



**HANSRAJ COLLEGE
(NAAC A++ CGPA 3.71)
UNIVERSITY OF DELHI**

INTERNAL QUALITY ASSURANCE CELL (IQAC)

presents

**3 MONTH
ONLINE
CERTIFICATE COURSE
ON**

PSYCHOSOCIAL COUNSELLING



COURSE DETAILS

The Certificate Course in Psychosocial Counselling is a programme designed to strengthen foundational counselling competencies through a trauma-informed and relational lens. Combining theory with case discussions, experiential exercises and clinical reflection, the course equips participants with the knowledge and skills to engage ethically, formulate cases, navigate therapeutic processes, and build meaningful therapeutic relationships.

KEY AREAS OF FOCUS

- Trauma-Informed Practice
- Ethical & Legal Considerations in Therapy
- Therapeutic Listening Skills
- Case Formulation & Treatment Planning
- Working with Resistance
- Transference & Countertransference
- Defence Mechanisms
- Therapeutic Impasse & Deadlock
- Metaphors, Symbols & Dreams
- Therapeutic Termination
- Reflective Clinical Practice

HIGHLIGHTS

- Taught by seasoned practitioners from India and abroad
- Reflective, experiential and interactive learning format
- Real-life case vignettes and peer discussion spaces
- Assignments focused on therapist development and self-awareness
- Pre and post session reading materials
- Certificate awarded by Hansraj College, University of Delhi

DETAILS

Duration: 3 Months (Aug-Oct, 2026)

Class time: 7-8.30pm IST every Saturday

Medium: Online via Zoom

Eligibility: Psychologists, Psychiatrists, Social Workers, Educators, College Students & Psychology Enthusiasts

Limited Seats.

Course Begins in August.

Fee Structure:

Standard Fee: ₹15,000/-

Discounts & Scholarships:

- **Early Bird Offer: 20% off (₹12,000; valid till 15th July)**
- **Group Discount: 10% off for groups of 3 or more**
- **HRC Students & Staff: 50% off**

Discounts and Scholarships cannot be combined.

CONTACT US FOR QUERIES OR TO REGISTER

**To register or for queries,
contact-**

**Rachel Alice
(Course Convener)**

+919450639462

(WhatsApp or call)

rachel@hrc.du.ac.in



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COURSE SPEAKERS



Prof. Honey Oberoi Vahali
*Professor, Psychoanalyst &
Director- CPR, Ambedkar University Delhi*



Dr. Noreen Giffney
*Psychoanalyst & Lecturer,
Ulster University, Ireland*



Dr. Joy A. Kasset
*Psychoanalyst & Co-Chair,
Community Psychoanalysis Prog., WBCP*



Deborah Feldheim M.D.
*Psychoanalyst & Co-Chair,
Community Psychoanalysis Prog., WBCP*



Vikas Deepak
*Psychotherapist & Clinical Supervisor
Former Faculty, Ambedkar University Delhi*



Geralyn Mulqueen
*Psychoanalytic Psychotherapist & Artist
Ulster University, Ireland*



Shaifila Ladhani
Psychotherapist, New Delhi



Dr. Rakesh Shukla
*Supreme Court Advocate
Psychoanalyst*



Dr. Todd Anderson
*Psychodynamic Psychotherapist
Clinical Fellow, WBCP*



Komal
*Psychotherapist
PhD Scholar, TISS*



Rachel Alice
*Psychodynamic Psychotherapist
Clinical Fellow, WBCP*

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Prof. Honey Oberoi Vahali (PhD)

Professor Dr. Honey Oberoi Vahali is a psychoanalyst and the Director at Centre for Psychotherapy and Clinical Research at Ambedkar University Delhi. She is also a Professor of Psychology at School of Human Studies, Ambedkar University Delhi. She did her Masters in Psychology from the University of Himachal Pradesh in 1990. Subsequently she completed her training as a Clinical Psychologist (MPhil in Medical and Social Psychology) from the National Institute of Mental Health and Neuro Sciences, Bangalore in 1993. Her PhD is from the University of Delhi. Her PhD thesis, A Psychohistorical Reconstruction of the Tibetan Self in Exile was later on published as a book, *Lives in Exile: Exploring the Inner World of Tibetan Refugees* (Routledge 2009). Using a psychoanalytical sensibility in this work she had explored the inner world of three generations of Tibetans living in India and had also worked extensively with Tibetan torture survivors. Subsequent to her PhD she went to pursue her training as a psychoanalytical psychotherapist and then as a Psychoanalyst with the Indian Psychoanalytical Society, Kolkata. At present she is one amongst the few fully accredited psychoanalysts in India. She is also a member of the International Psychoanalytic Association.



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Dr. Joy Kasset

Joy Kasset, Ph.D. earned master's degrees in social work (MSSW) and public health (MPH) from Columbia University in NYC, and a doctoral degree in psychology (PhD) from Catholic University in DC.

Dr. Kasset furthered her clinical training at the Baltimore Washington Center for Psychotherapy and Psychoanalysis, now known as the Washington Baltimore Center for Psychoanalysis (WBCP), graduating from both the adult and child psychoanalytic training programs. She is currently the Chair of the Child and Adolescent Psychoanalytic Training Program and Co-Chair of the Community Psychoanalysis Certificate Program at the WBCP, and a member of the teaching faculty. In addition, Dr. Kasset is the Chair of the Combined Child and Adolescent Fellowship Program and Candidate Seminar, which brings in both national and international faculty and students.

Dr. Kasset is a former professor at George Washington University's Center for Professional Psychology, where she taught in both the adult and child programs. She is currently an Associate Clinical Professor of Clinical Psychology at GWU, providing clinical supervision to doctoral students in training. She is also on the faculty of Howard University (Psychiatry), George Washington University (Psychiatry), and the Contemporary Freudian Society.



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Dr. Deborah Feldheim M.D.

Deborah Feldheim, MD is a Psychiatry specialist based in Washington, DC. She also has expertise in Psychoanalysis. Her broad educational background includes a residency in Psychiatry at George Washington University from 1984 to 1987 and continued at Chestnut Lodge Hospital from 1987 to 1988. Dr. Feldheim graduated from the Jacobs School of Medicine and Biomedical Sciences at the University at Buffalo in 1984 and graduated from the Washington Psychoanalytic Institute in 1995 after her residency. She is a supervising and training analyst and co-chair and founder of the Community Psychoanalysis Certificate Program. She has a private practice in Washington D.C.



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Dr. Noreen Giffney

Dr Noreen Giffney is a psychoanalytic psychotherapist based in County Donegal in Ireland, and is a lecturer and researcher at Ulster University, Belfast. She is the author of the book, 'The Culture-Breast in Psychoanalysis: Cultural Experiences and the Clinic' (Routledge 2021), and the author and/or editor of additional articles and books on psychoanalysis, psychosocial studies, and the arts, culture and mental health. She is the director, with Allen Fatimaharan, of 'Cultural Encounters' (2026), an animated short film about the psychological nourishment and protection provided by our experiences with the arts and culture. Noreen is the joint editor-in-chief, with Emmanuelle Smith, of 'New Associations' psychoanalytic magazine, published three times a year by the British Psychoanalytic Council. She was a member of the creative team, led by Professor Jill Bennett, for 'World Comes Alive' (fEEL 2025), the first virtual reality experience underpinned by psychoanalytic thinking. <https://www.ulster.ac.uk/staff/n-giffney>



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Geralyn Mulqueen

Geralyn is a Psychoanalytic Psychotherapist with a private Practice spanning 16 years and is a Member of the Northern Ireland Institute of Human Relations, the Irish Council for Psychotherapy, and the European Association for Psychotherapy. In addition a Fellow of the Royal Society of the Arts.

Combining 10 years' experience as a Barrister with 10 years private practice as a Psychoanalytic Psychotherapist, she maintains ethical standards and a strong sense of accountability and fairness, and communicates ideas, and legal arguments concisely to diverse audiences. She is skilled at developing policies, procedures, and training materials, cultivates trusted relationships with diverse stakeholders, and applies an analytical approach to solving problems and managing conflict. She also trains and inspires teams to success, and is committed to continuing professional development and research. Geralyn has taught at Institutions of higher learning, delivered training and CPD to Nexus[NI] and the NIHR on Legal implications for all Psychotherapists, and collaborated successfully with Global organizations such as the United Nations.



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Vikas Deepak

Vikas is a psychotherapist and clinical supervisor in private practice. His work is informed by a deep dive into psychoanalytical developmental theory with a keen appreciation of paradoxes encountered in maturational processes. In addition to psychotherapy for individuals, he has worked in the areas of community mental health, rehabilitation programs for severe mental illness, and crisis intervention during mental breakdown.

He loves teaching and engaging with students/supervisees on themes associated with goals and process of therapeutic work, with emphasis on the transformative potential of clinical work not only for the client but for the therapist too.



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Dr. Rakesh Shukla

Rakesh Shukla has more than three decades of engagement with law, constitutional jurisprudence, human rights and justice melded with training and practice in psychodynamic therapy. He has conducted workshops on biases, prejudices and stereotypes with judges at judicial academies, provided interventions in training of Indian Forest Officers and Mediators by the Delhi High Court Mediation and Reconciliation Centre. Rakesh has designed and taught courses on Law and Psychology and writings in newspapers, journals and websites.



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Shaifila Ladhani

Shaifila Ladhani is a psychoanalytical psychotherapist. She has completed her education and training in Psychology from Jamia Milia Islamic and Ambedkar University Delhi. Additionally, she holds a fellowship from the Washington Baltimore Center for Psychoanalysis, USA, and has completed her further training from TISS, OCAT, Institute of Group Analysis and International Institute of Psychoanalysis. She has worked with organizations across the country to not only share her vision for mental health but also to learn the aspects of mental health around the nation.

She likes to bring the socio-cultural and political lens into the therapy space as she feels that the discourse is empty without acknowledging the importance of our backgrounds, cultural inheritance, social status, gender, political environment and much more.



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Dr. Todd Anderson

Todd Anderson is a psychoanalyst and writer whose work focuses on the subtle edges of psychological experience - those places where identity, desire, shame, fragmentation, and unformulated states take shape before they can be fully named. Many people come to me not because they are seeking solutions, but because something essential in their experience feels present yet difficult to articulate, organize, or live with fully.

His clinical work is relational and depth-oriented. Rather than applying techniques or interpretations from outside, he attends closely to how emotional life unfolds within the therapeutic relationship itself. Therapy becomes a space where experience can slow down, where recurring patterns can be felt as they emerge, and where meanings are allowed to form organically rather than being imposed or prematurely resolved. He works with individuals whose inner lives are complex, layered, or internally divided. This includes people navigating sexuality and erotic life, queer identity, nontraditional relationship structures, chronic illness, religious rupture, and longstanding patterns of emotional impasse. Many have been in therapy before and carry a sense that something important was missed, left untouched, or could not be spoken within earlier work. His work is especially oriented toward these threshold experiences - where insight alone has not been sufficient, and where relational presence becomes central.



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Komal Rajoria

Komal is a PhD scholar in Women's Studies at the Tata Institute of Social Sciences, where she focuses on gender studies, mental health, and reproductive health. She is a psychotherapist, holding a degree in Psychosocial Clinical Studies and a Diploma in Psychoanalytic Approaches with a Psychosocial Lens from Delhi University.

Her therapeutic approach integrates a Psychosocial Lens, Mindfulness, and Trauma-Informed Therapy (ISO certified), along with expressive arts and person-centered methods. This allows her to address the intricate interplay of individual experiences, psychological processes, and sociocultural contexts.

Komal's work bridges academic inquiry and clinical practice, exploring the psychosocial dimensions of gendered experiences and reproductive health to contribute to both scholarly discourse and holistic care