare Committee, Kelly's, Chennai



A glimpse at Psychology Laboratory

Scholarships & Financial Aid

- Merit-based and need-based scholarships available
- Financial assistance options for deserving candidates

Application Process

- Refer to College Website

Contact Details:

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