



M.O.P. Vaishnav College for Women (Autonomous)

Chennai - 600034

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



*"Empowering Future Counsellors
for a Better Tomorrow"*

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

Two-year Post-Graduation Programme

About the Programme

The M.Sc in Applied Psychology (Counselling Psychology) programme is designed to equip students with the knowledge, skills, and practical experience required for a successful career in counselling 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 counselling 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 counselling 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

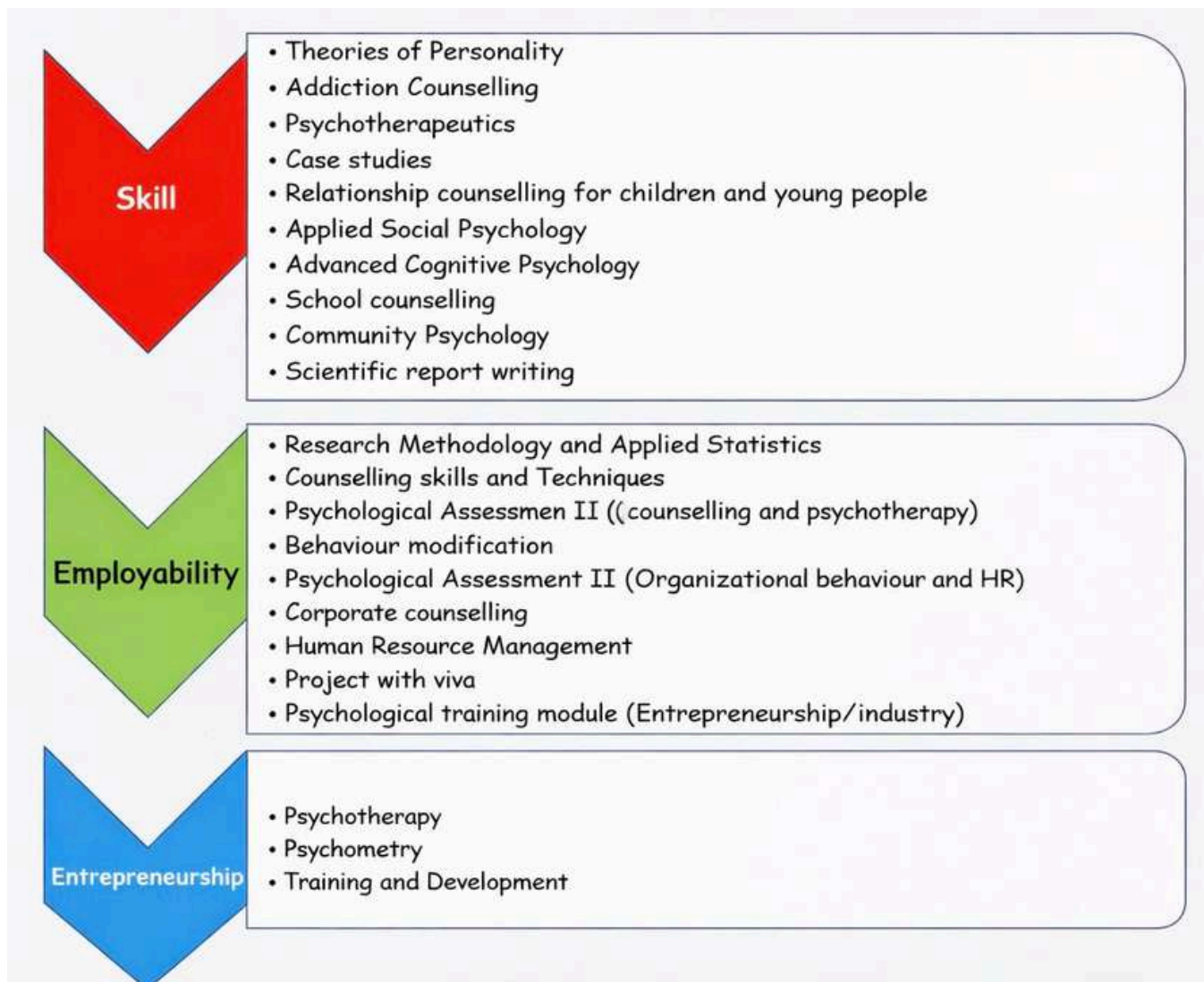
Programme Structure

Duration: 2 years (4 semesters)

Mode: Full-time

Affiliation: University of Madras

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 counselling psychology

Expert Faculty & Mentorship:
Learn from experienced professionals and academicians

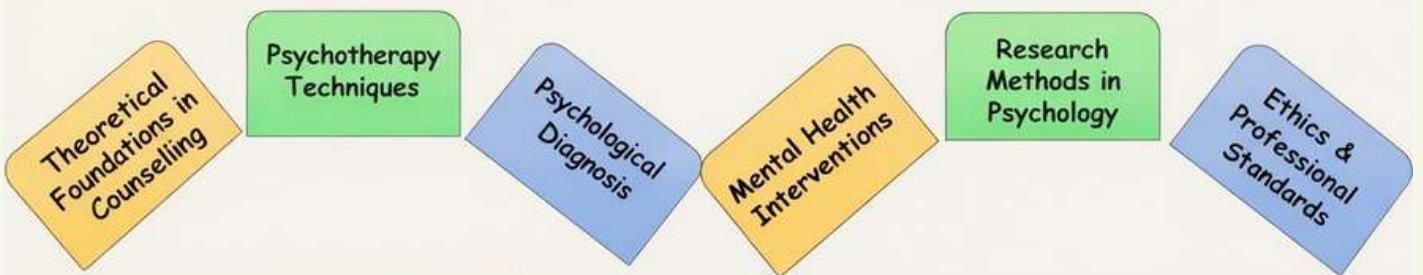
Comprehensive Practical Exposure:
Apply classroom knowledge in real-world settings

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

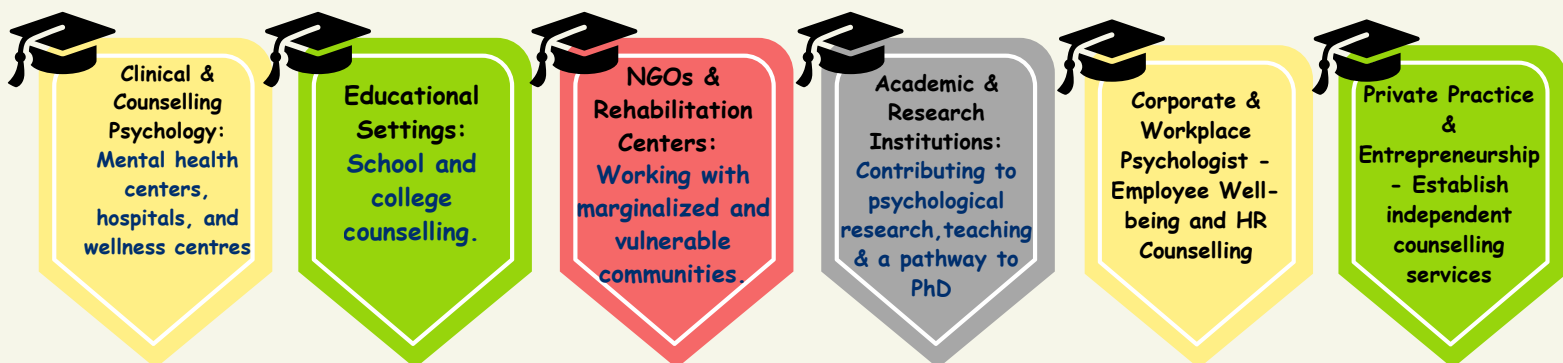
Career Readiness:
Strong focus on employability with internships and networking opportunities

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

Core Areas Covered



Career Prospects



Programme Highlights

Regional (State and Local Approaches)

Community-Based Counselling Projects	Collaborate with local NGOs, schools, and mental health organizations to provide psychological support to marginalized communities.
Counselling 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 counselling models, and traditional wellness approaches relevant to the local community.

National (India-Focused Applications)

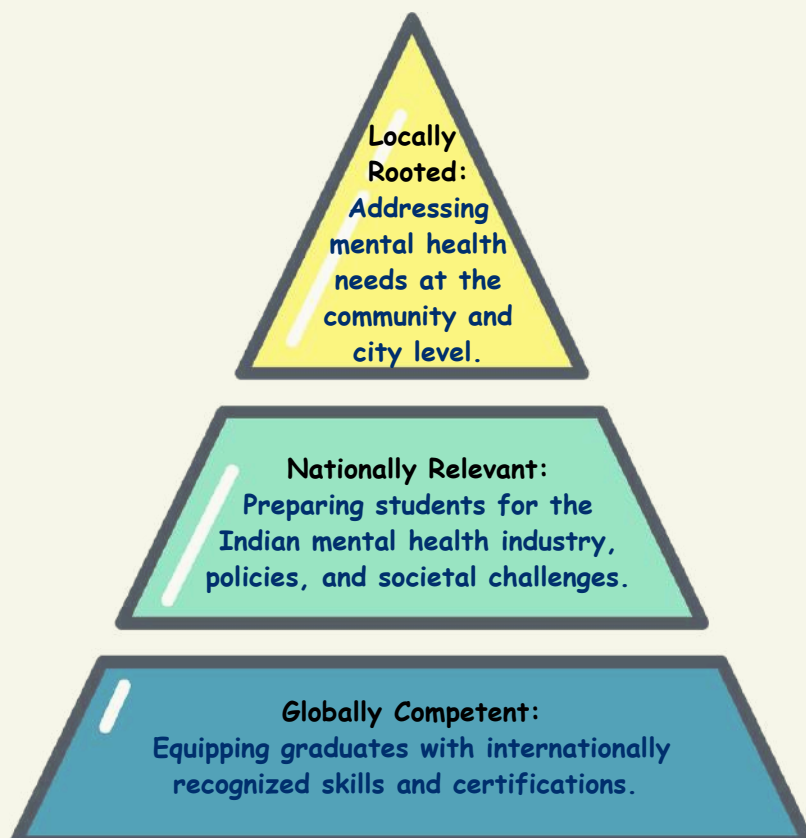
Training in the Mental Healthcare Act (2017) & Indian Counselling Ethics	Understand legal and ethical frameworks governing counselling practice in India.
Psychological Assessment for Indian Populations	Hands-on training in Indian-adapted psychometric tools for personality, intelligence, and mental health disorders.
Counselling 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 Counselling Techniques	Develop skills to provide counselling in different Indian languages to ensure accessibility for diverse populations.
Entrepreneurship & Private Practice in India	Learn the process of setting up independent counselling centers, licensing requirements, and online therapy models in India

Programme Highlights

International (Global Perspectives & Best Practices)

Cross-Cultural Counselling 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 Counselling & AI-Integrated Therapy	Learn teletherapy practices and AI-driven mental health solutions used in global counselling 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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