



Unlock Your Potential: Diploma in Child & Adolescent Psychology

Are you passionate about understanding the minds of children and adolescents? Do you aspire to make a tangible difference in their lives and guide them through critical developmental stages? Our comprehensive 50-hour diploma program in Child & Adolescent Psychology is meticulously designed to equip aspiring professionals like you with the essential knowledge, practical skills, and confidence to thrive in this vital field.

This program is more than just theoretical learning; it's a career launchpad, transforming your passion into a profession. Join us to gain real therapeutic tools, advanced assessment skills, and business-ready strategies to establish your expertise and start making an impact immediately.

PROGRAM OVERVIEW

Your Journey into Child & Adolescent Psychology

Start Date: 3rd November 2025

Time: 2:00 PM - 3:00 PM (Monday to Friday)

Total Hours: 50 Intensive Hours

This diploma offers a deep dive into the psychological world of young minds, structured into five comprehensive modules. Each module is carefully curated to build your expertise progressively, from foundational theories to practical therapeutic interventions and professional development.

Over ten weeks, you will engage in focused, one-hour daily sessions, ensuring a consistent and manageable learning pace. Prepare to transform your understanding and acquire actionable skills that are highly valued in the field of child and adolescent mental health.

01

Module 1: Foundations of Child & Adolescent Psychology

(10 Hours)

02

Module 2: Childhood & Adolescent Disorders

(10 Hours)

03

Module 3: Assessments & Tools

(10 Hours)

04

Module 4: Therapeutic Interventions

(10 Hours)

05

Module 5: Special Topics & Monetization

(10 Hours)

MODULE 1

Foundations of Child & Adolescent Psychology (10 Hours)

This introductory module lays the groundwork for understanding the complex world of child and adolescent development. You will explore critical theories, developmental milestones, and the factors that shape young minds from infancy through adolescence.

- **Nov 3 (Mon):** Introduction: Scope & Careers in Child & Adolescent Psychology
- **Nov 4 (Tue):** Developmental Theories: Freud, Erikson, Piaget, Vygotsky
- **Nov 5 (Wed):** Physical, Cognitive & Emotional Development (0–6 years)
- **Nov 6 (Thu):** Childhood Milestones & Red Flags
- **Nov 7 (Fri):** Middle Childhood: Self-concept, Peer Relations, School Adjustment



The second half of this module shifts focus to the transformative period of adolescence, examining identity formation, the impact of technology, and the crucial role of family dynamics and cultural contexts in shaping development. This foundational knowledge is essential for any professional working with young populations.

- **Nov 10 (Mon):** Adolescent Development: Identity & Independence
- **Nov 11 (Tue):** Puberty & Body Image Concerns
- **Nov 12 (Wed):** Social Media, Technology & Mental Health
- **Nov 13 (Thu):** Parenting Styles & Their Psychological Impact
- **Nov 14 (Fri):** Cultural Perspectives in Child Development

MODULE 2

Childhood & Adolescent Disorders (10 Hours)

This crucial module delves into common psychological disorders affecting children and adolescents, providing you with the knowledge to identify, understand, and approach these conditions effectively. You'll gain insights into a range of challenges, from neurodevelopmental disorders to mood and behavioral issues.

- **Nov 17 (Mon):** ADHD: Assessment & Management
- **Nov 18 (Tue):** Autism Spectrum Disorders (ASD)
- **Nov 19 (Wed):** Learning Disabilities: Dyslexia, Dyscalculia, Dysgraphia
- **Nov 20 (Thu):** Intellectual Disabilities & Giftedness
- **Nov 21 (Fri):** Anxiety Disorders in Children



The latter half of the module addresses more complex and sensitive topics, including mood disorders, conduct issues, and critical concerns like eating disorders, substance use, self-harm, and suicidality in adolescents. This segment emphasizes empathetic understanding and the importance of early intervention.

- **Nov 24 (Mon):** Depression & Mood Disorders
- **Nov 25 (Tue):** Conduct Disorders & Oppositional Defiant Disorder
- **Nov 26 (Wed):** Eating Disorders in Adolescents
- **Nov 27 (Thu):** Substance Use & Risk Behaviors in Teens
- **Nov 28 (Fri):** Self-Harm & Suicidality in Adolescents

Assessments, Tools & Therapeutic Interventions (20 Hours)

These two interconnected modules are designed to provide you with the practical skills needed for effective psychological practice. Module 3 focuses on the essential tools and techniques for assessing psychological states, while Module 4 dives into a variety of therapeutic approaches.

Module 3: Assessments & Tools

- **Dec 1 (Mon):** Developmental Screening Tools (Denver, Bayley)
- **Dec 2 (Tue):** IQ & Achievement Testing
- **Dec 3 (Wed):** Emotional & Behavioral Checklists (CBCL, BASC)
- **Dec 4 (Thu):** Projective Techniques for Children (Draw-a-Person, TAT, CAT)
- **Dec 5 (Fri):** Play-based Assessments
- **Dec 8 (Mon):** Adolescent Personality Assessment
- **Dec 9 (Tue):** School Readiness Testing
- **Dec 10 (Wed):** Career Guidance Tools for Adolescents
- **Dec 11 (Thu):** Case Formulation for Child Clients
- **Dec 12 (Fri):** Writing Psychological Reports for Children

Module 4: Therapeutic Interventions



- **Dec 15 (Mon):** Basics of Play Therapy
- **Dec 16 (Tue):** Cognitive-Behavioral Therapy (CBT) for Children
- **Dec 17 (Wed):** Art & Expressive Therapies for Children & Teens
- **Dec 18 (Thu):** Sandtray Therapy & Storytelling Approaches
- **Dec 19 (Fri):** Group Therapy for Adolescents
- **Dec 22 (Mon):** Family Therapy Models
- **Dec 23 (Tue):** Parent-Child Interaction Therapy
- **Dec 24 (Wed):** School Counseling Interventions
- **Dec 25 (Thu):** ❌ Holiday Christmas (No Class)
- **Dec 26 (Fri):** Crisis Intervention in Schools

MODULE 5

Special Topics & Monetization (10 Hours)

The final module addresses crucial special topics in child and adolescent psychology, equipping you to handle sensitive issues like trauma, bullying, and technology addiction. It also provides essential insights into building and monetizing your practice, making this diploma a true career launchpad.

- **Dec 29 (Mon):** Child Abuse & Trauma Recovery
- **Dec 30 (Tue):** Bullying & Peer Pressure Interventions
- **Dec 31 (Wed):** Working with Special Needs (Inclusion Models)
- **Jan 1 (Thu):** Gender, Sexuality & Adolescent Psychology
- **Jan 2 (Fri):** Technology Addiction & Gaming Disorder



The latter part of this module is dedicated to practical career development, covering everything from establishing your own therapy practice to designing workshops and understanding various monetization pathways. The capstone class consolidates your learning and prepares you for real-world application.

- **Jan 5 (Mon):** Building a Child Therapy Practice (Freelance/Clinic/Online)
- **Jan 6 (Tue):** Designing School Workshops (Bullying, Mental Health Awareness)
- **Jan 7 (Wed):** Monetization Pathways: Parent Coaching, Skill Training, Online Courses
- **Jan 8 (Thu):** Creating CV Value: Certifications, Portfolio, Internships
- **Jan 9 (Fri):** Capstone Class: Case Presentations, Q&A, Career Roadmap

From Theory to Transformative Practice

This diploma is meticulously designed to provide you with a holistic skill set, ensuring you graduate not just with knowledge, but with the practical abilities to make a tangible difference in the lives of children and adolescents. You'll master foundational theories, advanced assessment techniques, and diverse therapeutic interventions.

1 Foundational Knowledge • Deep understanding of child and adolescent developmental stages (cognitive, emotional, physical, social). • Ability to apply major psychological theories (Freud, Erikson, Piaget, Vygotsky) in real-life contexts. • Identifying red flags in development and recognizing atypical growth patterns. • Understanding the role of culture, society, and parenting in shaping child psychology.	2 Assessment & Diagnosis • Administering developmental screening tools (Denver, Bayley). • Conducting IQ, aptitude, and achievement tests for children. • Using behavioral checklists (CBCL, BASC) to track emotional/behavioral issues. • Applying projective techniques (Draw-a-Person, TAT, CAT) with children. • Writing professional psychological reports suitable for schools, clinics, and parents.	3 Clinical & Therapeutic Interventions • Mastering Play Therapy techniques. • Applying CBT techniques for children (thought restructuring, behavior modification). • Using art & expressive therapies for emotional release. • Conducting group therapy with adolescents. • Running parent-child interaction therapy sessions. • Managing crisis situations (trauma, self-harm, suicide risk).
1 Understanding Disorders • Identifying and supporting children with ADHD, Autism Spectrum Disorder, and Learning Disabilities. • Managing childhood anxiety and depression. • Handling conduct and oppositional defiant disorders. • Supporting adolescents with eating disorders, substance use, and risk behaviors. • Understanding and intervening in self-harm and suicidality cases.	2 Specialized Skills • Trauma recovery approaches for abused children. • Interventions for bullying, cyberbullying, and peer pressure. • Supporting special needs inclusion models. • Addressing gender identity, sexuality, and adolescent concerns. • Recognizing and managing technology & gaming addiction.	3 Professional & Monetization Skills • Building a child therapy practice (freelance, online, clinic-based). • Designing and delivering school workshops (mental health, bullying, study skills). • Conducting parent coaching sessions on discipline, communication, and emotional support. • Creating adolescent skill-training modules (confidence, decision-making, exam stress). • Packaging services into income-generating offerings.

Launch Your Impactful Career

This diploma doesn't just expand your knowledge; it opens doors to diverse and rewarding career opportunities and empowers you with the practical skills to build a thriving professional practice. Whether you aim for traditional roles or entrepreneurial ventures, this program sets you up for success.

Career Pathways After the Diploma

- **School Counselor / Psychology Assistant:** Support students within educational settings, addressing academic, social, and emotional needs.
- **Child & Adolescent Therapist:** (Under supervision/license as per country rules) Provide direct therapeutic services to young clients.
- **Parent Coach / Family Consultant:** Guide parents in effective parenting strategies and family dynamics.
- **Special Needs Support Specialist:** Work with children requiring specialized interventions and inclusive practices.
- **Workshop Facilitator:** Lead educational sessions in schools and NGOs on mental health and development topics.
- **Freelance Child Psychologist / Online Therapist:** Build your independent practice, offering flexible and accessible services.
- **Youth Mentor & Adolescent Life Coach:** Empower teenagers with essential life skills, confidence, and guidance.



Monetization Potential

This diploma directly translates into tangible earning potential. Here's what you can expect to charge for various services:



₹500–₹2000

Per Parent Consultation Session

Offering guidance on discipline, communication, and emotional support.



₹10,000–₹50,000

Per School Tie-up

For workshops & ongoing counseling services on a monthly retainer.



₹15,000–₹60,000

Per Month Freelance Practice

With just a few regular clients, building a sustainable income.



₹50,000–₹1,00,000+

Monthly (Long-Term)

Achievable with combined school, parent, and online coaching programs.

✨ In short: this isn't just another diploma – it's a career-launchpad where you graduate with real therapeutic tools, assessment skills, and business-ready services to start earning immediately.

Broadening Horizons: Academic, Professional, & Entrepreneurial

The Diploma in Child & Adolescent Psychology offers a multi-faceted scope, empowering you across various dimensions of your personal and professional growth. It's an investment that yields returns in knowledge, career opportunities, and even personal insights.



Academic Scope

- Equips learners with comprehensive knowledge of child and adolescent development, mental health, and behavioral patterns.
- Builds proficiency in assessment tools, therapeutic techniques, and case formulation used in real-world psychology practice.
- Serves as a specialized add-on qualification for psychology students, counselors, teachers, and childcare professionals.
- Prepares learners for further advanced studies in clinical psychology, counseling, or child development.



Professional Scope

- Enables graduates to work as school counselors, psychology assistants, workshop facilitators, parent coaches, and child therapy practitioners.
- Opens opportunities in schools, NGOs, rehabilitation centers, hospitals, clinics, and private practice.
- Enhances employability with a CV-enhancing credential that demonstrates practical, hands-on expertise.
- Allows learners to start freelance counseling/consulting services with children and adolescents.



Entrepreneurial Scope

- Graduates can design and launch their own parenting programs, child therapy workshops, and school awareness campaigns.
- Offers the chance to create online courses, webinars, and consultation packages targeting parents, schools, and teens.
- Builds credibility for social media presence as a child psychology expert, attracting clients digitally.

✨ In short, this diploma is dual-purpose:

- It acts as a career accelerator for students and professionals.
- It becomes a direct income-generating skill set with workshops, counseling, and consultations.

BENEFITS FOR YOU

Accelerate Your Career & Impact

This diploma offers unparalleled advantages for psychology students and early-career therapists, providing a significant edge in a competitive field. From boosting your CV to mastering practical skills and unlocking earning potential, this program is designed for your success.

1

CV & Career Growth

- Adds a specialized 50-hour credential in a niche, in-demand field.
- Makes your CV stand out with real-world assessment and therapy tools.
- Provides Letters of Recommendation (LORs) and Performance Letters.
- Boosts eligibility for roles in schools, clinics, and mental health startups.

2

Practical Therapy Skills

- Learn play therapy, CBT for children, art therapy, and sandtray techniques.
- Master psychological testing and report writing.
- Get hands-on practice with case formulation.
- Understand common child/adolescent issues like ADHD, Autism, anxiety, and bullying.

3

Monetization Benefits

- Start earning as a parent coach or school workshop facilitator.
- Monetize through parent consultations and school tie-ups.
- Build a therapist toolkit for paid work.
- Learn to brand yourself and attract premium clients.

4

Career Acceleration & Long-Term Advantages

- Jump ahead of peers with specialized training.
- Apply for internships and assistant therapist roles confidently.
- Position yourself as a niche expert.
- Build a strong foundation for advanced studies.
- Network with professionals for future opportunities.

✨ In short: This diploma helps psychology students and new therapists go from classroom knowledge → practical skills → paid opportunities in just 50 hours.