



## JKP CARE FOUNDATION IN ASSOCIATION WITH CAMBRIDGE INTERNATIONAL INSTITUTE FOR PROFESSIONAL DEVELOPMENT, LONDON



### About CIIPD

Cambridge International Institute For Professional Development (CIIPD) has been a pioneer in higher education, focusing on real-world applications and close collaborative relationships between students and their professors.

At CIIPD, we believe that education should be accessible to everyone, no matter where they are in the world. That's why we have designed flexible, online learning solutions that fit the needs of today's professionals, allowing you to gain new skills, enhance your expertise, and advance your career from anywhere. Whether you're a healthcare professional, educator, business leader, or IT specialist, we have courses that cater to your career goals.

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JKP is one-of-its-kind educational institute run by Jaikripalu Prabhu Care Foundation (NGO) which takes pride in offering Certificate Courses for Professionals & Parents of Special Needs Children. Dynamic and full of Innovations, we are a team that strives for the best and understands the gaps and develop curriculum accordingly. JKP Care Foundation is a registered non governmental organization dedicated to empowering professionals and caregivers in the field of special needs education and therapy. Our organization takes pride in offering a range of impactful training initiatives tailored for doctors, therapists, special educators, school teachers, and parents of special needs children. With a global reach, we have successfully trained over 2000 professionals and parents in the last two years, making a positive impact across the globe.



### ABOUT PROGRAM

Parent Counseling Skills Training focuses on developing structured, evidence-based counseling skills to effectively support parents of children with developmental and behavioral challenges. This training equips participants with practical strategies to guide parents in understanding their child's needs, managing emotional stress, strengthening parent-child relationships, and implementing consistent home-based interventions.

It emphasizes empathetic communication, active listening, problem-solving techniques, and collaborative goal setting. The program also covers psychoeducation, behavior guidance strategies, and emotional support frameworks to empower families.

# BECOME A PARENT COUNSELOR – EMPOWER FAMILIES, TRANSFORM LIVES



Join us and become part of a supportive and professional community dedicated to guiding, educating, and empowering parents. Through structured learning, practical strategies, and compassionate understanding, we help you build confidence, gain clarity, and create meaningful change in families. Your journey toward becoming a stronger, more informed, and impactful support system for parents begins here — with the right knowledge, the right guidance, and the right community.

## Contact Us



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[www.jkp.ngo](http://www.jkp.ngo)



[www.ciipd.co.uk](http://www.ciipd.co.uk)

# PARENT COUNSELING SKILLS TRAINING

The Parent Counseling Skills Training Program is a structured, evidence-based certification designed to equip professionals and aspiring counselors with the knowledge and practical skills to effectively support, guide, and empower parents of children with special needs.

## Who Can Join

- Parents of Children with Special Needs
- Behaviour Therapists & Psychologists
- Special Educators & Occupational Therapists
- Speech Therapists & Counsellors

## What You Will Learn

- **Deep Understanding of Parent Psychology:**  
Explore the emotional journey of parents raising children with developmental challenges, including stress, grief, guilt, denial, and acceptance, and understand how these experiences influence family dynamics.
- **Effective Counseling Communication Skills:**  
Master active listening, empathetic responding, and structured questioning techniques to build trust, handle resistance, and create a safe, non-judgmental space for parents.
- **Practical Parent Guidance Strategies:**  
Learn to guide parents in behavior management, positive reinforcement, emotional regulation, and consistent home-based interventions using simple, parent-friendly approaches.

## MODULE LIST

### Module 1: Foundations of Parent Counseling

- Understanding parent psychology & emotional journey
- Stress, grief, guilt, denial, acceptance in parents
- Role of a parent counselor vs therapist
- Ethical boundaries, scope of practice & confidentiality
- Building trust and therapeutic alliance

### Module 2: Communication Skills for Parent Counselors

- Active listening & reflective responding
- Asking the right questions (open-ended vs closed)
- Empathy without over-involvement
- Handling silence, resistance & emotional outbursts
- Non-judgmental language & validation techniques

### Module 3: Understanding Family Systems & Parenting Styles

- Family dynamics in special needs households
- Parenting styles & their impact on child outcomes
- Marital stress, sibling issues & extended family influence
- Cultural beliefs, myths & stigma around disability
- Working with diverse family structures

## Module 4: Counseling Parents of Children with Special Needs

- Autism, ADHD, LD, ID – common parental concerns
- Managing expectations vs realistic goals
- Dealing with diagnosis shock & long-term uncertainty
- Helping parents understand therapy plans
- Supporting parents through transitions (school, adolescence)

## Module 5: Behavior Guidance & Parent Training Basics

- Explaining behavior in simple, parent-friendly terms
- ABC of behavior (Antecedent-Behavior-Consequence)
- Positive parenting & reinforcement strategies
- Handling tantrums, aggression & non-compliance
- Coaching parents for consistency at home

## Module 6: Emotional Support & Crisis Handling

- Supporting parental burnout & caregiver fatigue
- Anxiety, depression & emotional overload in parents
- Managing guilt, blame & comparison
- Crisis situations: meltdowns, school complaints, regressions
- When and how to refer to mental health professionals

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## Module 7: Counseling Skills in Practice

- Structuring a parent counseling session
- Goal setting with parents
- Documentation & session notes
- Case discussions & role plays
- Handling difficult parents & challenging conversations

## Module 8: Professional Practice & Counselor Self-Care

- Professional identity & counselor mindset
- Ethical dilemmas & red flags
- Preventing compassion fatigue & burnout
- Supervision, boundaries & continued learning
- Certification wrap-up & future scope

## Program Schedule

- **Classes:** SATURDAY & SUNDAY
- **TIMINGS:** 1 PM-3 PM
- **COURSE FEE:** **Rs.8,000 or US \$100**

(Timings as per India Timezone +5.30 GMT)

## Program Highlights

- Internationally Recognized Certificate
- 100% Online – Live Interactive Sessions
- Curriculum Designed by Experts
- Practical Assignments & Case Discussions
- Guidance on Real-World Implementation
- Supportive Learning Community

## FACULTY



**DR. SANJANA SETH**

SENIOR PSYCHOLOGIST & PSYCHOTHERAPIST  
25+ Years Experience



**Dr Alok Arora**

CLINICAL PSYCHOLOGIST | 20+ years experience



**DR. GARGI P.SINHA**

Special Educator  
27+ Years Experience