



thank you

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COMPANY PROFILE

2024



- 1000+ Graduates
- 30+ Corporate Clients
- 2000+ Interventions
- 15 Years Combined Experience
- 300+ Speaking Engagements



The Institute Of
Counseling In
Nigeria.

First Professional Mental Health Counseling Institute
In Africa Training | Intervention | Sensitisation



ABOUT OUR COMPANY

Even though certain mental health issues are biological or genetic in nature, human beings are prone to day-to-day issues that affect their mental health.

With civilization and the advent of the internet, we are left to struggle with more mental health issues with society giving little or no room for expression or room to seek help.

Professional intervention is the modern solution to optimal functionality and this is the vacuum the Institute Of Counseling in Nigeria has come to fill.

Our Board

- Pastor Wale Adefarasin: Board (Chairman)
- Mr. Lekan Ajisafe- Mr Micheal Pinder
- Mrs. Olufunso Amosun
- Rt. Hon. Mohammed Umar Bago
- Dr. Tola Winjobi
- Mr. Ebose Augustine Osegba

Our Faculty

- Dr. Tolulope Oko-Igairé
- Dr. Laila Jean St. Matthew- Daniel
- Lawrence Murphy



Vision & Mission



VISION

Our vision at The Institute of counseling is to be the first call for mental health counseling training, intervention, and sensitization by helping individuals towards optimal functionality and establishing a mentally balanced society.



MISSION

To lead the crusade for a mentally healthy society by training professional helpers and providing professional interventions in various fields of counseling and psychotherapy while sensitizing society on the benefits of optimal functionality.



Problems Nowadays



From suicide to depression, anxiety to panic attacks, overwhelming sadness and stress to a sense of loneliness, addiction, relationship and marital issues, sex and sexuality issues, bullying, and low self-esteem the list of mental health issues. Africans are dealing with which is becoming alarming.

Achieving Optimal functionality is becoming a difficult task in the midst of all of these, parents are struggling with their children and teenagers, families are becoming more and more dysfunctional, and the ripple effect is seen in the productivity level of citizens as well as the quality of leadership.

- **Shortage of Manpower in the area of mental health counseling**
- **Increasing mental health problems in society.**

The Workplace



In the current highly competitive world, It's difficult to find a tension-free employee in an organization. Employers know that many problems at work often stem from an employee's personal life rather than just the work situation.

Professional Counseling is therefore necessary, Usually with the objective of reducing these conflicting emotions so that performance is maintained at an adequate level or even improved upon.



We Are Here To Bring The Solutions:

Professional Counseling Training	Professional Counseling Intervention	Professional Counseling Sensitisation
<p>Filling the vacuum for lack of access to professional mental health counseling training by offering an international standard curriculum that equipped students with skills to practice with ease, a shift from the ineffective traditional educational system.</p>	<p>Offering a safe space for individuals, couples, children, and teenagers to seek help regarding their wellbeing by providing professional counseling services in different areas of mental health; Child & Adolescent, Grief & Bereavement, Individual, Couple & family, Crisis, Addiction, etc.</p>	<p>The concept of mental health is a widely misunderstood one, in our society hence, for improved productivity and an optimally functional society, there's a need to educate and inform the people on how and why they should take their mental health seriously.</p>



Certifications Overview

We have trained more than 300 professional mental health counselors and psychotherapists who are currently helping in reducing the problem of shortage of manpower in this sector.



Diploma Courses

A detailed and international standard course work that can afford individuals to start private practices as well as interventions without fidgeting in specialized fields of professional mental health counseling.



Certificate Courses

An introductory counseling course for those who wish to be professional mental health counselors. It is for everyone who has a passion for counseling and wishes to take it further to the professional level.



Corporate Interventions

We understand the relationship between corporate productivity and mental wellness, and therefore designed different training programs to help interested organizations take advantage of these new innovations.

We have helped more than twenty established organizations take advantage of our exceptional training program to improve employees' mental health as well as corporate productivity.



Other Training & Interventions



Training Mental Health Counselors For Schools

The Institute of Counseling recognizes this crucial aspect of life and the danger posed by a lack of access to professional clinical counseling in our schools and designed programs to solve the problems.



Faith-Based Counseling Training

In order for faith-based organizations to do things the right way, The Institute has designed programs that will help them in providing faith-based counseling combined with clinical counseling skills.



Counseling Interventions

With our One-on-one group and the newly introduced Tele counseling, the Institute of counseling has been a trailblazer in making sure the society gets the needed support in the area of mental health counseling.



Some Of Our Projects...

- Training of over 200 **9Mobile** staff on the importance of functional mental health in the workplace
- Training of **Lagos State Judges & Magistrate** on The Psychology of The Abusers
- Training of the top management of **NSIA Insurance** on counseling skills for optimal organizational performance
- Training of **GTB** and **Fidelity Bank** workforce On Organisational Wellbeing after the Covid-19 Pandemic
- Training of the **National Family Unit of RCCG** on professional Clinical Counseling Skills
- Training of **Anchor Insurance** Board members and employees on the importance of maintaining positive mental health in the workplace
- Training of **EKEDC** top management on counseling skills for Organisational performance
- Mental Health WEEKLY Counseling/Therapy retainers program for EKEDC Staff
- Training of **Lagos state marriage registrars** on professional counseling skills and interventions
- Training of over 700 staff and customers of **Access Bank** on skills for maintaining mental health
- Training of **Lagos State Nurses** on the concept of psychological trauma
- You are not alone campaign; A mental health awareness & intervention program for secondary schools
- Training of **Police Officers at Mountain Troop Headquarters** in Ikoyi





Our Strength



Professional Development

Before now, those who did not study counseling as a first degree could as well forget their dreams, but not anymore, we help them develop their skills and equip them to practice professionally in any part of the world.



Professional Community

Our Alumni have the opportunity of joining a growing community of professional counselors.



Accessibility

We introduced hybrid training that enables our trainees to access the classroom either physically or from any part of the world.



Convenience

Clients can access our professional counselors from any part of the country/world through our newly introduced Telecounseling.

Our Expertise

- Stress Management
- Anxiety & Depression Management
- Anger Management
- Relationship & Couple's Therapy
- Existential Crisis
- Sex Therapy
- Emotional Intelligence
- Addiction Rehabilitation
- Suicidal Ideation Management
- OCD & PTSD Management
- Psychology of Work & Mental Wellbeing
- Child & Adolescent Counseling
- Grief & Bereavement Counseling
- General Mental Health Management



Our Courses

- Certificate in Counseling
- Advanced Certificate in Counseling
- Diploma in Counseling
- Diploma in Child & Adolescent Counseling
- Diploma in Couples, Relationship & Family Counseling
- Diploma in Grief & Bereavement Counseling
- Diploma in Addiction Counseling
- Diploma in Sex Therapy
- Certificate in Parenting
- Diploma In Career Counseling
- ETC.

Our Corporate Training

- TOP EXECUTIVE PROFESSIONAL CLINICAL COUNSELING TRAINING
- MID-MANAGEMENT PROFESSIONAL CLINICAL COUNSELING TRAINING
- COUNSELING RESOLUTION SKILLS FOR OPTIMAL ORGANIZATIONAL PERFORMANCE
(CRESOP- FOR MEMBERS OF STAFF AT ALL LEVELS)
- EMPLOYEE MENTAL HEALTH AWARENESS TRAINING
- EMPLOYEE MENTAL WELLNESS PROGRAM EMWEP (RETAINER-SHIP PROGRAM)
- BODY THERAPY (MBSR, MEDITATION, ART & DANCE THERAPY)
- DEVELOPING POSITIVE MENTAL HEALTH FOR CORPORATE PRODUCTIVITY
- MANAGING STRESS & ANXIETY IN THE WORKPLACE

