



Admission Process

The minimum qualification for admission is a bachelor's degree or equivalent from a recognised educational institution.

Please write to **training.director@pifindia.org** for the application form.

The program will have a maximum intake of 15 participants only. The ceiling on intake is in view of providing personalised professional accompaniment of trainees.

Admission will be finalized after an online interview with the applicant.

After receiving the acceptance email, the participant must confirm the admission by paying Rs. 5,000/- as non-refundable registration fee by the date stipulated in the email.

All-inclusive program fee is Rs. 1,25,000 for twin shared rooms and Rs. 1,75,000 for single occupancy rooms.

About Peyton Institute for Families

The Institute seeks to fulfil its vision of being at the service of families through professional training of counsellors, scientifically researched data on families, and development of intelligible, relevant, and family-friendly content for contemporary media.

Faculty

Institute Faculty

Dr. Abraham Mattakottil CSC
Dr. Tony Kayala CSC
Dr. Shiju Joseph CSC
Fr. Royal Nazareth CSC (PhD Scholar)

Visiting Faculty

Fr. Arul Raj Gali CSC
Dr. Wilson Thoppilan CSC
Dr. Daisy Isaac
Dr. Mercy Thennattil SCSC
Ms. Sindhu David
Dr. Joe Parakad SJ
Fr. Abhay Shirekar SJ
Dr. Dinesh Braganza SJ
Dr. Lawrence Soosai Nathan OFM Cap
Dr. Sundar Wilson OFM Cap
Dr. Joseph Jayakumar

Contact Us Today!



+91 80505 61116
+91 80505 71115



training.director@pifindia.org



www.pifindia.org

CONGREGATION OF HOLY CROSS



Peyton Institute for Families



POST GRADUATE LEVEL TRAINING IN FAMILY THERAPY

July 1, 2025 to April 30, 2026

Peyton Institute for Families
Holy Cross Campus, Sakalavara
Off Bannerghatta Road,
Bengaluru - 560 083, Karnataka



About the Program

This is a year-long residential program for training Collaborative Counsellor-Therapists who can work side-by-side with individuals, groups, couples, and families and accompany them as they strive to arrive at new understandings and meanings leading to improved relationships, enhanced wellbeing, and enabling spiritual resources.

The program is designed to be intensive and experiential in nature, hence residential. It will be most useful for those preparing themselves to work closely with families, and counsellors in educational institutions and NGOs. Theoretical understanding of the fundamental principles of counselling, personal integration of the counsellor, and hand-on learning of core skills are integral features of the training.

The participants will receive a certificate from the Institute and will have an option to obtain a Postgraduate Diploma in Family Therapy from a recognized Indian University. Those who opt for the PG Diploma will be assisted to fulfil the requirements of the University.

Core Features of the Program

Person of the Counsellor-Therapist: Self-Understanding and personal Integration, Healing the Inner Child, Counselling and Group Therapy.

Development of the Human Person from a life-span Perspective: Freudian Psycho-sexual, Ericksonian psycho-social, Piaget's cognitive, Developmental stages. Clare Grave's Spiral of Consciousness and Robert Kegan's Modes of Knowing.

Fundamentals of Counselling: Ethics, Multicultural Competency and Wellness. Mastering micro skills as well as advanced influencing and intervention skills of counselling. Skill Integration and evolving personal theory of counselling.

Survey of main Schools of Counselling: Psychoanalytic, Behavioural, Existential Humanistic, Decisional, Person-Centred, Cognitive-Behavioural, Brief Solution-Focused, and transpersonal.

Foundations of Family and Therapy: Family Therapy Thinking and Theorizing: Modernist, Humanistic, Systemic, Postmodern. The Eco-systemic "Lens" to Understanding Family, Family Organization, Family Life Cycle, Family Functioning.

Psychotherapeutic Intervention techniques: Gestalt, Logotherapy, Transactional Analysis, Neurolinguistic Programming.

Supervised Practicum in Counselling and Family Therapy: Learning to map the territory, identify oases and obstacles, selecting a path, tracking progress, leaving a trail through documenting the work.

Survey of main Approaches to Family Counselling: Object Relations Couple and Family Therapy, Attachment Theory and Family Therapy, Systems Theory, Experiential Family Therapy, Solution-focused Therapy, Postmodern Social Construction Therapy, cognitive-behavioural Family Therapy, and Integrative Eclectical Approaches.

Inventories and Assessments: Learning the use of Inventories and Assessment Tools related to Family Counselling and Therapy.

Basic Research Skills: Defining the Problem, identifying the Basic Question to find answers for; deciding how to gather, codify, analyse the data; and learning to Interpret the data.

Marriage in Scripture and Church Documents: OT and NT perspectives on marriage and family, Church teachings on family based on encyclicals, Vatican II documents, and Papal documents.

Theological Perspectives on Marriage in Today's Context: Challenges related to marriage and family, understanding issues theologically, and pastoral approach of the Church. Christian understanding of Sexuality.

Marriage, Family and Canon Law: Bio-ethical issues related to marriage and family, provisions of canon law with regard to marriage and family.

