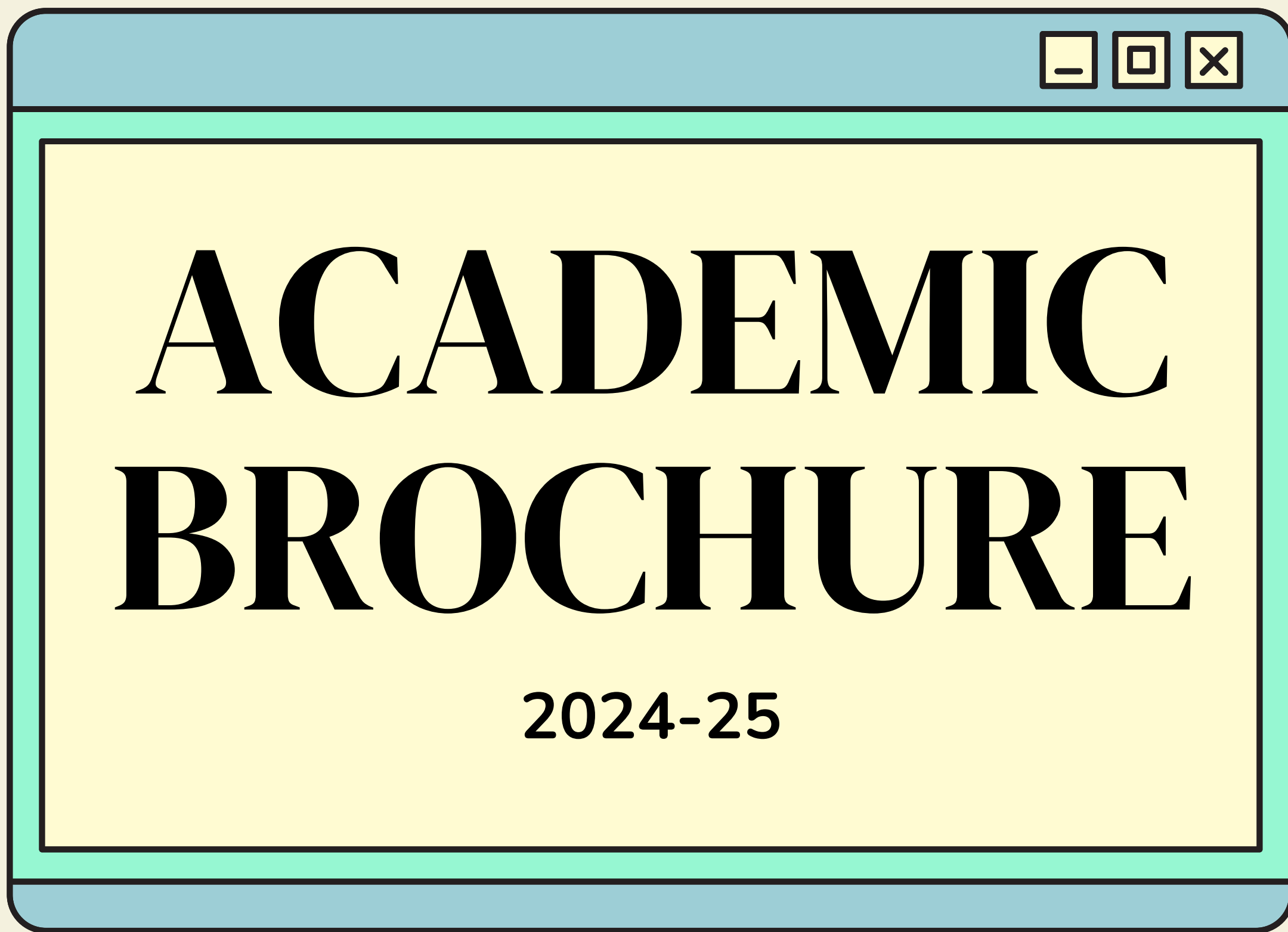
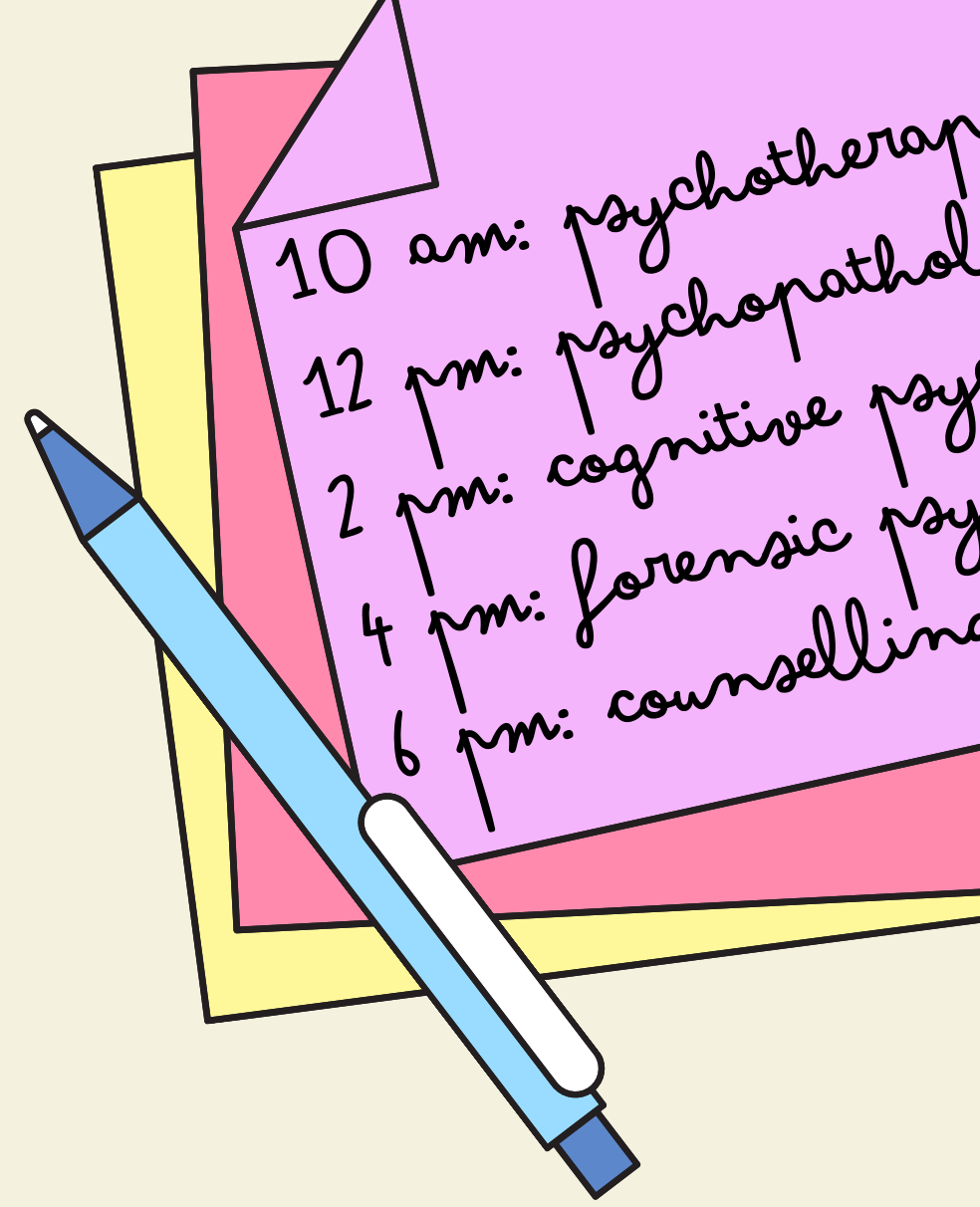
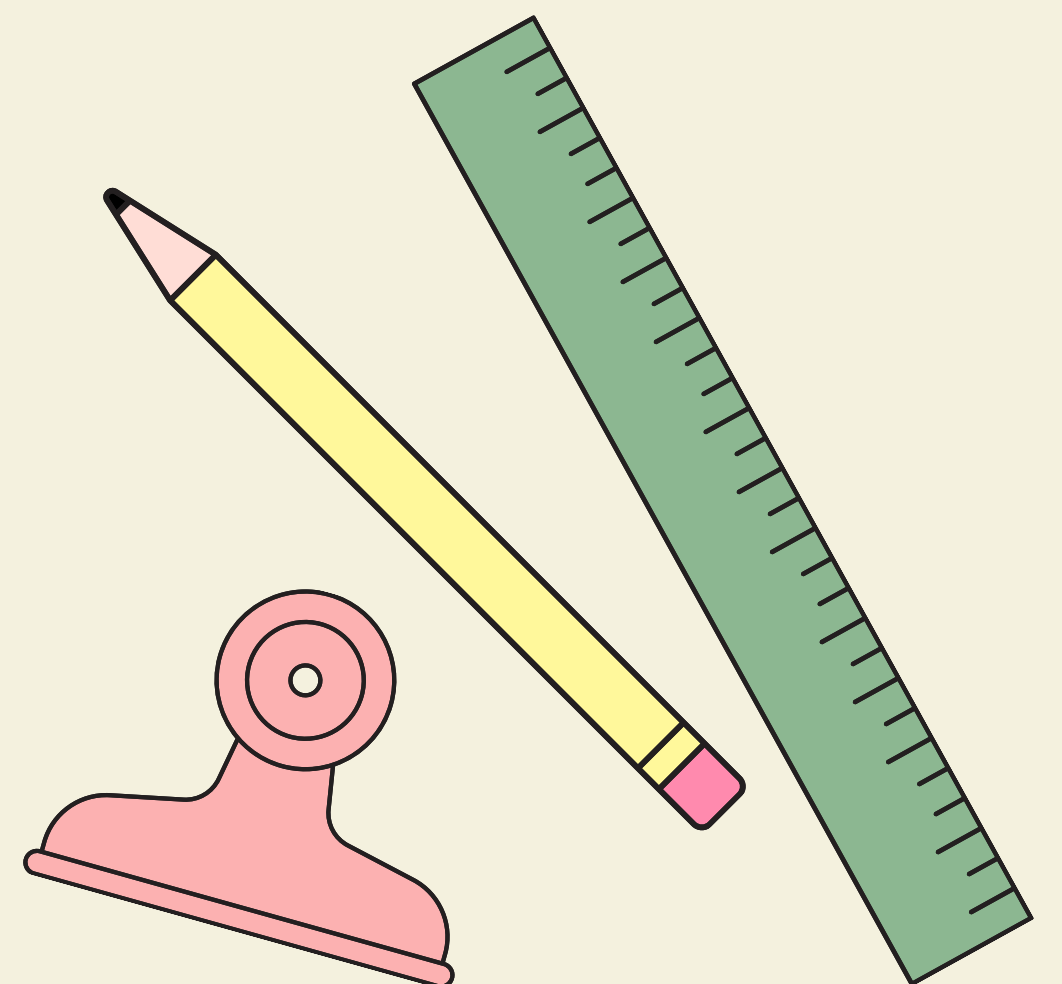
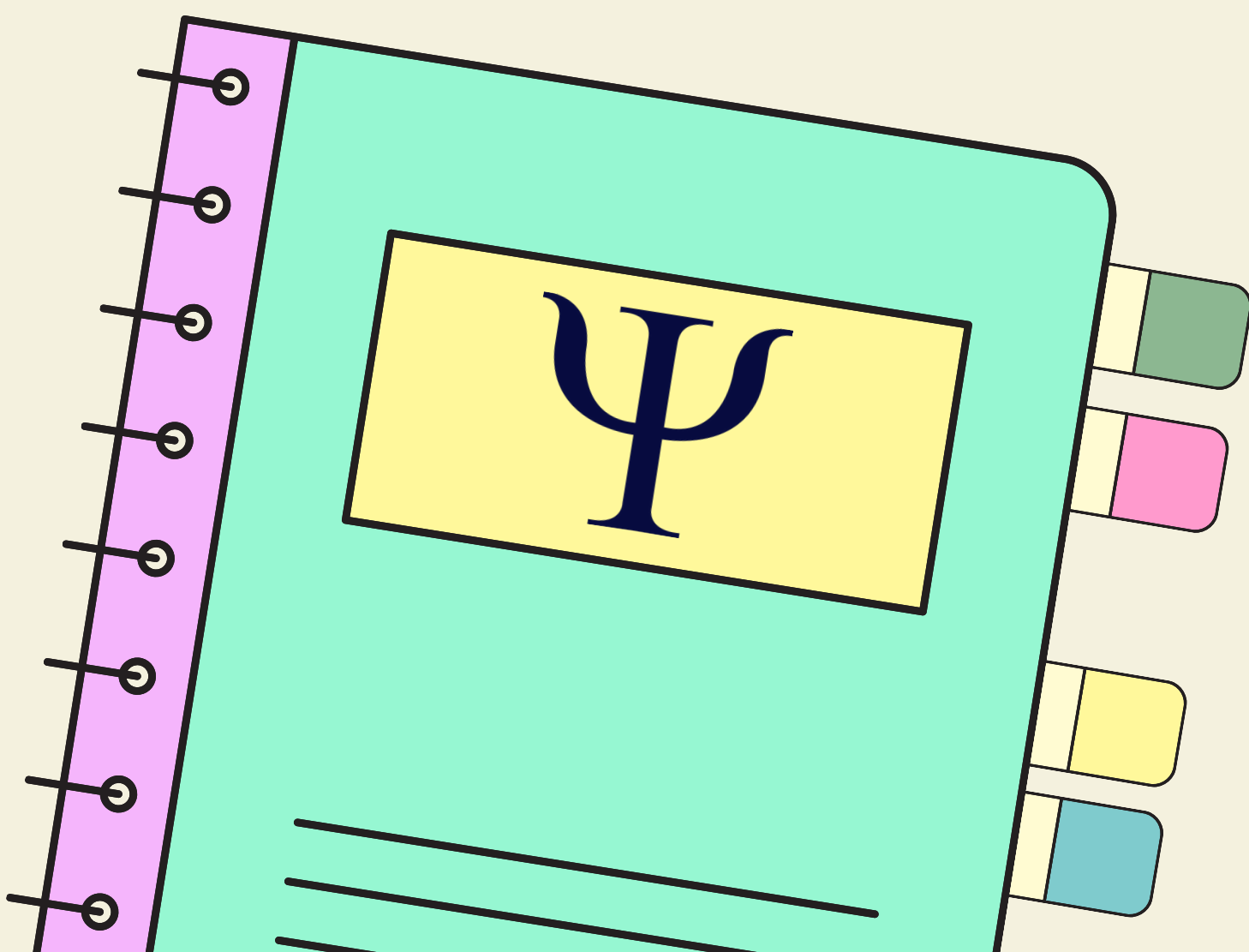


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LIGHTHOUSE FOR YOUR EDU-DREAMS





**LIGHTHOUSE
FOR YOUR
EDU-DREAMS**

About DIPS

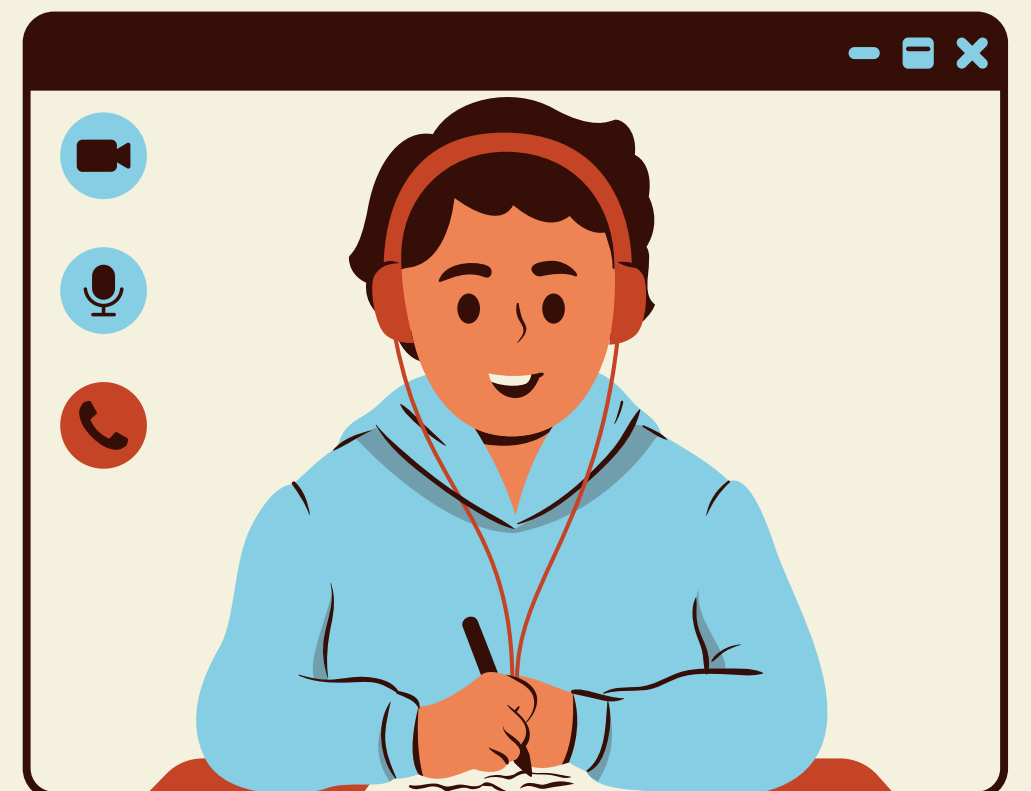
DhairyaDa Institute for Psychological Studies (DIPS) is an institute offering online education in psychology.

We offer a plethora of psychology subjects that cater not just to existing students looking for practical experience in the field, but also to those people who are new to psychology.

DIPS is a place of upskilling and learning that ignites your passion and helps you transition from “exam ready” to “client/career ready”.

When you learn, you grow. When you grow, you learn. At DIPS, we help you do BOTH.

virtual yet real!



Feelings that resonated the most with our students:

"Worth the investment"



"Skillset booster"



"Interactive and application-based"



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Meet the Core Team



Siddhida Kabara-Batavia; Founder & Director

B.Psych, M.Psych. (Clinical Psychology), Dip. Counselling , P.G. Dip. Counselling & Therapy, Dip. Community Mental Health (NIMHANS), NET-JRF (99 PR), Teaching & Therapy experience of more than 7 years

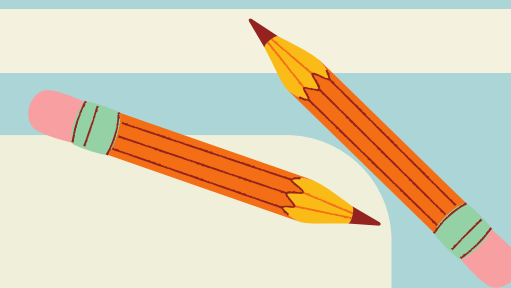
"With a rich and diverse background in life, I bring to the table not just a good amount of experience in teaching and training, but also life lessons which can be beneficial for all. I have always chosen to follow offbeat tracks, from career choices to the transition from conventional teaching methodology in colleges. My teaching style resonates with our students because it comes from client stories and everyday lives that we see around us.

I believe learning and skill development is a lifelong journey. Learning should be out of love for what you do and curiosity for the new. It can happen anywhere and anytime if you are ready."



Aishwarya Kale; Executive Manager & On-Board Psychologist
M.A. Clinical Psychology, P.G. Diploma in Counselling Skills
Teaching & Therapy experience of more than 3.5 years

"DIPS is not just an institute but a vision that was born with the aspiration of imparting inclusive education and learning. Psychology is not just a mere subject, but also a field of exploration, and with the help of DIPS, we enable students to make the most of it."



Shrawani Naik ; Core Team Assistant
Pursuing Bachelor's in Psychology (2nd Year)

"From handling the structure of recording, to assisting in having smooth lectures. Doing the backbone work of DIPS.

Being a part of DIPS is like witnessing the growth of DIPS students and learning a lot from it!

The trust and knowledge DIPS brings to the table is just irreplaceable. I am sure every student in DIPS feels the same!

Meet the Teachers



Gauri Gokhale; *Counselling Psychologist & Assistant Professor*

"For me mental health is a state of well-being in which we realize our own abilities, can cope with the normal stresses of life, can work productively. Mental health is essential for us to to think, emote, interact with each other, earn a living and most importantly, to enjoy life."



Khushal Ugale; *Clinical Psychologist (RCI-Recognized)*

"Studying Psychology and applying the knowledge of human behavior has always fascinated me. It has shaped me to become a better version of myself. It has taught me that we can heal from suffering and make our lives better. As a human being, flexibility is the greatest gift we have received. We can unlearn, re-learn, redefine and reach our goals, and make our lives better."



Viplavi Joshi; *Practising Psychologist*
Pursuing Mphil from RCI recognized university

"I respect a work environment that motivates me to learn while teaching. Teaching for me is learning. Whenever I teach, I actually want people to feel inspired to learn, which in turn, inspires me."



Pooja Inamke;

M.A. Industrial Psychology, P.G. Diploma Clinical and Counselling Skills, S.E.T. Qualified

"We started DIPS with the aim that each student who studies a subject with us will be able to understand not only what that subject is, but also how to apply the knowledge gained. DIPS has been a stepping stone in my teaching career. Since its inception, actually seeing it bloom is one of the achievements I take pride in. "



Rohit Iyer; *Psychologist & Assistant Professor*

"If somebody asks the purpose of my life, I would say it is to work for the people to help themselves with the concerns they have. Teaching has always been my passion. One basic principle in my teaching philosophy is that it needs to be tailored, as much as possible, to students' interests and current abilities."



Pritesh Shinde; *M.A. in Criminology with Specialization in Forensic Psychology*

"I believe the best way to learn is from one's own practical experience. In the pursuit of being Sherlock, one first needs to be Watson and kindle the flame of curiosity. That's what my teaching does, helping students with kindling the flame and learning the ways of knowledge."



Archana ; Masters in Clinical Psychology, Diploma in Counselling Practises.

"Teaching Psychology is not only about sharing my passion for the subject but also to inspire students to explore the fascinating world of humans... children, adults, parents, couples, the dynamics of their interactions and individual mental processes."



Sagar ; MA Industrial and organisational psychology, MA Clinical psychology NET qualified, PhD submitted

"I love teaching because it is very enriching. I grow every day. Teaching keeps me grounded and empathetic. It gives me an opportunity to bring some positive change in someone's life. Teaching is a transformative and transcendental process for me."



Nishamani ; MBA in HR, PGCCP from Ferguson, MA in I/O from VU

"I love teaching because it enables me to pass on the knowledge that I have... I believe you should always share your knowledge's with others..
It helps me shape the young minds and it just brings me joy."

Why DIPS

You might be wondering,
*"There are other places that offer similar courses in psychology.
Why should I go with DIPS?"*

Well, that's a fair argument. Here's what sets us apart from the others.



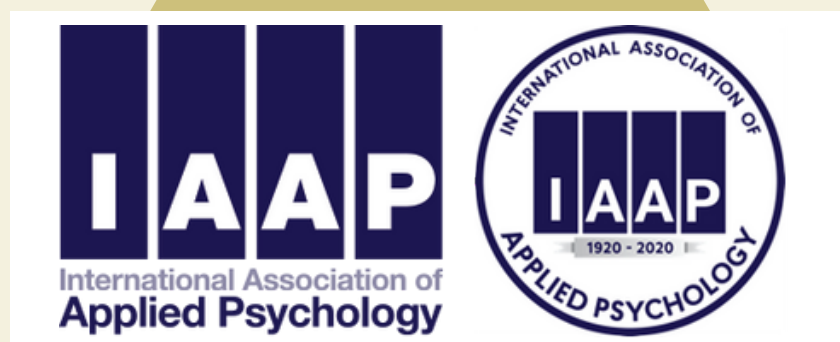
Accreditations

Registered under Ministry of *Micro, Small and Medium Enterprise*, DhairyaDa - Center For Psychological Well-being is an organization with accreditation from esteemed institutions. Recognition from these esteemed organizations adds to our credibility and instills a sense of assurance that we as an organization are dedicated to delivering quality training.



International Association of Therapists

A professional worldwide organization offering membership and training, along with giving accreditation to organizations providing quality mental health services.



International Association of Applied Psychology

The oldest and largest international association of psychology that promotes science and applied psychology. DhairyaDa is now associated with 4 Divisions of this organization: Educational, Instructional and School Psychology; Clinical and Community Psychology; Counseling Psychology; and Professional Psychology.



Complementary Therapists Accredited Association

CTAA, an independent global accreditation company, provides practitioners a unique advantage—access to a global portal connecting them with insurance companies recognized by public practices worldwide. With recognition in over 30 countries

American Psychological Association

Our core team members are internationally affiliated with American Psychological Association

Diploma in Counselling



DURATION
9 months

This diploma was created in order to bridge the gap between theoretical knowledge of therapies and its application in real-life situations. The skillset and techniques required to practice in the real world are diverse, and this demands rigorous training. This course includes not just theory subjects like psychotherapies and counselling skills but also focuses on **demo sessions, case studies, and an intense internship experience**, which together help students become "job-ready".

WHO IS THIS DIPLOMA FOR?

U.G./P.G. psychology students, practicing mental health professionals, students of psychiatric social work

WHAT THIS DIPLOMA OFFERS: *

1 COUNSELLING SKILLS AND PROCESSES

- Introduction to counselling skills
- In-depth exploration of counselling skills and application
- Understanding the process of counselling
- Advanced understanding of counselling process: ethical considerations

2 PSYCHOTHERAPIES : APPLICATION IN CLINICAL AND COUNSELLING SETTINGS

- Introduction to psychotherapy
- Psychodynamic therapies
- Behaviouristic and cognitive therapies - CBT, REBT
- Humanistic, existential therapies and other important therapies: Narrative, Family, Dialectical etc.

3 SIMULATED TRAINING & FEEDBACK BY UNDERTAKING SESSIONS FOR DIVERSE CASES WITH DEMO CLIENTS

4 INTENSIVE INTERNSHIP UNDER SUPERVISION

Certificate Course in Industrial Psychology



DURATION
9 months

This course is specially curated for students who want to understand the nitty-gritty of the corporate world along with how a company works, and who wish to learn how to apply the concepts of psychology to the working population.

WHO IS THIS COURSE FOR?

Students with a background in psychology (B.A. psychology students wanting to pursue industrial psychology, M.A. industrial psychology students looking for an opportunity to understand the dynamics of work psychology with real exposure to corporate), H.R. working in corporates looking for psychological perspective in work settings

WHAT THIS COURSE OFFERS: *

1 ORGANIZATIONAL BEHAVIOUR

- Elements of organizational behaviour
- Motivation in organizations
- Leadership and empowerment
- Dynamics of organizational behaviour

2 ORGANIZATIONAL DEVELOPMENT

- Fundamentals of organizational development
- Process of organizational development (O.D.)
- Types of O.D. intervention: I
- Types of O.D. intervention: II

3 HUMAN RESOURCE MANAGEMENT

- Talent management
- Personnel selection
- Psychology in H.R.

WORK PSYCHOLOGY

Therapeutic aspect of work counselling
Training and development
Work and well-being
Relationships at work

**Get the complete syllabus of the course today! Contact details given at the end of the brochure.*

Certificate Course in Tele-Counselling & Tele-Therapy



DURATION
6 months

Breaking the boundaries of time and distance, tele-counselling is a rapidly increasing practice in the emerging world. This course helps students understand the minor details of this type of practice, such as what one needs to consider while practicing online therapy, how the skillset differs from an offline to an online world, and how it will help you reach the masses from one place to another.

WHO IS THIS COURSE FOR?

*U.G./P.G. psychology students,
practicing mental health professionals,
students of psychiatric social work*

WHAT THIS COURSE OFFERS: *

- Understanding offline vs. online counselling
- Virtual counselling process
- Microskills in virtual counselling
- Difficulties and challenges in the online setting

Intensive internship of 3 months

1.5 months of simulated training with the help of demo sessions and actual practice with supervisors, 1.5 months of session-taking internship



Foundation course in Psychology



DURATION
2 months

This introductory course is designed to provide you with a broad understanding of the fundamental concepts and principles of psychology. Whether you are a student considering psychology as a potential major, someone looking to improve your knowledge of human behavior and mental processes, or just have a casual interest in the topic, this course has something to offer you through interactive lessons and activities.

WHO IS THIS DIPLOMA FOR?

This course is open to all grade students, anyone wanting to enter the world of psychology. Specially curated for students of 11- 12th , Bachelor's and people preparing for different kind of entrances.

WHAT THIS COURSE OFFERS:

Over the duration of this course, you will gain insight into your own mind while also learning valuable skills like critical thinking that extend beyond psychology.

Premium Course

EXPERTLY DESIGNED BY SEASONED FACULTY TO DELIVER A PREMIUM LEARNING EXPERIENCE



Child Psychology

Exploring the mind of Child through and adult perspective

Level 1- Understanding Child psychology from an adult perspective.

Level 2- Understanding Adolescent(teenage) psychology from an adult perspective.

Level 3- Psychotherapy for Children

DURATION
2 months

Indian Psychology

Understanding Psychology from the Indian perspective

Level 1- Understanding Indian Psychology

Level 2 - Indian Psychology in therapeutic setting

ALONG WITH THESE MENTIONED COURSES WE ALSO OFFER DEMAND BASED PREMIUM COURSES LIKE SELF LOVE, REBT-CBT, ENTREPRENEURIAL



FORENSIC PSYCHOLOGY



Topics covered: *

- Scope & Ethics
- Legal System of India
- Debate on Policy Issues of Crime
- Types of Crime
- Organized Gang Crimes
- Crimes Committed by Women & Children
- Crime Causation
- Polygraph
- Narco-Analysis
- Criminal Profiling
- Eye Witness Testimony
- Mock Crime Analysis



COGNITIVE PSYCHOLOGY



Topics covered: *

- Cognitive Development
- Intelligence Theories
- Sensation & Psychophysics
- Attention
- Approaches to Perception
- Theories of Learning
- Models of Memory
- Language Comprehension
- Problem Solving
- Creativity
- Decision-Making
- Applications

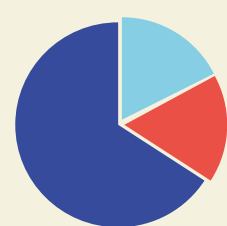


RESEARCH METHODOLOGY

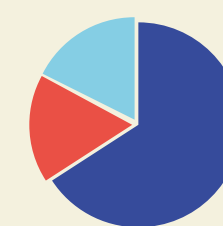


Topics covered: *

- Hypothesis & Variables
- Qualitative & Quantitative Research
- A.P.A. Report Writing
- Methods of Research
- Experimental Designs
- Between-Group Designs
- Within-Group Designs
- Quasi-Experimental Designs
- Factor Analysis
- Attitude Scaling
- Psychophysical Scaling
- Multivariate Analysis



STATISTICS



Topics covered: *

- Measures of Central Tendency
- Percentiles, z Scores, T Scores
- Normal Distribution Curve
- Skewness & Kurtosis
- Simple Linear Regression
- Correlations
- Standard Error of Mean
- ANOVA
- Multivariate Analysis
- Chi Square Tests
- Non-Parametric Tests
- SPSS & R Software



PSYCHOTHERAPIES



Topics covered: *

- Psychotherapy vs Counselling
- Psychoanalytic & Psychodynamic Therapy
- Object Relations Therapy
- Behaviour Therapy & CBT
- REBT
- Dialectical Therapy
- Client Centered Therapy
- Logotherapy
- Reality Therapy
- Narrative & Play Therapy
- Family Therapy
- Eclectic Model



PSYCHOPATHOLOGY



Topics covered: *

- ICD & DSM
- Case History
- Childhood Disorders
- Anxiety Disorders
- Trauma
- Obsessions & Compulsions
- Schizophrenia
- Mood Disorders
- Eating Disorders
- Sexual Disorders
- Personality Disorder
- Case Analysis

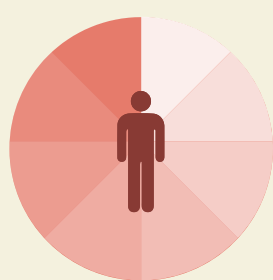


PSYCHOLOGICAL DIAGNOSTICS

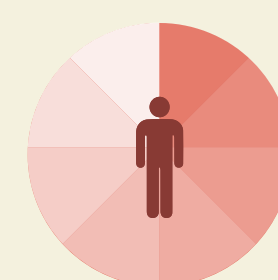


Topics covered: *

- History of Psychological Testing
- Need of Assessments
- Types of Assessments
- Test Conceptualization
- Test Construction
- Measuring Intelligence - Binet Kamat & Wechsler scales
- Measuring Aptitude & Attitude
- Projective Techniques
- Personality Testing
- 16 PF & Raymond Cattell
- MMPI, EPQR
- Ethical & Social Considerations in Testing



PERSONALITY THEORIES



Topics covered: *

- Sigmund Freud
- Carl Jung
- Neo-Freudian Approaches
- Carl Rogers
- Cognitive Theories
- Existential Theories
- Conditioning Theories
- Trait Theories
- Rorschach
- Abraham Maslow
- Personality Assessments
- TAT



BIOPSYCHOLOGY



Topics covered: *

- Nerve Cells & Neurons
- Brain Structure
- Genetics & Behaviour
- Visual & Auditory Coding
- Sleep-Wake Rhythms
- Bodily Regulations
- Reproductive Behaviours
- Gender Identity vs Gender
- Biology of Emotions
- Biology of Memory
- Intelligence & Language
- Applications



COUNSELLING SKILLS AND PROCESSES



Topics covered: *

- Mind Skills
- Client-Therapist Relationship
- Empathy, Unconditional Positive Regard, & Genuinity
- Listening Skills
- Questioning Skills
- Challenging Skills
- Stages of Counselling
- Building the Counselling Relationship
- Facilitating Initial Disclosure
- Designing Action Plan
- Termination
- Ethics



ORGANIZATION DEVELOPMENT



Topics covered: *

- Systems Theory
- Organizational Change
- Building Effective Organizations
- O.D. Diagnosis
- Six-Box Model
- O.D. Interventions
- Team Intervention
- Team Building
- Structural Interventions
- Comprehensive Interventions
- Behaviour Modeling
- Coaching & Mentoring



ORGANIZATIONAL BEHAVIOUR



Topics covered: *

- Needs & Challenges
- Organization Culture
- Organization Structure & Design
- Motivation in Organization
- Approaches to Leadership
- Empowerment & Participation
- Improving Communication
- Conflict Resolution
- Work-Family Conflict
- Work Stress
- Group Dynamics
- Employee Counselling



DEVELOPMENTAL PSYCHOLOGY



Topics covered: *

- Origin of Life
- Conception to Birth
- Stages of Life
- Infancy & its Challenges
- Development & Growth
- Childhood & Milestones
- Adolescence & Puberty
- Adulthood & its Challenges
- Mid-Life Crisis
- Theories of Development
- Old Age
- Death & Stages of Death

*Topics listed here are only important pointers. Actual syllabus will cover several more topics.

KEY HIGHLIGHTS

of DIPS admissions

Subjects with equivalence to college credits.

Free weekend webinars with practicing professionals in the field.

Accommodation of lecture timings (work timings & college timings).

Free academic counselling for any subject you take up for preparation of entrances.

Dynamic workshops on therapies, dream analysis, supportive therapies like flower therapies, foundation understanding of psychiatric medication, etc.

Other Services

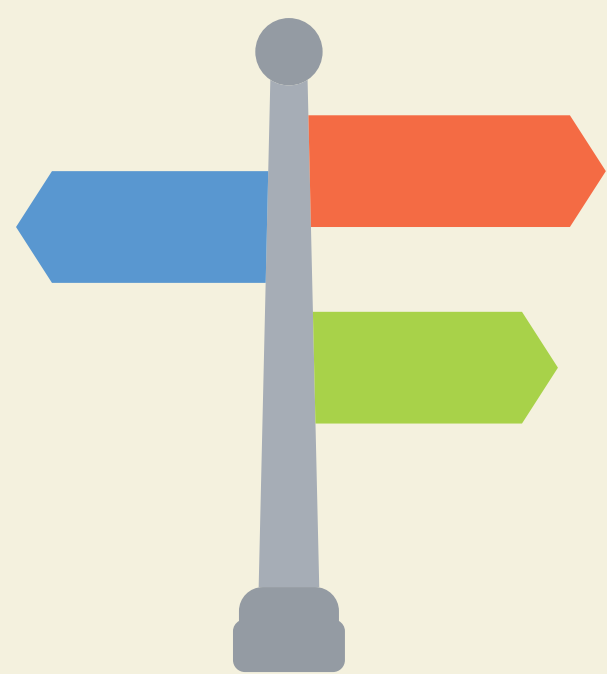
TRAINING BASED INTERNSHIPS

What all do we provide :

- Certificate of Completion: Awarded upon submission of assignments, assigned case histories, MSE, and final case presentation as a counselor
- Observation of Mock Counseling Sessions
- Case Conceptualization
- Application-Based Weekend Webinars
- Lectures on Counseling Skills
- In-Depth Understanding of Mental Health Setup
- Demo Case as a Counselor
- Esteemed faculty comprising Counseling and Clinical Psychologists who are dedicated to providing you with an enriching learning experience.



Other Services



GUIDANCE

- For competitive exams (NET, M.Phil., PhD, etc.)
- For research thesis
- For careers in psychology
- Academic counselling for your future
- For developing your practice
- For building your finances in psychology



WORKSHOPS

Offbeat, skill based, trending topics available in hybrid mode, including:

-
- Corporate Training
 - Career Guidance & Assessment
 - Self-Development Workshops (emotional intelligence, building good relationships, assertiveness skills, etc.)
 - Weekend webinars

Our Reach

connecting learners across the world



encouraging thinkers to change the world

Student Testimonials



Leann Mesquita | Goa

“ Learning with DIPS rejuvenated me in a very personal aspect. I used to look forward to my classes. This journey was educational, but also therapeutic in a way for me. Thanks to DIPS for inspiring me to continue learning. ”



Neha Mogre | Kochi, Kerala

“ I always used to find it hard to connect to teachers before I started learning with DIPS. That is why this experience meant a lot to me. I loved the personalized and in-depth understanding provided by DIPS instead of mundane classroom teaching. The practical application approach helped me a lot. ”



Gargi Aparajit | Pune, Maharashtra

“ This was an amazing experience. The atmosphere was always enthusiastic and I learned a lot including basic and complex concepts. The teachers helped me gain new perspectives with real life examples. I fell in love with psychology again and rediscovered why I had chosen this field. ”



Chinmayee Naik | Konkan, Maharashtra

“ The learning experience with DIPS was really nice. The team has created an amazing space where we can learn and grow. Before completing the Diploma at DIPS, I was unaware of many skills and techniques in counselling, but now I can see many changes in my approach to counselling and therapy. ”



Viplavi Joshi | Pune, Maharashtra

“ DIPS has helped us realize our potential. It has made us stronger. The entire diploma was therapeutic on a personal level as well. DIPS has truly made us more capable. ”

DIPS Diploma Feedbacks



Shrushti

“ *The environment at DIPS was extremely friendly. Learning was fun yet new and the team connected with every student personally to provide support throughout the course. It helped me self-introspect and develop a more confident personality. It has been an incredible journey starting off as a student and ending up as a therapist in the making.* ”



Kanchan

“ *After completing Master's, I was confused as to how to take therapy sessions for clients. I wanted a course that would help me bridge the gap between theory and practice. This Diploma offered everything that I wanted to be confident about. Now I have the confidence to take therapy sessions, and when my clients give me good feedback, all this feels so worth it.* ”



Nimikha

“ *We have always studied the theories all through our lives, but where we get stuck is the practical application. After getting mentored by DIPS I am confident about practicing as a professional. The best thing about DIPS is, they not only look after your professional excellence, but also you as a person and your own mental health! It was a wholesome experience full of transformations!* ”



Shashin Nagarcenkar

“ *If you are looking for knowledge and not just theory, I would 100% recommend DIPS. All the teachers are sufficiently qualified to teach their respective topics. They don't rush into completing the syllabus but focus on whether the students have understood the concepts or not. This is the best part I like at DIPS.* ”



Pratibha Birajdar

“ *Learning with this team is not only about how to apply psychology to society or how to work outside the field as a professional, but the emphasis is on how we are as human beings and how we are as professionals. Rather than being taught in fact, the individual begins to know for himself how he should be as a professional.* ”

DIPS B3 Feedbacks



Mrugank

“ *DIPS is a group of young and trained psychologists that resonates well with our generation. With DIPS I got an opportunity to be exposed to various novel fields of psychology. I was always interested in psychology but never got a structured approach to learning until I was introduced to DIPS. I look forward to a rewarding association with DIPS in coming future!* ”



Sindhuja

“ *I found DIPS as a saviour during my sem exams. Subjects like stats and research were hard for me to navigate through specially as a distance learning student. I have been enrolled with DIPS since last year and have taken couple of courses plus research guidance. Subjects are taught with a practical approach and in such a way that I could easily get a clarity in concepts. Classes were interactive and thought provoking. I also had enrolled with UGC NET prep workshop by DIPS. It really is helping with my preparation and also given access to a vast library of books and resources. On the whole it's a one stop solution to all subjects related to psychology.* ”

Some more love we received for our courses ! ✨

“

It has been truly amazing. I got to learn and unlearn a lot of things ✨ Also learnt some very important concepts and got my doubts solved. Feel a bit more prepared to start my graduation in psychology!

”

“

The disorders are associated with movie characters which makes it more easy to get. The explanation is detailed and made easily understandable. Mam also tried to include everyone to make the sessions interactive.

”

Check out our student feedback and reviews on Google reviews: <http://surl.li/esovf>

Feedbacks



“

When my First year started i was lost with most of the history part with psychology but this course definitely cleared many myths and misunderstandings. Different theories and debates were thrilling parts. Many activities were conducted which gave me a boost to share my thoughts whenever I can.

”

“

*It was really good. And the availability of the recordings were so much useful.
It was fun and I got to learn new topics
It was really good. I was so curious about the subject since starting and the way sir explained us. It was amazing. I did attend most of the lectures recorded but it truly did great.
Was good interactive and a lot of learning.*

”

“

Before joining the course I was in dilemma that whether I should take it or not because I had lot on my plate but honestly I got the treasure without any pressure rather I enjoyed each class.

”

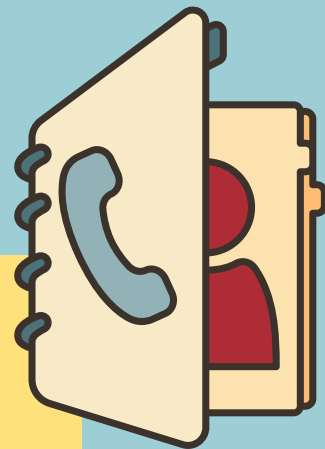
“

The lectures are a good combination of theory as well as fun activities and discussions. I really look forward to our Psychopathology lectures.

”

Contact Us

For DIPS inquiries:



dhairyada.psy@gmail.com



+91 8378900321



+91 7249299291



Find us on:

www.dhairyada.com



[@dhairyada_by_siddhida](#) / [@dips_by_dhairyada](#)



[@Dhairyada.psywellbeing](#)



[Dhairyada Center for Psychological Well-Being](#)



[Siddhida Kabara](#)



Frequently Asked Questions



Q: What are the technical requirements to take your courses?

A: A good Wi-Fi connection, earphones and an excellent neural network between your senses and the brain.

Q: Do you provide practical training as a part of your courses?

A: Yes. Every subject and diploma course that we offer has a practical training component to it. We want you to learn and absorb skills. And to achieve this goal, practical training is an important component. From guiding you to construct a test or undertake a small research project, to taking up demo sessions of real cases under supervision, we provide practical training in all the domains.

Q: Are there any concessions available for the courses?

A: Yes. We do offer group discounts and student discounts. Kindly contact us for more details.

Q: What are the educational pre-requisites for taking your courses?

A: Our courses are for **everyone**, from students of psychology preparing for their Bachelor's, Master's, and entrances, to students who want to focus on skill-development. We also have a **certificate course** specially designed for those who **do not have a background in psychology**: teachers, doctors, bankers, and just about anyone who is interested in improving their mental health, interpersonal relationships, and communication skills at the workplace. *Our internationally accredited certificate of Diploma is available to only those who have completed/are currently pursuing a Master's Degree in Psychology.*

P.S. The only non-negotiable requisite we have is unconditional love for learning and growth in life.

Q: What will I be able to do after successful completion of the diploma? How is the diploma different from what I have already learned in my postgraduate studies?

A: Our Diploma and certificate courses are curated with the goal of helping you bridge the gap between theory and skills. The 6-9 months of learning will change the way you view yourself and will also help you build stepping stones towards your image as a therapist. It will give you the confidence to face clients in any job as a counsellor/therapist and also for beginning your own practice. The demo sessions and the specially curated client settings will give you an exposure to the real world of practice and get you ready for any case that comes your way.