



**Soulsphere and St.  
Mira's College for  
Girls, Pune  
presents**



**“Out of your  
vulnerabilities will  
come your  
strength.”**

SIGMUND FREUD

**Certification in  
Introduction to  
Psychology  
2023**

**“Where does a  
thought go when it's  
forgotten?”**

SIGMUND FREUD

## **St. Mira's College for Girls**

St. Mira's College for Girls is a part of the 'Mira Movement in Education'. Founded in the year 1962, St. Mira's is a dream realization of the progressive, visionary, saint, philosopher Sadhu T.L. Vaswani. The college enjoys the rare honour of being the first city college, affiliated to Pune University, to be accredited by NAAC as also the first accredited Arts and Commerce college to go autonomous.

## **Soulsphere**

Soulsphere is a space for therapy, counselling, training, personal growth, support, spiritual healing as well as mindfulness. At Soulsphere, we are creating a space to nourish the soul. We believe that every being can flourish to their fullest potential with empathetic regard and unconditional acceptance. The primary focus of our center is to create a safe non-judgmental space and to provide quality therapeutic care to any individual going through an emotional crisis.

For the past 8 years, we have been actively working with the community to provide quality mental health care to various individuals. Soulsphere and its team of psychologists have worked in the areas of marital counseling, psychopathologies, emotional difficulties, trauma and many more. We have conducted several workshops with corporates focusing on team building, stress-management, emotional expression, well-being, innovation and more. As a part of its training, Soulsphere conducts a Foundation Course in the Therapeutic Value of Art as well as the PG Diploma in Dance Movement Therapy. Soulsphere aims at spreading the knowledge and understanding of these Creative Arts Therapies and building a team of well-trained facilitators in India every year.

Incorporating therapy methods including Mindfulness based psychotherapy, Psychodynamic and Client Centered Therapy, Expressive Arts Therapies and Biodynamic Craniosacral Therapy (BCST), we aim at aiding the overall growth and pursuit of all individuals.

**A b o u t  
U s**

**Course Highlights: 50 hours of Learning + 10 hours of Assignments + A Short Exam**

**Areas Covered**

- **Foundations of Psychology**
- **Development of Self and Wellbeing**
- **Biological Basis of Behavior**
- **Human Development & Learning**
- **Theories of Personality**
- **Understanding Psychopathological disorders**
- **Positive Psychology**

**And more...**

**FEES: INR 16,500/- (For Domestic Students)**

<b>Month</b>	<b>Discount</b>	<b>Fees</b>	<b>Discounted fees</b>
<b>Till 30th June '23</b>	<b>20%</b>	<b>INR 16,500/-</b>	<b>INR 13,200/-</b>
<b>Till 31st July '23</b>	<b>10%</b>	<b>INR 16,500/-</b>	<b>INR 14,850/-</b>

**FEES FOR FOREIGN NATIONALS**

**Total Fees - INR 26,500/- (all inclusive)**

**Prompt Payment Discount - INR 23,200/- (all Inclusive) on or till 20th July 2023**

**Admissions close on 31st July 2023**

**\*All applicants have to pay INR 100/- towards the Application form**

**\*\*Please note that this fees is separate and additional to the course fees for the PG Diploma in Dance Movement Therapy.**

**\*\*All classes and lectures will be conducted via Zoom, online.**



**Details**



**Online (Via Zoom)**

**Starting 19th August 2023  
Every Weekend till 17th September  
10 am to 4:30 pm (includes lunch break)**

**The dates are as follows:**

**19th-20th August**

**26th-27th August**

**2nd-3rd September**

**9th-10th September**

**16th-17th September**

**Certification Assessment:**

**17th September, 3:30 pm to 4:30 pm**

**\*Please note that the dates and timings may be subject to change.\***

**\*\*Eligibility:**

**Open to all those who have completed their 10th standard of education.**

**Dates &  
Timings**



## **ADMINISTRATIVE STAFF**

**Atul Prabhale - Artsphere Studio  
Manager**

**Vidhisha Devnani - Course Coordinator**

**Email:**

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**Course Coordinator - +91 7507202640**



**Contact  
Us**