

THERAPIST TOOLKIT DIPLOMA – 70 HOURS

Transforming psychology students into confident, skilled, and career-ready therapists

LEVEL 1: OFFLINE BOOTCAMP (16 HOURS)

Theme: “From Textbook to Therapy Room”

Duration: 2 Full Days

Format: In-person workshop

DAY 1: Becoming the Therapist

10:00–10:30 AM – Welcome Circle + “Tag Your Therapist” Game

→ Icebreaker activity to initiate role identity, creativity, and bonding.

10:30–11:30 AM –  Draw Your Inner Voice (Art Therapy)

→ Expressive art activity to explore emotional themes.

11:30–12:30 PM –  Decode My Thought (CBT Game)

→ Matching distorted thoughts to rational responses. Team competition.

12:30–1:30 PM –  Mindful Lunch + One Word Reflection

→ Cards placed at tables with reflective words. Post-lunch discussion.

1:30–2:30 PM –  Therapist Theatre: Intake Battle

→ Roleplay of intake sessions. Scored on empathy, structure, and accuracy.

2:30–3:30 PM – 🔍 Mystery Client Box

→ Sealed envelopes with clues. Solve the case as a group and build intervention plans.

3:30–4:15 PM – ✂️ Make & Take: Grounding Object

→ Create sensory therapy tools using clay/thread/beads.

4:15–5:00 PM – ⌚ Speed Therapy: 3-Minute Dashes

→ Rapid-fire therapy simulations with timer and switching roles.

5:00–6:00 PM – 🔥 Fireside Story Circle

→ Anonymous client success stories, reflection questions, Empathy Star awards.

DAY 2: Practicing in the Real World

10:00–11:00 AM – 👤 Stranger Therapy Mission

→ Go outside in pairs and conduct live calming activity with a stranger (affirmation card, breathing).

11:00–12:00 PM – 📊 Psychometric Playground

→ Use tools like DASS, VIA Strengths, and analyze peer scores.

12:00–1:00 PM – 📱 Build Your Therapy Brand

→ Design your therapist Instagram bio, session rates, and create a flyer headline.

1:00–2:00 PM – 🍴 Silent Lunch + Secret Compliments

→ Anonymous compliments under each plate. Deep bonding and affirmation.

2:00–3:00 PM – 🧑‍🤝‍🧑 Group Room Simulation

→ Simulate group therapy session. Topic revealed five minutes before!

3:00–4:00 PM – ⚖️ Forensic Duel Arena

→ Debate-style courtroom challenge using a case study.

4:00–5:00 PM – 🎯 Final Mission: Case Showdown

→ Each group builds an intake-to-intervention case with scoring.

5:00–6:00 PM – 🏆 Closing Circle + Toolkit Showcase

→ Students present their toolkit items and receive feedback + awards.

UNIQUE ELEMENTS

- - Speed Therapy Arena
- Mystery Client Box
- Therapist Theatre
- Branding Workshop
- Street Stranger Mission
- Toolkit Building
- Secret Compliments Ritual
- Empathy Star + Therapist of the Day

ELIGIBLE BOOTCAMP CITIES (2025)

- August 23 & 24: Mumbai, Nagpur, Jaipur, Chandigarh
- August 30 & 31: Guwahati, Indore, Bhopal
- September 6 & 7: Ahmedabad, Surat, Kolkata
- September 13 & 14: Chennai
- September 20 & 21: Gurugram, Kochi
- September 27 & 28: Hyderabad

LEVEL 2: ONLINE MASTERCLASS SERIES (54 HOURS)

Format: Live on Zoom

Timing: Every Sunday | 8:30 PM – 9:30 PM

Start Date: 28th September 2025

End Date: July 2026

Recordings Provided: Yes

Assignments: Optional weekly challenges and peer reflections

MODULE 1: Becoming the Therapist (Weeks 1–5)

1.

Mapping your psychology career vision

2. Understanding how therapists actually earn

3. Finding your niche & unique style
4. Mindset shift: Confidence and client readiness
5. Creating your career roadmap

◆ **MODULE 2: Branding for Therapists (Weeks 6–10)**

1.
Naming, niche, and voice creation
2. Instagram/LinkedIn strategies for therapists
3. Canva tutorial for therapists
4. Crafting your session list and pricing
5. Building brand trust with storytelling

◆ **MODULE 3: Setting Up Private Practice (Weeks 11–20)**

1.
Legal and ethical checklist for beginners
2. Creating a budget-friendly therapy setup (online & offline)
3. Automating your practice (forms, calendars, invoices)
4. How to choose and raise your fee
5. First session structure (pre-work, during, post-notes)
6. Building a smooth client onboarding experience
7. Outreach to colleges, corporates, NGOs
8. Email pitch & session proposal writing
9. Maintaining boundaries and professionalism
10. Branding beyond Instagram: Flyers, reels, QR menus

◆ **MODULE 4: Making Money in Psychology (Weeks 21–30)**

1.
Building income streams beyond 1-on-1 therapy
2. Creating your first paid workshop
3. Monetizing with e-books, guides, and journals
4. Creating therapy products: grounding kits, affirmation cards
5. Selling digital tools: Canva templates, Notion trackers
6. Introduction to affiliate & referral programs
7. Running group therapy or support circles
8. Passive income through therapist resources
9. Managing burnout and money guilt
10. Creating your “Therapist Store” online

◆ **MODULE 5: 30 Therapy Techniques Toolkit (Weeks 31–54)**

Every Sunday, one core therapy tool will be taught through:

- Theory
- Practical peer exercise
- Application with case
- Takeaway worksheet/tool

◆ CBT:

31. Cognitive Restructuring
32. Thought Records
33. Socratic Dialogue
34. ABCDE Model

35. Automatic Thought Log

◆ DBT:

36. Distress Tolerance (TIPP)

37. Emotion Regulation

38. Wise Mind & Mindfulness

39. Opposite Action

40. Interpersonal Effectiveness Scripts

◆ Art/Mindfulness-Based:

41. Gratitude Journaling

42. Inner Child Letter

43. Emotional Mapping

44. Guided Visualization Script

45. Body Scan Meditation

46. Safe Space Visualization

◆ Trauma/Healing:

47. Mirror Work

48. Timeline Therapy

49. Forgiveness Letter

50. Self-Compassion Letter

◆ Somatic/Other Approaches:

51. Coping Card Creation

52. 5-4-3-2-1 Grounding

53. Emotional Thermometer

54. Circle of Control Exercise



BONUSES (For All Participants)

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Canva Templates for Therapists

- Therapist Notion Practice Dashboard
- Outreach Mail Templates
- Therapist Income & Pricing Tracker
- Branding & Flyer Design Kit
- Roleplay Scripts + Mock Session Guides
- Monthly Q&A with Experts
- Final Therapist Branding Showcase (Online)