

# Master Practitioner in Trauma & Grief Counseling

A comprehensive 15-week program blending clinical theory, therapeutic frameworks, and hands-on skills to confidently guide clients through loss, life transitions, and trauma recovery.



# Course Overview

## Duration

15 Hours (15 Weeks – 1 Hour per Week)

## Schedule

Every Sunday | 10:00 AM – 11:00 AM |  
Starting 5th October 2025

## Mode

Live, Interactive, Practice-Oriented

This program is designed for counselors seeking structured, evidence-based approaches to facilitate healing. Each session combines theory with immediate practical application.

# Course Philosophy & Structure

## Our Approach

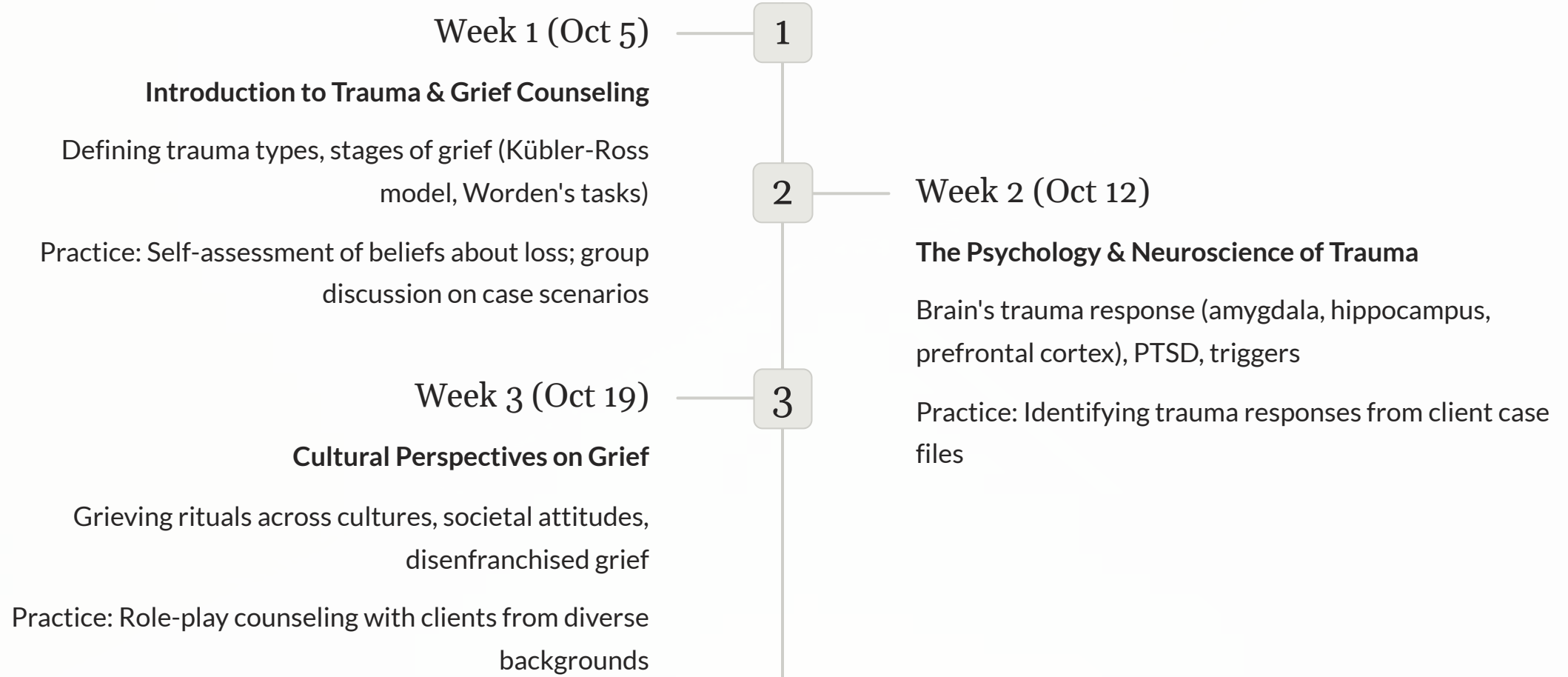
"Trauma and grief are deeply personal experiences, but counselors need structured, evidence-based approaches to facilitate healing."

Every week combines:

- Theoretical foundations
- Practical skill-building
- Hands-on application



# Weekly Curriculum: Foundations





# Weekly Curriculum: Core Techniques

1

Week 4 (Oct 26)

## **Assessment & Intake in Trauma/Grief Work**

Trauma-informed interviewing, ethics, and boundaries

Practice: Mock client intake using structured assessment tools

2

Week 5 (Nov 2)

## **Evidence-Based Counseling Models**

CBT, Narrative Therapy, Meaning Reconstruction

Practice: Reframing negative thoughts through CBT worksheets

3

Week 6 (Nov 9)

## **Somatic & Body-Oriented Trauma Work**

How trauma is stored physically in the body

Practice: Simple grounding techniques and somatic exercises



# Weekly Curriculum: Specialized Applications

## Week 7 (Nov 16)

Working with Complicated & Prolonged Grief

## Week 10 (Dec 7)

Children & Adolescents in Grief

## Week 8 (Nov 23)

Loss Beyond Death: Non-Death-Related Grief

## Week 11 (Dec 14)

Grief in Older Adults

## Week 9 (Nov 30)

Crisis Intervention in Trauma Cases

## Week 12 (Dec 21)

Group Therapy & Support Groups

Each specialized module includes both theoretical foundations and practical application through role-plays, case studies, and supervised exercises.



# Weekly Curriculum: Integration & Certification

## Week 13 (Dec 28)

### Ethical & Self-Care Practices

Vicarious trauma, burnout prevention, ethical dilemmas

Practice: Creating a personal counselor self-care plan

## Week 14 (Jan 4)

### Creative & Expressive Therapies

Art, music, and narrative writing in grief processing

Practice: Guided expressive writing activity

## Week 15 (Jan 11)

### Capstone & Certification

Theory recap and key takeaways

Final supervised mock counseling session with feedback

# Professional Applications



## Private Practice

Offer specialized trauma & grief counseling sessions (₹1,000–₹5,000 per session)



## Corporate Wellness

Design trauma resilience workshops for employees in high-stress industries



## Healthcare Settings

Provide end-of-life emotional support and grief counseling for families



## Educational Institutions

Support grieving students and train teachers in trauma-sensitive practices



## NGO & Social Work

Work with survivors of abuse, refugees, disaster victims, and marginalized communities



## Crisis Response

Become a certified mental health responder during community tragedies





# Career & Credential Benefits

## Expanding Your Practice

- Add trauma & grief as a specialized niche
- Conduct grief support groups and recovery circles
- Host specialized workshops on coping with loss
- Integrate with other therapeutic modalities
- Develop multiple income streams (1:1 sessions, groups, workshops, online programs)

## CV Enhancement

- Stand out with specialized expertise many professionals avoid
- Gain professional recognition as a Master Practitioner
- Acquire skills aligned with international counseling standards
- Strengthen applications for further academic study
- Develop personal resilience and crisis confidence

# Your Transformation Journey

"By the end of this course, you won't just be 'aware' of trauma and grief work — you'll be equipped, confident, and market-ready to turn it into a career path, a service offering, or a community mission."

15

Weeks of Training

Comprehensive curriculum combining  
theory and practice

6+

Income Streams

From 1:1 sessions to workshops and digital  
resources

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Impact Potential

Transform lives through healing-centered  
engagement

Ready to become a [Master Practitioner in Trauma & Grief Counseling?](#)