



APARA

INDIA

Anthroposophic Psychology
And Research Association

Online Basic Course in Anthroposophic Psychology and Counselling (AP&C)

New Batch - 6th August 2022 to December 2022
Duration - 20 weekends amounting to 160 hours.

Includes syllabus of the first **3 modules** of
the **entire AP&C course** paving a path to
International Certification

About the course ▶

A 20 weekend (160 Hrs) course spread over five months starting from 6th of August in Basics of Anthroposophic Psychology and Counselling

Timings:

Saturday: 2.00 PM - 6.00 PM IST | **Sunday:** 10.00 AM - 2.00 PM IST
(both with a short break)

Who is it for? ▶

Psychologists, Psychiatrists, Social Workers, Educationists, Educators, Counsellors, Special Educators, Life Coaches, Health professionals, Life Skills Trainers And Mental Health Workers.

Course Outcome ▶

- Insight into life development and its relation to wellbeing.
- Building professional edge for intervention using Anthroposophic Psychology constructs.
- Hone quality of perception for deepened ability towards diagnosis.
- Build professional acumen to move beyond symptoms and 'Labels' in therapy for children and adolescents.
- Answering the 'whys' of Education.
- Understanding how Education and Parenting can become preventive pillars of health.

Course Outline

Phenomenology & Observational Skills ▶

- The basic concepts in Anthroposophic Psychology
- The nature of three fold and four fold Human Psyche
- Life Span Development model

Soul Processes in Physiological Development ▶

- Embryology and its basis for understanding psychological development.
- The development of Soul processes- Thinking, Feeling and Willing
- Changing cultural epochs and its role in current mental health issues

Twelve Senses Development & Seven Life Process ▶

- Development of perception of cognitive processes that build the experiential field of an individual
- Gain in depth knowledge of how sensory impressions and the process of internalisation works by understanding the Anthroposophic constructs of Twelve Senses and Seven Life Processes

All Basic AP&C course modules/lectures will be conducted online.

The fees are inclusive of the Working Material, Lectures, Supervision & Handouts.

The Basic Course will be followed by Advanced & Professional Level Courses.

Kindly note that the fee structure may vary for foreign participants and NRIs.

Eligibility Criteria for Advance and Professional Course ▶

Masters in Psychology, Social work, Mental Health Counseling Psychotherapy, MD Psychiatry or Masters with Counselling skills Certificate.

Course Fees - Rs 59,550/-

For Registrations ▶

Ms. Leena Kasat

Mobile : +91 8657389785

Email : contact@aparaindia.org

Faculty Details

◀ Suchitra Inamdar



M.A. (Psychology), University of Mumbai.
Proprietor, Ekavarta Psychotherapy Centre.
Trained in REBT, Hypnotherapy and Biography Work.
Anthroposophic Psychotherapist and Trainer,
Certified by IFAPA.
Board Member, International Federation of
Anthroposophic Psychotherapy Associations (IFAPA)

◀ Parminal Pandit



M.A. (Psychology), University of Pune.
Practicing Psychotherapist, Chennai.
Trained in CBT, Humanitarian Client Centered
Therapy and Biography Work.
Anthroposophic Psychotherapist and Trainer,
Certified by IFAPA.

Guest Faculty

International faculty in Anthroposophic Psychology.

Indian faculty in Anthroposophic Medicine.

Dr. Lakshmi Prasanna ▶

Founder of AMS in India, Dr Lakshmi is a paediatrician and neonatologist. She is the founder of Curative centre in Hyderabad. She also works extensively in Australia as a lecturer, health-educator and School Doctor.

Dr. Karthiyani Mahadevan ▶

Dr Karthiyayni is a consulting physician and school doctor. She has done special courses on Development Neurology and Yoga for children with special needs.

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The course equips in working with the **awareness of Body, Soul and Spirit.**

Eligibility criteria for International Certification requires **completion of Basic, Advanced and Professional levels.**



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For more information, visit

www.aparaindia.org