

CERTIFIED ETHICAL PRACTITIONER (C.E.P.)

PROGRAM OVERVIEW



CENTER FOR
— SELF-DISCOVERY —





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OVERVIEW

This program has been created to empower mental health practitioners in India who provide counselling and clinical therapeutic services with the knowledge and skills to practice confidently in a currently unregulated landscape. The program aims to establish standards of practice among clinicians through a determined Code of Ethics to protect the therapist-client relationship.

The successful completion of this course is one of the mandatory requirements to be certified as a C.E.P. (Certified Ethical Practitioner) and be listed on Centre for Self-Discovery's online directory of ethical therapists and other client-facing practitioners working with mental health (other eligibility components will apply).

The goal is to distinguish mental health professionals who practice ethically and are committed to the development of this field through their own professional advancement and become a part of a qualified support network where they can access resources, colleagues and supervision for the rest of their career.

ELIGIBILITY CRITERIA

The course is primarily designed for practicing psychologists (Clinical and Counselling) and students undergoing training to practice as such.

The course is also open for non-psychologist fields i.e. any one interested in undertaking training in professional ethics in mental health practice as we acknowledge its usefulness in multiple realms of allied health professions and caregiving fields- for example, academia, social work, nurses, medical personnel, clinical practice, non-counselling psychologists (other care professionals), researchers, intake and admin staff.

Upon successful completion of the final exam, the recognition of 'Certified Ethical Practitioner (C.E.P.)' will be granted by certificate. However, the category of acknowledgement - example, C.E.P. - Counselling Psychologist, C.E.P. - Researcher, C.E.P. - Clinical Student, C.E.P. - Educator, C.E.P. - Non-practicing associates etc. will be specified based on verification of qualifications submitted. It will also be listed as such on our public search directory.

You are eligible for the 'C.E.P. - Counselling Psychologist' category only if:

- You hold a Masters degree in Counselling Psychology from a recognized institution and are currently in practice (if you graduated from a distance-education program with a practicum component, please contact us to check eligibility).
- You have degree modules specifically in the following: trauma-informed practice, basic and advanced counselling skills.

You are eligible for the 'C.E.P. - Clinical Psychologist' category only if:

- You hold RCI license to practice as a Clinical Psychologist.

KEY FEATURES

AT THE END OF THIS TRAINING, YOU WILL:

- Enter private or agency practice with confidence, feeling prepared for ethical dilemmas that you don't feel the ethics class at university prepared you for.
- Become eligible to be listed on Centre for Self-Discovery's online public directory to boost your income through marketing and get a consistent source of local and international client referrals*.
- Lay the foundation of a safe relationship with your client through a solid first session and discussion of the treatment consent agreement.
- Support your clients confidently when topics like self-harm or suicide are brought up.
- Recognize unethical overstepping of boundaries within the profession and protect yourself and your client in case of unintentional ethical violations that could rupture your relationship causing "therapy trauma".
- Have a safe learning space to ask your ethical questions and be supervised on ethical dilemmas.
- Train other mental health practitioners and further progress our community as an educator.
- Lead the change in one day by having your title licensed, reserved, legitimized and regulated so insurance providers pay for therapy sessions instead of your clients in the future.
- Have a support network of colleagues and supervisors who learn and grow together with you.

*referral directory charges apply.

COURSE SCHEDULE & FEE

COURSE SCHEDULE

While the program is designed to be self-paced, it must be completed within 2 months of your start date. Students have a maximum of 2 attempts to clear the final examination (multiple-choice questions and case studies). The total in-class teaching time is about 8-10 hours (pre-recorded videos) with an additional 1.5 hours of live sessions. Expected self-study, home-work and reading time is an additional 5-6 hours (approx). All course requirements can be completed within 20 hours.

Live Training Session: You may join a live training session with Shivani for pre-exam review and case studies. This is offered monthly before the exam date. If you are unable to attend this, you can access past recordings.

Live Q&A Support: You will have access to our Whatsapp Chat for questions, clarifications and additional support throughout the duration of your enrolment, which will be directly answered by your instructor.

COURSE FEE

- Fee: Professionals - ₹6600 + ₹400 Exam Fee.
- Students with a valid ID - ₹5600 + ₹400 Exam Fee.

COURSE STRUCTURE

DURATION ~ 20 HOURS (SELF PACED LEARNING)

- 12 PRE-RECORDED MODULES WITH CONTINUOUS LIVE Q&A SUPPORT
- LIVE TRAINING SESSIONS
Optional exam review, discussions and FAQs
- FINAL EXAM

TOOLS & PLATFORM USED

1. Option to join live sessions on our virtual meeting platform.

2. Reading material provided:

- Code of Ethics and Conduct in Psychotherapy
- Consent Agreement Template
- Release of Information Template
- Risk Assessment Tools and Safety Plans
- Case studies for practical application

COURSE MODULES

- 01** INTRODUCTION TO CODE OF ETHICS & CONDUCT
The guiding principles behind the Code of Ethics and Conduct for Psychotherapy
- 02** 10 STEP ETHICAL DECISION-MAKING MODEL
A template for resolving any ethical dilemma in your practice.
- 03** RESPONSIBILITY FOR THE RIGHTS, WELFARE, PROTECTION OF CLIENTS
Respect & non-discrimination, informed consent, limits, duty to warn, privacy & confidentiality, working with vulnerable groups, new therapy modalities & technology.
- 04** ETHICAL CARING & PRACTICE COMPETENCE
Scope of practice, assessing competency, dual/multiple relationship dynamics, minimizing harm/maximizing benefit, interruption or termination of therapy.
- 05** PROFESSIONAL STANDARDS & REPRESENTATION
Qualifications, professional development, sexual misconduct, using technology, record keeping & storage, professional will.
- 06** ASSESSMENT PROCEDURES
Appropriate use of assessment tools, intake, results and competency to assess.
- 07** CLINICAL SUPERVISION
Consultation, competency, peer support, addressing biases, relational boundaries between supervisor and supervisee.
- 08** RESPONSIBILITY TO THE PUBLIC, LEGAL & REGULATORY COMPLIANCE
Navigating complaints about others and self and interacting with discipline committees, fostering positive perceptions of counselling and psychotherapy.
- 09** RESEARCH AND PUBLISHED MEDIA
Approvals, informed consent to research, record, dispense, deceive and debrief. Use of animals in research, plagiarism and publication credit.

- 10** ADVERTISING, PUBLIC STATEMENTS AND SOCIAL MEDIA
Avoidance of false or deceptive marketing, media presentations, testimonials, in-person solicitation and social media.
- 11** RESOLVING ETHICAL ISSUES
Misuse of work, Conflicts between ethics and organizational demands, law, regulations, or Other Governing Legal Authority
- 12** SUICIDE RISK ASSESSMENT AND SAFETY PLANNING
Identifying and managing severity of risks, safety planning and reporting obligations.
- 13** SAMPLE SERVICE AGREEMENT, RELEASE OF INFORMATION
Additionally, you will learn to understand, build and deliver consent agreements, confidentiality limits and structure the first session.
- 14** CASE STUDIES
Practical, applied learning through real-world scenarios.

ABOUT THE INSTRUCTOR



SHIVANI AGARWAL

Internationally Registered Psychotherapist
Counselling Psychologist (India) / Registered Clinical Counsellor
(British Columbia) / Certified Canadian Counsellor (Canada)

Former Vice President of British Columbia Art Therapy Association
Professor & Supervisor

Shivani Agarwal is the Founder of Centre for Self-Discovery, a culturally-blended team providing mental health services and education.

Her practice has grown to serve over 700 clients in over 9 languages around the world. She has taught and supervised Masters level Counselling Psychologists at leading institutions. She has specifically adapted the highest standards of professional ethics as set forth by psychological associations in Canada, US, UK and India to create this experiential, supervised course that will change the way you lead your career as a therapist and contribute immensely to the field of counselling psychology in India.

CONTACT

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