

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 CEP 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 the batch start date. Attendance is required for both live sessions and the final exam is offered once per month. Students have a maximum of 2 attempts to clear the examination and can choose either or both of the exam dates available in their 2-month period.

Batch start date: Jan 27, 2025 / Feb 24, 2025 / March 24, 2025 / April 21, 2025

Proctored Exam dates: Feb 23, 2025 / March 23, 2023 / April 20, 2025
(12noon - 2pm IST)

1st Live training session: 8.30pm-10pm IST, Jan 27, 2025

2nd Live training session: Pre-exam Review and Case Studies (time will be set for a day or two before the exam based on group consensus).

Attendance for lives is mandatory, however, if prior permission has been taken, access to recorded live may be given.

COURSE FEE

- Fee: Professionals - ₹6600 + ₹400 Exam Fee (Early bird offers valid before January 14).
- Students with a valid ID - ₹5600 + ₹400 Exam Fee (Early bird offers valid before January 14).

COURSE STRUCTURE

DURATION - 45 HOURS (SELF PACED LEARNING)

- 12 PRE-RECORDED MODULES WITH CONTINUOUS LIVE Q&A SUPPORT
- TWO LIVE TRAINING SESSIONS
 - 1st Session : Introduction and Overview
 - 2nd Session: Exam review, discussions and FAQs
- (PROCTORED) FINAL EXAM

TOOLS & PLATFORM USED

1. Live session on a virtual meeting platform.
2. Reading material provided:
 - Code of Ethics in Counselling
 - Standards of Practice in Counselling
 - Consent Agreement Template
 - Suicide Risk Assessment and Safety Plan
 - Case studies for practical application

COURSE MODULES

- 01** KEY ETHICAL PRINCIPLES
The ideological foundation of the Code of Professional Ethics.

- 02** 10 STEP ETHICAL DECISION-MAKING MODEL
A template for resolving any ethical dilemma in your practice.

- 03** PROFESSIONAL RESPONSIBILITY
Competence, client rights and preventing exploitation of professional relationships.

- 04** COUNSELING PRACTICE RESPONSIBILITIES
Informed consent, confidentiality and managing multiple relationship dynamics.

- 05** ASSESSMENT AND EVALUATION
Culturally relevant and valid assessment tools, ethical reporting and interpretation.

- 06** RESEARCH ETHICS
Ethical considerations in the research process.

- 07** USE OF TECHNOLOGY
Ethical practice in virtual/tele health settings, digital literacy and data security.

- 08** PROFESSIONAL DEVELOPMENT
Supervision, continued learning, peer support and addressing biases.

- 09** LEGAL AND REGULATORY COMPLIANCE
Mandatory reporting, mental health law compliance and regulatory updates.

- 10** TREATMENT CONSENT AGREEMENTS
Understanding and building consent agreements, confidentiality limits and structuring the first session.
- 11** SUICIDE RISK ASSESSMENT AND SAFETY PLANNING
Identifying and managing suicide risks, safety planning and reporting obligations.
- 12** PRACTICAL APPLICATIONS
Case studies for real practice 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.

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