

International Program on Person Centered Therapy



A Therapy that holds the Person at its Centre

We at Maanas The Inside Story, welcome you to a *15 Month International Program* that trains you to become a practicing Person Centered Therapist. Know more about this program in the details shared below.

Highlights of the Program

- Understanding the Core Conditions both as Skills and as a Way of Being
- Learning more About Oneself
- Using Our Person in our therapeutic Practice
- Developing an eye to observe personality
- Get to practice skills of intake interview as well as therapy sessions

Contact Details

Feel free to contact Ms. Begum Saiyed, one of the lead facilitators of this program at [+91 7874583393](tel:+917874583393) or enquire with us by sending an email at info@maanastis.com or download our brochure from www.maanastis.com.

The program begins from October 7th 2023

Last Date of Admission: September 23th 2023

Person Centered Therapy

I. Something on the Founder of Person Centered Therapy

Carl Rogers

AMERICAN PSYCHOLOGIST



Carl Rogers, in full, **Carl Ransom Rogers**, born January 8, 1902, pioneered Person Centered Approach. Originally known as the non-directive and then the client-centered approach, this school of psychotherapy finally became famous as the Person Centered Approach due to its emphasis on a person-to-person relationship between the therapist and the client. Rogers mainly contributed by changing the power equation between the therapist and the client by stating that, it is the client who determines the course, speed, and duration of treatment. This change in the therapeutic relationship came from his belief and the underlying humanistic philosophy of the school that “Every organism has the intrinsic intelligence to survive and grow through life. It is therefore the therapist’s role to help the client, unleash this basic life energy.”

He took M.A. (1928) and Ph.D. (1931) degrees from Columbia University’s Teachers College. While completing his doctoral work, he engaged in child study at the Society for the Prevention of Cruelty to Children, Rochester, New York, becoming the agency’s director in 1930.

From 1935 to 1940 he lectured at the University of Rochester and wrote *The Clinical Treatment of the Problem Child* (1939), based on his experience in working with troubled children. In 1940 he became a professor of clinical psychology at the Ohio State University, where he wrote *Counseling and Psychotherapy* (1942). In it, Rogers suggested that clients, by establishing a relationship with an understanding and accepting therapist, can resolve difficulties and gain the insight necessary to restructure their lives.

While a professor of psychology at the University of Chicago (1945–57), Rogers helped to establish a counseling centre connected with the university and conducted studies to determine the effectiveness of his methods. His findings and theories appeared in *Client-Centered Therapy* (1951) and *Psychotherapy and Personality Change* (1954). He taught psychology at the University of Wisconsin, Madison (1957–63), during which time he wrote one of his best-known books, *On Becoming a Person* (1961). In 1963 he moved to La Jolla, California, where he helped to found and became a resident fellow of the Center for Studies of the Person. His later books include *Carl Rogers on Personal Power* (1977) and *Freedom to Learn for the 80's* (1983).

II. Something about Person Centered Therapy

Person Centered Therapy was developed in the 1940s and 50s as a response to the less personal, more “clinical” therapy that dominated the field.

It is a non-directive form of talk therapy, meaning it allows the client to lead the conversation and does not attempt to steer the client in any way.

The three key qualities that make for a good person centered therapist were defined as *Core Conditions* by Carl Rogers. He emphasised that if therapists provide these conditions in their way of relating with their clients, they create sufficient conditions for clients to feel safe, explore themselves and bring about changes that are growth oriented. These core conditions are mentioned below:

1. **Unconditional Positive Regard:** This quality in a therapist means the ability accept the client for who s/he is and provide support and care no matter what s/he is going through.
2. **Congruence/Genuineness:** This quality means being comfortable sharing one’s feelings with the client. Not only will this contribute to a healthy and open relationship between the therapist and client, it provides the client with a model of **good communication** and shows the client that it’s okay to be vulnerable.
3. **Empathetic Understanding:** This ability means sensing and feeling how the client’s world is and like a mirror, reflecting the client’s thoughts and feelings back to him or her. This helps both to form a positive therapeutic relationship and allows the client to better understand him or herself.

Another notable characteristic of person or client centered therapy is the use of the term “client” rather than “patient.” Therapists who practice this type of approach see the client and therapist as a team of equal partners rather than an expert and a patient (McLeod, 2015).

III. Something on How We Train at Maanas

At Maanas, the Core Conditions are not only the philosophy with which we work, they are also the basis of how we teach, how we conduct our therapeutic practice and how we train others.

Our students are at all times treated with unconditional positive regard, nurtured with empathy and taught with congruence. All of us as team members and facilitators not only remain real with our students, we also create an environment where our students feel safe and free to be themselves. Throughout the program, we provide avenues so that the students get to explore their own person and ways of using and expressing their unique self in their work.

IV. About the 5 Modules

Considering that the students will be people from different kinds of backgrounds, walks of life and professional domains, we keep our trainings modular. This helps participants to easily fit the training into their regular schedule. While all 5 modules of our Course are interwoven and inter-connected, the modular nature allows participants to attend them at their own pace and time.

Participants can attend each of the modules in a sequential manner and get a certificate for each of them. All modules are necessary for the course completion certificate. Completion of modules I, II and III is a prerequisite for the Case Work Module at Maanas.

V. About the Days of Training

The entire 15 months program consists of classes over Fridays and Saturdays. The teaching mode will be hybrid in nature.

Program Details

a. Therapist's Perspective on Personality

Hours: 42

Facilitator: Shilpa Khokhle

Shilpa is one of the lead facilitator at Maanas The Inside Story. She is a double post graduate with Masters in Psychotherapy and Counseling and Masters in Clinical Psychology, is a psychotherapist who has been working extensively with adults and children since 2007. Apart from therapy, she also conducts personal development trainings, counselor training, psychological assessment training and parenting skills workshops regularly. She also has experience in working in hospital settings and schools.

She believes that if one wants to do something that they are passionate about, one can always find the ways and means to do it. According to her, everyone has the potential to live life to the fullest, wherein, empathy, compassion, faith as well as support are the cornerstones of this journey.

What You Will Learn

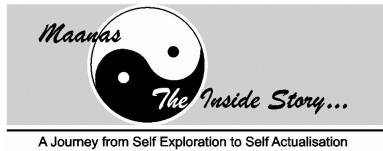
We as humans have always been fascinated by ourselves and how we work. For centuries various luminaries have tried to understand how the human mind works and put forth different perspectives from different disciplines, all of which converge on a point of trying to understand 'Who am I?'

Some of our basic needs like being visible, validated and accepted are connected to our search to understand ourselves. The curiosity behind the question of "Who am I?" then moves to "What Am I like?", "How do I behave, think, talk and feel like?", "Do others see me and like me?", "What should I do to be accepted?"

The answer to these questions is a unique bundle that we call 'Personality'. How others perceive this unique bundle further influences our personality and our experience of life. As people and therapists, this knowledge is crucial to understanding, guiding and facilitating the healing process. The objective of this paper is to give a short peek into some aspects of how we understand and define 'Personality' in psychology.

Some of the topics covered in this course are:

- Different perspectives on Personality
- Development of Personality over a lifetime
- Critical elements of Personality



- Developing an eye to observe Personality
- Interpersonal elements of Personality

b. Person Centered Counseling Skills

Hours: 84

Facilitator: Sarita Shah

A founding member and a practising psychotherapist for the past 15 years, Sarita is a passionate and vigorous teacher. While very warm in her relationship with all her students, she is a task master when it comes to helping each of them getting all the counseling skills and attitudes right.

What You Will Learn

While we call this module a skills module, it is rather a module that helps students to experience that all the person centered skills are, a way of being. As we grow with core conditions in us and become more and more skilled, they start affecting who we are as a person. As we evolve to becoming a genuine warm and empathic person and find those qualities in our hearts, the skills of relating with another human simply flow from there.

The module also facilitates each student to find their uniqueness which gets utilised in their way of working. Rather they are utilising their internal and spiritual ability to heartfully connect with others.

Some of the skills you will learn to recognise within you and utilise them in your work are:

- Active Listening
- Primary & Advance Level Empathy
- Paraphrasing
- Reflecting
- Personalization
- Confronting
- Goal Setting
- Planning
- Implementation

c. The Theory and the Philosophy of the Approach

This module will be taught in 2 parts. One part will be taught by the Founder Director of Maanas and the other eminent psychotherapists from Centre for the Studies of the Person (CSP), La Jolla, California.

Part I

Hours: 42

Facilitator: Meenakshi Kirtane

Roohdar as she likes to be called, founded Maanas The Inside Story, with the idea of not only healing others but also conducting a lot of work that spreads psychological well-being. She teaches because she is absolutely passionate about training psychotherapists and often finds herself in the best of her elements when she is facilitating a class. While very approachable as a person and teacher, she can be very firm with what she expects from her students. Anything less than 100 percent effort on part of the students, doesn't go too well with her. For her, excellence is simply a way of life.

What You Will Learn

While she has never met Carl Rogers, for decades, his philosophy, thoughts, humility as a person and books have been her guiding light. She considers Carl Rogers as one of her *Gurus* and continues to learn from him. She enjoys teaching this module as it gives her an opportunity to talk about her Guru and his philosophy. She helps students find that place within them from where their heart can continuously connect to other humans. She helps students to recognise the life energy we all have at our core and to allow it to flow from there. She helps students to recognise how the core conditions are our natural way of being and that if they allow their hearts to guide them, then that is a fundamental and huge step towards being a psychotherapist.

Further, she teaches students the basic theoretical model behind the approach and how healing is defined in the Person Centered way.

Some of the theory and concepts you will get to learn with her:

- The Fully Functioning Adult
- Incongruity
- Defenses
- 7 Stages of Being
- Barriers to Psychological Health
- Characteristics of a Helping Relationship

Workshop by practicing therapists and trainers from CSP, USA

Part II

Hours: 15

Facilitators: Will Stillwell and Antonio Monteiro dos Santos

Both Will and Antonio have trained under and worked with Carl Rogers himself. Ph.D, and trained as an anthropologist and psychologist, Will has associated himself with humanistic psychology for 50 years. He is the co-director of CSP, La Jolla, California, and has also served as a faculty member at several university and graduate programs. Among Will's 30 publications are 7 books and 5 video presentations.

Antonio is a Ph.D., MSCP and a clinical psychologist licensed in Brazil and the USA. Along with PCT, he is also trained in Gestalt therapy and Transactional Analysis. He is a psychotherapist, organizational consultant, professor and trainer and has authored 'Miracle Moments'. He is the co-director of CSP, La Jolla and president of IIMPAZ, Brazil.

What You Will Learn

- History of the Approach
- Who was Carl Rogers – the man, his practice, his ideas
- Faculty stories and experiences with Person Centered Approach
- Participant practice, a demonstration

d. Psychopathology

Hours: 42

Facilitator: Begum Saiyed

Begum Saiyed is one of the founding members of Maanas The Inside Story. BM, as she is known in the organisation, holds a triple Master's in this field.

At present she is working as a Psychotherapist at Maanas. Her motive to be in this profession is to contribute in making the society a better place to live in. She is a very passionate and dedicated therapist and teacher. Firm as a teacher and warm as a person, when it comes to teaching she is a task master and wants to give all what she has to her students, expecting dedication and sincerity from them in return.

What You Will Learn

Being a sound therapist requires a deep knowledge and understanding of psychopathology. The ability to understand and work with deep-rooted psychological issues that are connected to problems like depression, anxiety, schizophrenia, food disorders and so on enables the therapist to apply requisite methods and techniques. It also helps a therapist to recognise when medication may or may not be required. It further helps the therapist to work with the support system of the clients with deep-rooted psychopathology. Some of the topics that you will learn as a part of this paper are:

- What is abnormality?
- A therapist's view on disorders
- Advantages of Classification
- Diagnosis
- The 14 Families of Disorders
- Case Study

e. Case Work

Hours: 90

Facilitators: Senior Therapists from Maanas

This module is aimed at helping the students to have hands on experience of the therapeutic settings. The module will have the following components:

- Training for Intake Interview, practising and taking mock intake interviews
- Case History Taking
- Practising therapy sessions
- Group supervision
- Case Presentation

Apart from the above, it is mandatory for the students to complete 35 hours of personal work.

VI. Eligibility and Selection

All those people with a passion to help others in their psychological or personal development are welcome to this program. We prefer to take participants with a graduation so that some identity has been formed by that age and life stage.

If through the program, participants come to realise that therapy is their calling, we encourage them to parallelly complete their post-graduation in psychology from a recognised Indian university.

We also invite practising therapists from other schools, social workers, teachers, nurses, HR professionals and people from other helping fields to register for this course as it gives them a new or added perspective to their work.

All participants go through a selection process that has a written and interview component. Both these components look at what human relationships and healing means to participants. To register for this course, email us at info@maanastis.com or contact Ms. Begum Saiyed on +91 7874583393.

VII. Program Charges

Modular Charges

Person Centered Counseling Skills	Rs. 14,000/- plus GST
Therapist's Perspective on Personality	Rs. 9000/- plus GST
The Theory and the Philosophy of the Approach	Rs. 14,000/- plus GST
Psychopathology	Rs. 9000/- plus GST
Case Work	Rs. 15000/- plus GST
Admission Charges	Rs. 4000/- plus GST
Total	Rs. 65,000/- plus GST

Consolidated Charges

(If you register for the entire program)	Rs. 58,500/- plus GST
	(10% discount)

PS :

Attractive offers available including

Early bird discounts

Instalments

Choice of clustered modules

Fees once paid are non-refundable.