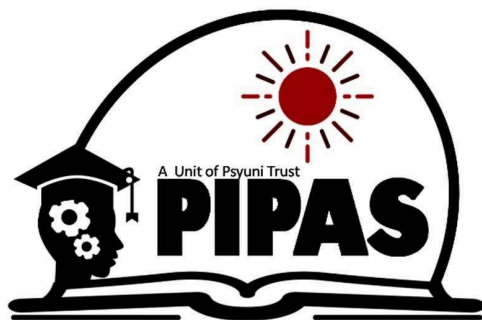


Certificate in Gratitude therapy (CGT)

Program Brochure

2025-2026



PSYUNI INSTITUTE OF PSYCHOLOGY AND ALLIED SCIENCES

(A Initiative of Psyuni Trust)

8, Amravati Colony, Sarvodaya Nagar, Indira Nagar, Lucknow 226016

www.psyuniinstitute.com / academics.pipas@gmail.com

0522-3639776 | 8756440186 | 9452649824

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Dear Learners

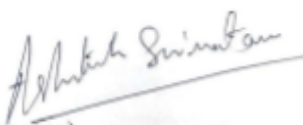
The Psyuni Institute of Psychology & Allied Sciences (PIPAS) is a non-profit autonomous institution that undertakes studies in various aspects of human psychology & behavior. It is established to build the corpus of research, analysis, and policy recommendations, and make contributions in a range of areas such as health, education, mental well-being.

PIPAS is guided by the underlying philosophy that the basic purpose of education is to create an enabling environment for people to develop their full potential, lead productive lives, exercise their choices, and participate in decision-making processes. Using the tools of intellectual inquiry, the Institute aspires to integrate quantitative and qualitative analyses with micro and macro-level policy initiatives towards restructuring the framework of governance for greater empowerment of the people. In a country like ours, what we lack is quality education. Education that is not limited to reading books and writing exams rather it is rooted deep in the experiences of people. The aim of education is to help people gain wisdom that contributes towards building this world a better place to live. We have taken great care while designing the courses that proper emphasis is given to theoretical as well as practical field-based knowledge.

Our curriculum embodies lectures from experts of fields and field practical under the supervision of renowned professionals. We ensure that the students get ample opportunities and guidance to learn the skills during the course. We hope this new field-based training approach shall contribute to the growth of the students.

Please find time to go through this information booklet carefully which will answer most of the doubts a prospective candidate would have before deciding to join PIPAS.

With best wishes


(Director)

Our Mission

To promote the independence, productivity and inclusion of people and their families throughout the lifespan.

- interdisciplinary education
- research and development
- information sharing
- advocacy and outreach

Our Vision

We are working toward a time when all persons in need have the necessary supports and services to live independent and contributing lives in the communities of their choice. Our vision for the future starts with the last person of the society and his family.

- Children and youth must be provided inclusive education experiences that help them prepare for the world they will face in adulthood.
- Educational programs must effectively address the long-term problems through prevention and intervention.
- The rights of people are honoured, respected, and protected in all areas of their lives.
- We will work actively to ensure that students who plan their future in human development related work will have access to interdisciplinary, research- based training experiences involving direct learning from people.
- PIPAS will promote and conduct research, development, and model demonstration efforts to continually improve state-of-the-art best practices and services.
- We will act as an accessible information resource, actively sharing our knowledge of resources and best practices with those who administer services and supports and those they serve.
- PIPAS staff will provide outreach services and consultation to agency staff to identify and resolve the challenges involved in promoting and achieving independence, productivity, and inclusion of people and their families throughout life.
- We will continue to work in conjunction with families and consumers, advocating for needed resources and services at all levels.
- PIPAS will remain proactive and progressive as we garner the resources that support our vision and expand the relationships that help us serve as a leader in critical areas of need.
- PIPAS will maintain an on-campus presence in a fully accessible facility that is convenient and comfortable for agency personnel and consumers to utilize as a resource for training and information sharing.

- We will seek the best available technology to ensure the optimal use of our resources and opportunities to model our successful use of technology to others.

Our Principles

The following principles guide all our interactions:

- We convey esteem and respect for all individuals.
- We promote individual growth, learning, choices and self-advocacy.
- We advocate for support and full access in education, work, recreation and relationships throughout a person's community.
- We foster creativity, flexibility and collaboration.
- We cultivate both individual and organizational learning.
- We champion open and responsive communication.

Objective

The course aims to train in-service teachers, teacher educators, and untrained guidance personnel as counselors/teacher counselors to guide and counsel students in school and other related settings.

Application Procedure

Candidates can apply by following the Institute's Admissions Policy which requires applications to be made in writing by submitting a Course Application Form along with an A4 page detailing their reasons for wishing to attend the course. A personal interview will be required prior to being offered the course. Candidates will need to show they have the basic qualities and potential that would enable them to become a responsible and capable counsellor. They will also need to demonstrate interpersonal skills and a willingness to participate in the experiential work of the group.

At the application process, candidates who are offered the course will be required to complete a Learning Support Form, to identify any special learning needs they may have. PIPAS can then determine whether appropriate and sufficient reasonable adjustments can be provided to create a suitably supportive learning environment, without which the offer may need to be withdrawn.

Certificate in Gratitude Therapy (CGT)

Gratitude is an emotion expressing appreciation for what you have - as opposed to a consumer-driven emphasis on what you want. The therapy is the act of thoughtfully reflecting on the aspects of life that bring great joy, causing feelings of gratefulness, rather than the insatiable longing of what's just out of reach. By practicing awareness of the positive things in life, we fight off the brain's natural tendency to scan for and spot the negatives.

That is why, here at Psyuni Institute of Psychology & Allied Sciences we not only believe that it is crucial to understand basic concepts and theoretical principles of gratitude therapy, but also learn and understand concrete applications and illustrations of the theoretical principles by field training. In the process of training, the students become more aware of every individual they will meet every day and learn practical implications of their theoretical knowledge.

An enjoyable and creative atmosphere facilitates the experiential learning among students. PIPAS focuses more on out-of-the-class room study. The core model of this course is integrative. The holistic approach of the course emphasizes the need for the integration of thinking, feeling and behaviour together with awareness of the social and cultural contexts of counselling and its implementation in response to ground situations. An emphasis on the therapeutic relationship and empowerment of the client are always seen as core to the process of therapeutic change and we encourage our students to develop their own style of counselling within the core integrative model being offered.

During the training period, students will have a rich learning experience as they will be taught by different tutors all of whom are qualified counsellors practicing in a variety of therapeutic approaches. The course is mostly experiential; taught in a creative, challenging, and interactive way throughout. The teaching team considers professional practice to be a key component of counselling training and to be the future success of all qualified counsellors. Emphasis is also placed on students assuming self- responsibility in their general approach to their learning experience and meeting coursework requirements.

Course Overview

Welcome to "The Gratitude Mastery: A 12-Week Transformation" course. This immersive program is not just about feeling thankful; it's a deep dive into harnessing the power of Gratitude Therapy to radically shift your mindset, relationships, and overall existence. Over 12 weeks, you'll be pushed to your limits, learning, and practicing

advanced techniques that will revolutionize the way you perceive and interact with the world.

Course Objectives:

- Forge an unbreakable bond with the concept of gratitude.
- Rewire your brain to default to gratitude in all situations.
- Confront and conquer negativity through radical gratitude practices.
- Elevate relationships by infusing them with authentic appreciation.
- Cultivate gratitude as a tool for self-mastery and resilience.
- Establish a lifelong practice that propels your evolution.

Course Format:

- Intense, immersive video lectures led by renowned Gratitude Therapy experts.
- Guided gratitude exercises that push the boundaries of your comfort zone.
- High-energy group discussions that challenge and inspire.
- Guided meditation sessions designed to elevate your gratitude consciousness.
- Weekly missions that demand application of radical gratitude.
- Personalized mentorship for profound breakthroughs.

Assessment and Completion:

- Reflective essays on breakthrough moments and shifts.
- Submission of a final gratitude manifesto and action plan.
- Active participation in transformative group interactions.

Recommended Resources:

- "The Gratitude Experiment" by John Templeton
- "Radical Gratitude: Discovering Joy through Everyday Thankfulness" by Ellen Vaughn
- Advanced gratitude journal templates and vision board tools.

Prepare to undertake a journey that will redefine your reality, elevate your relationships, and ignite an unquenchable fire of gratitude within you. "The Gratitude Mastery" awaits those who are ready to transcend the ordinary and embark on a life-altering adventure of transformation through the intense power of gratitude. Are you up for the challenge?

Duration and Phasing

The course is for a period of Three Months year, spread over three phases as given below:

- Phase I Guided Self-learning 1 months (Part time)
- Phase II Intensive Practicum 1 months (Face-to-Face/Video Conferencing)
- Phase III Internship 1 months (in Hometown)

Medium of Instruction

The medium of instruction for the course is English. Therefore, proficiency in written and spoken English will be required.

Course Fee

Course fee to be paid by different categories of candidates before commencement of the course is:

Category	Course Fee
Application Fees	INR 500
Indians & South Asian Candidates	INR 3500/ Month
Candidates from Rest of the World	USD 100/ Month
Total Seats	15 Seats

Minimum Qualification

Graduation from a recognized College or University

Desirable Qualification required.

- Masters in psychology

Syllabus

Weeks 1-2: Gratitude's Quantum Leap

- Decoding the neurology of gratitude for transformation.
- Gratitude as a catalyst for quantum shifts in mindset.
- The intensity of gratitude journaling: Daily immersion.
- Unearthing hidden blessings through introspective exploration.

Weeks 3-4: From Shadow to Light: Gratitude and Emotions

- Confronting and conquering deep-seated negativity.
- Radical acceptance through extreme gratitude.
- Gratitude alchemy: Transforming pain into empowerment.
- Rewriting your narrative with gratitude as the cornerstone.

Weeks 5-6: Relationships Illuminated by Gratitude

- Gratitude's ripple effect on relationships: From spark to fire.
- Vulnerability as a gateway to authentic gratitude communication.
- Gratitude rituals as energetic connections.
- Healing and fortifying bonds through conscious appreciation.

Weeks 7-8: Gratitude's Warrior Spirit

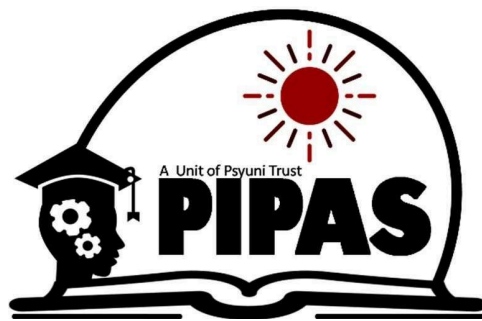
- Cultivating gratitude as an Armor of resilience.
- Conquering challenges with a gratitude-fuelled mindset.
- Mastering adversity through radical appreciation.
- Gratitude's role in crafting a warrior's narrative.

Weeks 9-10: The Mindful Gratitude Ninja

- Merging mindfulness and gratitude: A dynamic duo.
- Gratitude meditation: Journey to the heart of thankfulness.
- Transmuting ordinary moments into extraordinary blessings.
- Mindful gratitude as a portal to expanded consciousness.

Weeks 11-12: Eternal Gratitude Mastery

- The architecture of a gratitude-powered life.
- Crafting a legacy of gratitude through action.
- Surmounting plateaus and pitfalls in the gratitude journey.
- The graduation: Stepping into a lifetime of elevated existence.



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