




CHARTERED
INSTITUTE OF
COUNSELING
IN NIGERIA

PROSPECTUS

CONTACT US:

 2A Lalupon Close, Ikoyi Lagos.

 +234 8035037992  www.thecicn.org

 spia@thecicn.org

■ *Empowering Minds Unlocking Professionalism*



PROSPECTUS



Chapter 1:

ABOUT THE CHARTERED INSTITUTE OF COUNSELING IN NIGERIA

▪ *Empowering Minds Unlocking Professionalism*

INSTITUTIONAL OVERVIEW

Welcome to the Chartered Institute of Counseling in Nigeria (CICN)—Africa's first and only Chartered Institute dedicated exclusively to professional counseling and psychotherapy education. CICN represents the convergence of scientific rigor, ethical practice, and compassionate service, committed to raising a new generation of world-class mental health professionals who will influence individuals, communities, institutions, and nations.

Since its establishment in 2010 as a not-for-profit, independent educational charity, CICN has remained a pioneering force in professional mental health counseling training and intervention across Africa. The Institute was founded to address a critical gap: the widespread practice of counseling without adequate professional training, ethical grounding, or standardized certification.

Today, CICN has evolved into a globally relevant institution with a deeper commitment to excellence, sustainability, and international best practices in counselor education, professional membership, and licensing pathways.

A GLOBAL COMMUNITY OF PURPOSE

CICN is more than a training institution; it is a professional movement. Our vibrant community spans Africa and the global diaspora, bringing together students, practitioners, faculty, supervisors, and partners who share a commitment to mental wellness, human dignity, and social impact.

Through comprehensive academic programs, transformative workshops, structured supervision, and prestigious chartered membership, CICN serves as a launchpad for both professional competence and purposeful careers in counseling and psychotherapy.

At CICN, learning is not merely academic—it is developmental, ethical, and transformative. Students do not simply acquire knowledge; they are equipped to lead, serve, and leave enduring professional legacies.

Who CICN Is For

CICN is designed for individuals who recognize that helping others demands professional competence, ethical responsibility, and structured training. The Institute is particularly suited for individuals who:

- Have a passion for helping others and wish to turn it into a recognized profession
- Are frequently sought out for guidance and support but lack formal counseling training
- Have practiced counseling informally or within faith-based or community settings without certification
- Seek a professional understanding of human behavior, emotions, and psychological processes
- Hold leadership roles in counseling units (e.g., churches, NGOs, schools) without formal training
- Possess degrees or certifications in counseling or psychology and wish to establish private practice
- Aspire to pursue advanced academic degrees in counseling or psychotherapy
- Desire membership within a reputable professional counseling institution
- Seek to strengthen their CV for international education or employment opportunities
- Experience limited fulfillment in their current careers and wish to align work with purpose

CICN maintains the position that it is better not to help at all than to help unprofessionally.



MISSION

To be the first point of call for mental health counseling training and professional sensitization, empowering individuals toward optimal functioning and contributing to a mentally balanced society.



VISION

To lead the crusade for a mentally healthy society by training professional helpers and delivering ethical, evidence-based interventions across diverse fields of counseling and psychotherapy.



CORE VALUES

- Professionalism
- Ethics
- Confidentiality
- Empathy
- Competence
- Proactiveness
- Respect

About CICN

The Chartered Institute of Counseling in Nigeria is a reputable professional counseling institution, affiliated with educational institutions, professional associations, and regulatory bodies both within Nigeria and internationally.

CICN delivers high-quality professional education through blended learning formats, enrolling students from across Africa and the global community via online, in-person, and hybrid platforms. The Institute's curriculum is designed to meet international standards while remaining culturally responsive to African realities and psychosocial contexts.

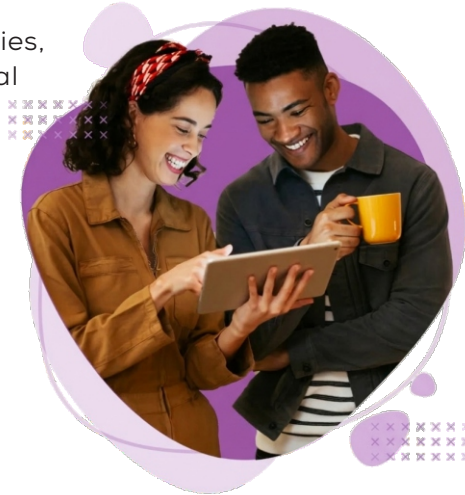
CICN certifications provide a professional foundation for ethical private practice, supervised clinical work, and structured career progression. The Institute emphasizes practical competence, professional monitoring, and experiential learning.



Partnerships, Outreach, and Social Impact

CICN actively partners with government agencies, corporate organizations, and non-governmental organizations (NGOs) locally and internationally to deliver mental health interventions, community outreach, and corporate wellness programs.

The Institute is deeply committed to Corporate Social Responsibility (CSR), providing mental health support to underserved communities, accepting referrals from NGOs, and facilitating structured internship and placement opportunities for students and graduates.



Institutional Objectives

CICN's strategic objectives include:

- Becoming Africa's foremost and most influential institution for professional counseling and psychotherapy training and licensing
- Promoting mental health awareness and support services across public and private sectors
- Raising a generation of innovative, ethical, and globally competent counselors and psychotherapists
- Providing continuous professional development for practicing counselors
- Advancing professionalism and ethical standards in African counseling practice
- Promoting psychological research, innovation, and indigenous knowledge development
- Developing counseling skills and personal development training resources
- Contributing to the reduction of unhealthy social interactions and psychosocial dysfunction
- Delivering accessible mental health support to individuals and organizations

READ MORE HERE: <https://thecicn.org/about-us/>



Chapter 2:



ENROLMENT

AT THE

CHARTERED INSTITUTE OF COUNSELING IN NIGERIA

Access, Flexibility, and Professional Pathways

At the Chartered Institute of Counseling in Nigeria (CICN), enrollment is designed to be **inclusive, purpose-driven, and professionally structured**. We recognize that many individuals are called into counseling not through conventional academic routes, but through lived experience, passion for humanity, and years of informal helping roles.

CICN provides a professional pathway for:

- Individuals transitioning from unfulfilling careers into counseling
- Practicing helpers seeking formal certification and ethical grounding
- Professionals with academic qualifications seeking stronger clinical competence
- Those who desire internationally relevant training without spending excessive years in university systems

Our admissions philosophy balances accessibility with professional integrity, ensuring that all admitted students are prepared for ethical, competent counseling practice.

Eligibility for Enrollment

Applicants seeking admission into CICN programs must meet the following baseline criteria:

- Minimum age of **20 years** at the time of registration
- Possession of at least a **Secondary School Leaving Certificate**
- Demonstrated **passion for helping others and humanity**
- **Basic computer literacy**, sufficient for online learning platforms

CICN welcomes beginners, mid-career professionals, and advanced practitioners seeking continuous professional development.

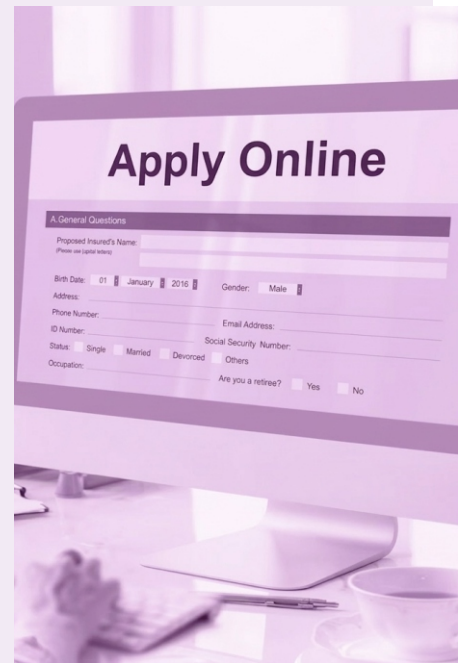
General Admission Requirements

All applicants are required to submit the following:

- Completed CICN Application Form (online or in-person)
- Relevant academic transcripts and/or certificates (where applicable)
- One passport photograph and a valid form of identification
- Payment of the application/ registration fee
- For clinical programs, a brief screening interview or statement of purpose to assess readiness for counseling training

Admissions Notes

- CICN values diversity, inclusivity, and non-traditional professional journeys
- Applicants with strong motivation and relevant life or professional experience are encouraged to apply
- All admissions adhere strictly to CICN's ethical, academic, and professional standards



Why Study at CICN

Choosing the right institute is a defining step in a counseling career. CICN stands out for the following reasons:

- **World-class curriculum** designed for real-world counseling competence
- **Professional accreditation and certification** pathways
- **Experienced faculty** with hands-on clinical and field expertise
- **Flexible learning options** tailored to busy professionals
- **Global professional network** and post-training career support
- **Immediate enrollment** with immediate practical relevance
- Strong commitment to **personal, ethical, and professional development**

CICN offers depth, credibility, and global relevance that distinguish its graduates within the mental health profession.

How to Begin: Enrollment Process

Becoming a professional counselor at CICN involves three clear steps:

1. Select a **Faculty and Course** aligned with your professional goals
2. **Complete the Enrollment Form** and pay the registration fee
3. **Submit Required Credentials** and choose your preferred mode of study



Fees and Payment Structure

Flexible and Accessible Payment Options

CICN recognizes financial constraints and has developed one of the **most affordable and flexible fee structures** in global counseling education.

Key Fee Information

- Fees are denominated in **USD**, payable in local or international currency
- Payments can be made globally using **Visa, Mastercard, Verve, or American Express** via a secure platform
- **Installment payment plans** are available, particularly for part-time and extended programs
- Students may attend classes **on-site or live online via Zoom** at no additional cost

What Fees Include

- Hybrid training delivery (online and in-person)
- Highly qualified tutors with professional teaching expertise
- Supervised practical training and case application
- Comprehensive reading materials and learning resources
- Ongoing guidance toward ethical private practice readiness

CICN certificates are widely recognized and competitively positioned due to the Institute's emphasis on applied competence and ethical rigor.

How do I enroll?

Enrollment is completed via the CICN website by filling out the online enrollment form.

Can CICN certificates be used for Master's programs?

Yes, subject to the discretion of the receiving institution. CICN training strengthens clinical competence even for Master's degree holders.

Frequently Asked Questions (FAQs)



Can I start private practice with a CICN certificate?

Yes, upon completion of the required diploma and supervised practice. CICN provides guidance through this transition.

Is CICN a religious institution?

No. CICN is a professional, non-religious clinical counseling institute.

Do I need a prior degree in counseling?

No. Programs are designed for beginners and professionals from diverse sectors.

Can CICN certificates be used abroad?

Yes. CICN credentials are widely accepted as proof of prior learning and professional training for further studies or supportive counseling roles internationally.

Who Can Enroll

CICN programs are open to:

- Aspiring professional counselors
- Educators, clergy, HR professionals, and healthcare workers
- Psychologists, psychotherapists, and counselors
- NGO and community workers
- Marriage, family, and sexual health practitioners
- Individuals passionate about mental health, emotional well-being, and advocacy

Program Structure

- **Duration:** 12 months (with flexible study options)
- **Certification:** Diploma in chosen counseling field (CICN)
- **Progression:** Pathways to Higher Diploma, Bachelor's, or Professional Licensing programs at CICN or partner institutions

Career Opportunities After Graduation

Graduates are prepared for roles across:

- Private counseling and psychotherapy practice
- Schools and universities
- Hospitals, clinics, and rehabilitation centers
- NGOs and humanitarian organizations
- Corporate and workplace mental health roles

- Faith-based and community counseling services
- Government agencies and policy advisory roles

The diploma also serves as a strong foundation for advanced local and international studies.

Modes of Study

Full-Time Study

- Weekday intensive programs (Mon–Wed)
- Online or on-site participation
- Two months of in-class training plus six months of fieldwork
- Integrated practicum and supervision

Part-Time / Weekend Study

- Saturday sessions
- Six months of in-class training plus twelve months of fieldwork
- Extended time for practicum and case studies

Self-Paced Study

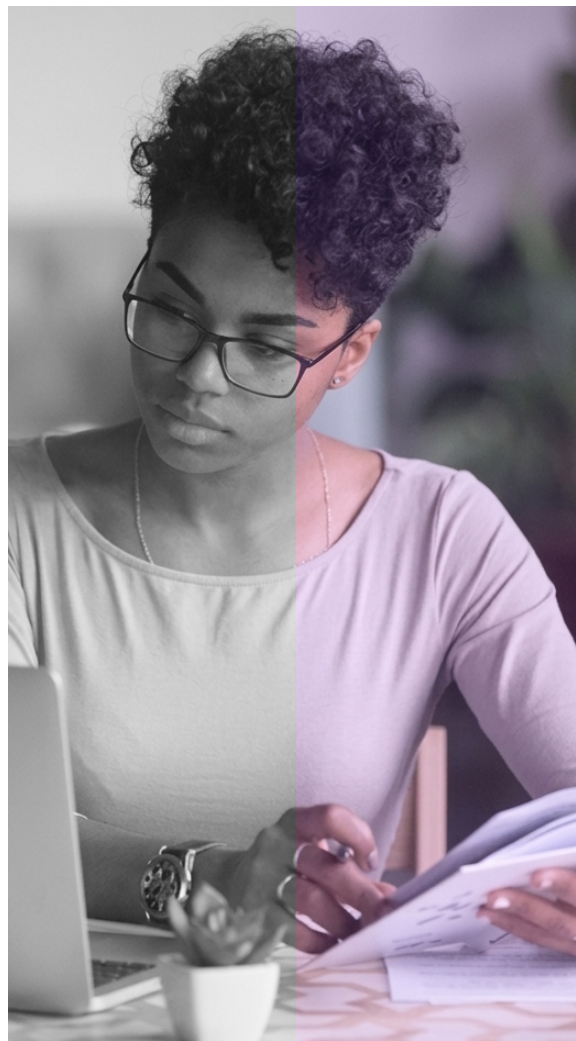
- Fully flexible, independent learning
- Completion timeframe: 6–12 months
- Ideal for busy professionals and international students

Executive Study

- Designed for senior leaders and decision-makers
- Evening or weekend sessions
- Condensed learning blocks
- Small class sizes and flexible deadlines

All study modes include supervision, case studies, and structured progression

READ MORE HERE: <https://thecicn.org/eligibility-for-enrolment/>





Chapter 3:





FACULTIES ACADEMIC

P R O G R A M S

AND

Introduction

CICN's specialized faculties are structured to deliver cutting-edge knowledge, applied clinical skills, and global perspectives across the full spectrum of counseling practice. Each faculty is led by seasoned professionals—clinicians, educators, and researchers—committed to producing ethically grounded, globally competent counseling professionals.

Whether students are beginning their professional journey or advancing existing careers, CICN faculties provide structured learning pathways, mentorship, supervision, and professional identity development required for excellence across Africa and internationally.

Faculty of Mental Health Counseling

Chartered Institute of Counseling in Nigeria (CICN)

The Faculty of Mental Health Counseling at the Chartered Institute of Counseling in Nigeria (CICN) is a leading center for professional counselor education in Africa. It is committed to training compassionate, competent, and ethically grounded practitioners who can address complex psychological and emotional challenges affecting individuals, families, and communities.

The Faculty integrates evidence-based theory, applied clinical skills, supervised practice, and culturally responsive approaches tailored to African psychosocial realities. Under the leadership of experienced clinicians, educators, and researchers, it emphasizes innovation, supervision, continuous professional development, and alignment with global best practices. Graduates leave equipped with academic knowledge, emotional intelligence, ethical awareness, and professional confidence.

DIPLOMA PROGRAMMES

1

Diploma in Counseling

Overview:

A foundational professional programme serving as an entry pathway for aspiring counselors and as professional enhancement for individuals integrating counseling skills into other fields. It blends international standards with culturally responsive African frameworks.

Learning Areas:

- Foundations and history of counseling
- Human growth and lifespan development
- Core counseling skills (empathy, listening, reflection, questioning)
- Ethics, professionalism, confidentiality
- Crisis intervention and trauma-informed care
- Mental health awareness and common conditions
- Introduction to specialized counseling fields
- Supervised practicum and experiential learning

Outcomes:

Graduates demonstrate effective communication, apply evidence-based theories, conduct assessments and intervention planning, practice ethically with cultural sensitivity, and work competently with individuals, families, and groups.

2

Diploma in Mental Health Counseling

Overview:

A specialized programme focused exclusively on mental health conditions, preparing professionals for clinical, community, and organizational roles in response to growing mental health needs in Nigeria, Africa, and globally.

Learning Areas:

- Foundations of mental health counseling
- Psychopathology and diagnostic understanding
- Evidence-based therapies (CBT, ACT, person-centered therapy, trauma-informed care)



- Psychological assessment
- Crisis and suicide intervention
- Addiction and recovery counseling
- Stress, anxiety, and depression management
- Supervised clinical practicum

Outcomes:

Graduates identify mental health disorders, apply appropriate interventions, conduct assessments and care planning, provide crisis and trauma support, and practice ethically across diverse cultural contexts.

3 Diploma in Psychopathology

Overview:

An advanced programme focused on the scientific study of mental and behavioral disorders, bridging theory and practice with culturally informed diagnosis and intervention.

Learning Areas:

- Foundations of psychopathology
- DSM-5 and ICD-11 diagnostic systems
- Mood, anxiety, personality, and psychotic disorders
- Developmental and neurocognitive disorders
- Addiction and behavioral disorders
- Suicidology and self-harm assessment
- Case formulation and clinical diagnosis
- Therapeutic implications and treatment planning

Outcomes:

Graduates recognize and describe major disorders, apply diagnostic frameworks ethically, conduct case formulation and assessments, understand biopsychosocial roots of mental illness, and collaborate within multidisciplinary teams.

4

Diploma in Postpartum Depression and Care

Overview:

Nigeria's first specialized diploma in maternal mental health, integrating counseling, maternal healthcare, and family systems to support mothers and families holistically during perinatal and postnatal periods.

Learning Areas:

- Foundations of maternal mental health
- Postpartum mood and anxiety disorders
- Risk factors and early detection
- Assessment and screening tools
- Therapeutic interventions (CBT, interpersonal therapy, supportive counseling)
- Partner and family involvement
- Impact on infant development
- Community awareness and public health approaches
- Crisis and emergency interventions
- Supervised practicum

Outcomes:

Graduates identify postpartum conditions early, provide evidence-based maternal counseling, support families through parenthood transitions, collaborate with healthcare professionals, and advocate for maternal mental health policy and awareness.

5

Diploma in Somatic Psychotherapy

Overview:

A body-based therapeutic training integrating neuroscience, trauma theory, and mind-body interventions to address trauma, stress, and emotional regulation.

Learning Areas:

- Foundations and history of somatic psychotherapy
- Neuroscience of trauma and stress
- Nervous system regulation and embodiment
- Grounding, breathwork, and movement techniques
- Trauma, dissociation, and body memory
- Integrating somatic methods into counseling



Outcomes:

Graduates understand trauma psychophysiology, apply somatic techniques ethically, integrate talk therapy with body-based interventions, and support client regulation, resilience, and healing.

6 Diploma in Clinical Supervision

Overview:

An advanced programme for experienced counselors seeking competence in supervising others, emphasizing ethical leadership, reflective practice, and professional accountability.

Learning Areas:

- Models and theories of supervision
- Roles, responsibilities, and ethics
- Reflective practice and professional development
- Managing boundaries, transference, and countertransference
- Supervision across cultural, organizational, and online contexts
- Competence evaluation and feedback
- Supervisor self-awareness and self-care

Outcomes:

Graduates conduct structured and ethical supervision, support supervisee growth, uphold professional standards, and provide leadership within counseling institutions.

Overall Faculty Impact:

Across all programmes, the Faculty of Mental Health Counseling at CICN produces highly skilled, ethically grounded, culturally responsive professionals prepared to transform mental health practice across Africa and beyond.

READ MORE HERE: <https://thecicn.org/faculty-of-clinical-and-mental-health-counseling/>



FACULTY OF COUPLE & FAMILY COUNSELING

Chartered Institute of Counseling in Nigeria (CICN)

The Faculty of Couple & Family Counseling at the Chartered Institute of Counseling in Nigeria (CICN) is committed to strengthening relationships and family systems through professional, ethical, and culturally responsive counseling practice. The Faculty prepares counselors to work effectively with individuals, couples, and families across diverse relational contexts and life transitions.

Training integrates relationship psychology, family systems theory, and evidence-based interventions to address communication breakdown, intimacy concerns, parenting challenges, marital conflict, separation, remarriage, and blended family dynamics.

DIPLOMA PROGRAMMES

1. Diploma in Relationship, Couple & Family Counseling

Overview:

Prepares professionals to provide structured counseling to individuals, couples, and families experiencing relational conflict, transition, or distress, with emphasis on systemic thinking and cultural sensitivity.

Key Learning Areas:

- Foundations of relationship and family counseling
- Family systems and generational dynamics
- Couple counseling models (EFT, Gottman-informed approaches)
- Communication and conflict resolution
- Marriage, intimacy, and sexuality
- Parenting and child-related issues
- Trauma, crisis, and family breakdown
- Cross-cultural and interfaith relationships
- Supervised practicum

Outcomes:

Graduates provide professional couple and family counseling, apply systemic and evidence-based interventions, facilitate healthy communication, and work ethically with culturally diverse families.

2. Diploma in Premarital Counseling

Overview:

Equips counselors, clergy, and relationship professionals to prepare couples for marriage using structured, evidence-based, and culturally informed frameworks.

Key Learning Areas:

- Foundations and ethics of premarital counseling
- Relationship psychology and attachment styles
- Communication, conflict resolution, and problem-solving
- Sexuality and intimacy preparation
- Family background, culture, and in-law dynamics
- Financial counseling for couples
- Values, beliefs, and faith considerations
- Risk assessment and red-flag identification
- Premarital tools, inventories, and supervised practice

Outcomes:

Graduates conduct structured premarital sessions, assess readiness and compatibility, equip couples with marital skills, and support faith-based and community marriage programs.



3. Diploma in Divorce, Remarriage & Blended Family Counseling

Overview:

Trains counselors to support individuals, couples, and families navigating divorce, remarriage, and blended family systems, treating divorce as a significant life transition requiring compassionate, professional care.

Key Learning Areas:

- Psychological and cultural dimensions of divorce
- Grief, loss, and post-divorce healing
- Supporting children through separation
- Cultural and religious perspectives
- Remarriage preparation
- Blended family and step-parenting dynamics
- Ethics and boundaries in complex family systems
- Supervised practicum

Outcomes:

Graduates support clients through separation, prepare couples for healthy remarriage, work effectively with blended families, and apply culturally sensitive, strength-based approaches.

4. Diploma in Child & Adolescent Counseling

Overview:

Prepares professionals to address the emotional, psychological, and developmental needs of children and adolescents using age-appropriate, trauma-informed, and family-inclusive interventions.

Key Learning Areas:

- Child and adolescent development
- Common psychological and behavioral challenges
- Play, art, and creative therapeutic techniques
- Communication and trust-building with young clients
- Family systems and caregiver involvement
- School-based counseling strategies
- Ethics, safeguarding, and professional boundaries

Outcomes:

Graduates provide developmentally appropriate counseling, use creative therapeutic tools effectively, support families and caregivers, and advocate for child and adolescent mental health.

READ MORE HERE: <https://thecicn.org/faculty-of-couple-family-counseling/>

FACULTY OF SUBSTANCE & BEHAVIOURAL ADDICTION COUNSELING

Chartered Institute of Counseling in Nigeria (CICN)

The Faculty of Substance & Behavioural Addiction Counseling at the Chartered Institute of Counseling in Nigeria (CICN) trains professionals to assess, prevent, and treat substance-related and behavioural addictions using evidence-based, ethical, and culturally responsive approaches.

Training integrates neuroscience, behavioural psychology, and established modalities such as CBT, Motivational Interviewing (MI), harm reduction, and relapse prevention. Graduates are prepared for rehabilitation centres, healthcare settings, community programmes, organizations, and private practice, with strong emphasis on recovery-oriented and multidisciplinary care.

DIPLOMA PROGRAMMES

1. Diploma in Substance Use & Addiction Counseling

Overview:

Equips professionals to address substance use disorders and behavioural addictions across individual, family, workplace, and community contexts.

Learning Areas:

Foundations and neurobiology of addiction; screening, assessment, and diagnosis; evidence-based treatments (CBT, MI, harm reduction, relapse prevention); co-occurring mental health conditions; family and community dynamics; rehabilitation, reintegration, aftercare; ethics and supervised practicum.

Outcomes:

Graduates assess and treat addictions, develop individualized recovery plans, support affected families, and implement culturally sensitive, ethical interventions.

2. Diploma in Pornography & Sexual Addiction Counseling

Overview:

Prepares counselors to work with pornography use disorder and compulsive sexual behaviours, addressing individual recovery and relational impact.

Learning Areas:

Psychology and neurobiology of compulsive sexual behaviour; assessment and diagnosis; shame, guilt, trauma, attachment; CBT, trauma-informed care, mindfulness; impact on intimacy and relationships; cultural, religious, ethical considerations; relapse prevention and practicum.

Outcomes:

Graduates provide confidential, ethical counseling, address trauma and shame drivers, support couples in rebuilding trust, and apply culturally appropriate recovery frameworks.

3. Diploma in Gambling & Internet Addiction Counseling

Overview:

Trains professionals to address gambling disorders and problematic internet use using cognitive, behavioural, and neuroscience-informed interventions.

Learning Areas:

Behavioural addiction psychology; typologies; assessment tools; CBT, MI, relapse prevention; emotional, financial, relational impact; family and community interventions; prevention and digital wellness; ethics and cultural considerations.

Outcomes:

Graduates assess and treat gambling and internet addiction, support families, and design prevention and outreach programmes.

4. Diploma in Relapse Prevention & Recovery Support Counseling

Overview:

An advanced programme focused on sustaining long-term recovery through structured relapse prevention and recovery support systems.

Learning Areas:

Neurobiology and psychology of relapse; recovery stages and warning signs; trigger identification; CBT-based prevention; trauma and stress regulation; mindfulness and somatic tools; family systems and aftercare; crisis management and harm reduction.



Outcomes:

Graduates conduct relapse risk assessments, develop prevention plans, facilitate group and aftercare programmes, and collaborate within multidisciplinary teams.

5. Diploma in Internet & Gaming Addiction Counseling

Overview:

Addresses compulsive internet use, gaming addiction, and digital dependency, particularly among children, adolescents, and families.

Learning Areas:

Foundations of behavioural addictions; neurobiology of digital dependency; assessment frameworks; CBT, MI, family therapy; child and adolescent focus; school and family interventions; prevention strategies; supervised practicum.

Outcomes:

Graduates assess and treat digital addiction, support families and schools, promote healthy technology habits, and deliver culturally responsive interventions.

6. Diploma in Food & Eating-Related Addiction Counseling

Overview:

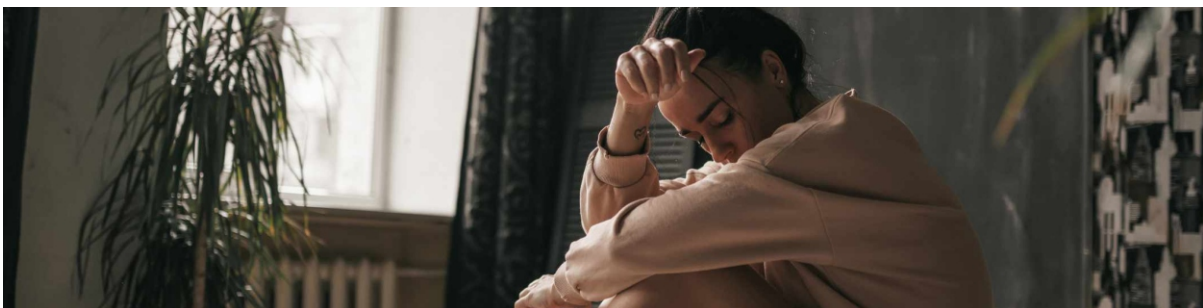
Prepares counselors to address emotional eating, binge patterns, and food-related compulsions through psychological and behavioural interventions.

Learning Areas:

Neurobiology of food addiction; trauma, emotional and body-image drivers; assessment and differential diagnosis; CBT, ACT, mindfulness; cultural and family influences; collaboration with nutrition professionals; prevention and public health education.

Outcomes:

Graduates counsel individuals with food-related addictions, address behavioural triggers, support family-based change, and lead awareness initiatives.





7. Diploma in Workaholism & Productivity Addiction Counseling

Overview:

Trains professionals to address compulsive overworking and productivity addiction, focusing on burnout, identity, and psychological drivers.

Learning Areas:

Workaholism as behavioural addiction; perfectionism, trauma, self-worth; neurobiology of stress; assessment and diagnosis; CBT, mindfulness, narrative approaches; burnout recovery; relational and organizational impact; relapse prevention and balance restoration.

Outcomes:

Graduates counsel individuals with work addiction, design sustainable recovery plans, support families and workplaces, and advocate for healthy work-life integration.

READ MORE HERE: <https://thecicn.org/faculty-of-substance-behavioral-addiction-counseling/>

FACULTY OF SEX THERAPY

Chartered Institute of Counseling in Nigeria (CICN)

The Faculty of Sex Therapy at the Chartered Institute of Counseling in Nigeria (CICN) trains professionals to address sexual health, intimacy, identity, and relational well-being within ethical, psychological, and culturally responsive frameworks.

Programmes integrate clinical sexology, psychosexual therapy, trauma-informed care, and cultural competence, combining academic instruction with supervised clinical exposure. Graduates are prepared to work confidently with individuals and couples on sensitive sexual and intimacy-related concerns.

Diploma Programmes

1. Diploma in Sex Therapy

Overview: Prepares counselors to address sexual concerns, intimacy challenges, and relational dynamics using evidence-based, culturally sensitive approaches.

Learning Areas: Human sexuality across the lifespan; sexual dysfunctions and interventions; desire discrepancies; trauma and abuse; couple intimacy and communication; cultural, religious, and gender influences; ethics and confidentiality.

Outcomes: Provide safe, non-judgmental sex therapy; assess and treat common sexual difficulties; facilitate healthy intimacy communication; promote community sexual well-being and education.

2. Diploma in Somatic Sex Therapy

Overview: Offers a body-centered approach to sexual healing, integrating somatic psychology with counseling to address trauma, disconnection, and intimacy challenges. **Learning Areas:** Somatic psychology foundations; nervous system regulation; mindfulness, breathwork, movement; body awareness and ethical touch; healing shame, dissociation, trauma; ethics and cultural sensitivity.

Outcomes: Apply body-based interventions, support safe reconnection with the body, integrate somatic techniques into counseling, and promote holistic sexual and emotional health.

3. Diploma in Gender, Sexuality & Identity Counseling

Overview: Equips professionals to provide informed, respectful, culturally sensitive counseling around gender, sexuality, and identity.

Learning Areas: Identity development; sexual orientation and gender identity (SOGIE); cultural and religious influences; stigma and identity conflict; intersectionality and trauma; advocacy and ethics.

Outcomes: Deliver safe and affirming counseling, support individuals and families navigating identity concerns, foster resilience and self-acceptance, and integrate African contexts with global best practices.

READ MORE HERE: <https://thecicn.org/faculty-of-sex-therapy/>

FACULTY OF SEX THERAPY

Chartered Institute of Counseling in Nigeria (CICN)

The Faculty of Coaching & Life Skills at the Chartered Institute of Counseling in Nigeria (CICN) prepares professionals to foster personal growth, emotional resilience, goal clarity, and purposeful living.

Training integrates coaching methodologies, positive psychology, emotional intelligence, and self-awareness frameworks. Graduates are equipped to facilitate structured coaching conversations, design actionable development plans, and support individuals through career, relational, emotional, and life transitions.

Diploma Programmes

1. Diploma in Career Counseling

Overview: Prepares professionals to guide career discovery, planning, transition, and advancement across life stages.

Learning Areas: Career development theories; assessments and psychometrics; counseling adolescents, adults, executives; personality, values, vocational alignment; career transitions, burnout, workplace issues; future of work, entrepreneurship, global mobility; career workshops.

Outcomes: Conduct and interpret assessments, guide informed decisions and transitions, support professional growth, and advise organizations on employee engagement.

2. Diploma in Life Coaching & Personal Development

Overview: Equips professionals to facilitate purpose discovery, personal growth, and goal attainment through structured coaching frameworks.

Learning Areas: Coaching theories; emotional intelligence; mindset mastery; goal setting and behavior change; purpose coaching; communication and powerful questioning; ethics.
Outcomes: Conduct individual and group coaching, enhance confidence and self-awareness, foster transformation and resilience, and build sustainable coaching practices.



3. Diploma in Workplace Counseling & Corporate Wellness

Overview: Trains professionals to promote mental health and resilience in corporate environments.

Learning Areas: Organizational psychology; Employee Assistance Programs (EAPs); stress and burnout prevention; conflict resolution; corporate wellness design; leadership and mental health advocacy.

Outcomes: Provide workplace counseling, design wellness initiatives, deliver resilience workshops, and collaborate with HR and leadership to enhance well-being.

4. Diploma in Confidence & Self-Esteem Coaching

Overview: Prepares professionals to build clients' confidence, self-worth, and positive identity.

Learning Areas: Psychology of confidence; limiting beliefs; self-awareness and resilience; assertiveness and communication; managing fear and comparison; coaching ethics.
Outcomes: Facilitate confidence coaching, support mindset shifts, strengthen self-image and expression, and integrate confidence tools into counseling or leadership roles.

5. Diploma in Emotional Mastery & Resilience

Overview: Trains professionals to help individuals regulate emotions and build resilience.

Learning Areas: Emotional intelligence; neuroscience of stress; managing anger and anxiety; resilience strategies; mindfulness and self-care; emotional empowerment tools.
Outcomes: Support emotional regulation, facilitate resilience interventions, strengthen adaptive coping, and enhance decision-making and relationships through emotional intelligence.

READ MORE HERE: <https://thecicn.org/faculty-of-coaching-life-skills/>

FACULTY OF CRISIS & HUMANITARIAN COUNSELING

Chartered Institute of Counseling in Nigeria (CICN)

The Faculty of Crisis & Humanitarian Counseling at the Chartered Institute of Counseling in Nigeria (CICN) prepares professionals to deliver psychological support during crises, conflict, loss, displacement, and humanitarian emergencies.

Programmes integrate crisis intervention models, psychological first aid, trauma-informed care, grief counseling, conflict resolution, humanitarian response frameworks, and cultural competence. Graduates are equipped for immediate stabilization and long-term recovery work with individuals, families, and communities affected by disaster, violence, and severe life disruptions.

Diploma Programmes

1. Diploma in Crisis Counseling

Overview: Prepares professionals for frontline psychological response in acute crisis situations across clinical, community, and humanitarian settings.

Learning Areas: Crisis intervention models and PFA; crisis assessment, triage, stabilization; acute stress and trauma responses; crisis counseling across populations; ethical and cultural considerations; organizational crisis response design.

Outcomes: Graduates provide immediate support, stabilize clients, reduce long-term psychological risk, collaborate with emergency and humanitarian teams, and design institutional crisis frameworks.

2. Diploma in Grief & Bereavement Counseling

Overview: Equips professionals to support individuals, families, and communities through loss and mourning.

Learning Areas: Grief theories; cultural and spiritual perspectives; childhood, adult, and traumatic grief; complicated and prolonged grief; individual, family, and group counseling; counselor resilience.

Outcomes: Graduates deliver compassionate grief counseling, identify complicated grief, facilitate bereavement groups, and support diverse cultural grieving processes.



3. Diploma in Trauma-Informed Counseling

Overview: Trains professionals to assess and support trauma-affected individuals using culturally responsive, trauma-informed approaches.

Learning Areas: Neurobiology and psychology of trauma; ACEs; trauma assessment and intervention; crisis, abuse, displacement, PTSD; cultural perspectives; ethics and self-care.

Outcomes: Graduates identify trauma risks, create safe therapeutic spaces, apply trauma-informed strategies, support post-traumatic growth, and advocate for trauma-sensitive systems.

4. Diploma in Professional Caregiving & Elderly Care

Overview: Prepares professionals for ethical, compassionate, person-centered care of older adults in health and community settings.

Learning Areas: Foundations of caregiving; biopsychosocial aspects of aging; communication and emotional support; dementia, Alzheimer's, age-related conditions; ethics and caregiver self-care.

Outcomes: Graduates provide dignified elderly care, promote independence and quality of life, address psychosocial aging challenges, and work effectively in homes, hospitals, and care facilities.

5. Diploma in Counseling Survivors of Sexual & Gender-Based Violence (SGBV)

Overview: Equips professionals to provide trauma-informed, survivor-centered counseling for individuals affected by sexual and gender-based violence.

Learning Areas: Forms and dynamics of SGBV; psychological impact; trauma-informed crisis interventions; work with child, adolescent, and adult survivors; legal, ethical, cultural considerations; advocacy and secondary trauma prevention.

Outcomes: Graduates deliver confidential survivor-centered care, apply trauma-informed healing approaches, collaborate with legal and medical systems, and advocate for survivor rights and community awareness.

READ MORE HERE: <https://thecicn.org/faculty-of-crisis-conflict-and-humanitarian-counseling/>

FACULTY OF SPECIALISED COUNSELING

Chartered Institute of Counseling in Nigeria (CICN)

The Faculty of Specialised Counseling at the Chartered Institute of Counseling in Nigeria (CICN) offers advanced, niche-focused training for counselors seeking expertise in emerging and non-traditional therapeutic fields. Programmes address unique psychosocial needs through evidence-informed, ethical, and culturally responsive approaches, equipping practitioners to work with diverse populations requiring body-based, sensory-oriented, inclusive, or transition-related interventions.

Diploma Programmes

1. Diploma in Cuddle Therapy

Overview: Trains professionals to provide safe, ethical, non-sexual therapeutic touch interventions to reduce stress, loneliness, and emotional dysregulation.

Learning Areas: Science of touch and nervous system regulation; consent, boundaries, and ethics; safe therapeutic environments; applications for stress, anxiety, trauma, loneliness; cultural sensitivity and self-care.

Outcomes: Graduates deliver structured cuddle therapy, maintain professional boundaries, integrate touch-based support into practice, and promote emotional regulation and relational safety.

2. Diploma in Professional Matchmaking

Overview: Prepares professionals to offer structured, ethical, psychology-informed matchmaking services that foster healthy, sustainable relationships.

Learning Areas: Attraction and compatibility frameworks; relationship assessment tools; client intake, ethics, confidentiality; relationship readiness coaching; practice development.

Outcomes: Graduates conduct compatibility assessments, provide ethical matchmaking and guidance, integrate counseling and coaching skills, and manage professional matchmaking services.

3. Diploma in Counseling People Living with HIV/AIDS

Overview: Equips counselors to provide holistic, stigma-free psychological support to individuals, couples, and families affected by HIV/AIDS.

Learning Areas: Psychological, social, and medical dimensions; trauma-informed and resilience-based care; stigma, identity, disclosure challenges; ethical and cultural considerations; advocacy and community engagement.

Outcomes: Graduates deliver confidential, compassionate counseling, support emotional adjustment and treatment adherence, promote dignity and inclusion, and work effectively in healthcare and community settings.

4. Diploma in Disability & Inclusive Counseling

Overview: Prepares counselors to deliver accessible, empowering services for individuals with disabilities and their families.

Learning Areas: Models of disability and inclusion; accessible counseling frameworks; visible and invisible disabilities; family support and advocacy; ethics and professional responsibility.

Outcomes: Graduates provide inclusive counseling, advocate for accessibility and equal opportunity, support resilience and identity, and collaborate with families and institutions.

5. Diploma in Expatriate, Relocation & Immigration Counseling

Overview: Trains professionals to support individuals and families navigating migration, relocation, and cross-cultural identity transitions.

Learning Areas: Psychological impact of migration; culture shock and adaptation; counseling multicultural families; immigration stressors and resilience tools; ethics and global best practices.

Outcomes: Graduates deliver culturally responsive relocation counseling, support adjustment and integration, work with expatriates and global families, and collaborate with organizations and relocation services.

READ MORE HERE: <https://thecicn.org/faculty-of-specialised-counseling/>



Chapter 4:

CORPORATE TRAINING, EAP & WORKPLACE MENTAL HEALTH INTERVENTIONS

Overview

Transforming Workforce Well-Being into Measurable Performance

At the Chartered Institute of Counseling in Nigeria (CICN), we recognize that organizational success is inseparable from the psychological health, emotional resilience, and relational competence of its people. Our Corporate Training and Employee Assistance Program (EAP) interventions are designed to strengthen mental fitness, enhance productivity, and build resilient workplace cultures.

CICN delivers custom-built, psychology-driven corporate solutions that integrate evidence-based counseling methodologies with practical business strategies. Our programs address workplace stress, burnout, conflict, leadership strain, communication breakdown, and crisis readiness—enabling organizations to thrive in complex, high-pressure environments.

Programs are delivered through in-house workshops, executive bootcamps, retreats, and virtual or hybrid sessions, ensuring flexibility without compromising impact.

Core Features

- Tailored, industry-specific interventions
- Executive, managerial, frontline, and HR-focused tracks
- On-site, virtual, and hybrid delivery models
- Expert facilitators and licensed counselors
- Practical, interactive, and solution-focused learning
- Confidential pre- and post-intervention assessments
- Action-oriented outcomes with certificates of participation

Why Organizations Choose CICN

CICN's interventions are designed to engineer behavioral change, not deliver generic workshops. Our approach produces measurable organizational outcomes, including:

- Increased productivity without burnout
- Reduced absenteeism and presenteeism
- Stronger leadership and decision-making capacity
- Improved staff retention and employer brand reputation
- Enhanced psychological safety and team cohesion
- Crisis-ready communication and conflict management systems
- Culturally relevant delivery aligned with Nigerian workplace realities

A. CICN Signature Corporate Training Programs

Psychology-Driven. Strategy-Focused. Results-Oriented.

Developed through years of research, workplace audits, and executive consultation, CICN's Signature Corporate Training Programs are gold-standard mental health and performance interventions for organizations committed to sustainable growth.

Our signature offerings include:

- **Counseling Resolution Skills for Optimal Organizational Performance (CRESOP)**
- **Professional Clinical Counseling Skills for HR Personnel (PCCSP)**
- **Employee Mental Wellness Program (EMWEP)**
- **Developing Positive Mental Health for Corporate Productivity**
- **Self-Awareness Development Training**
- **Emotional Intelligence Training**

These programs transform mental health awareness into a **strategic business advantage**, fostering resilient employees, emotionally intelligent leaders, and high-performing teams.

B. Signature Intervention: Employees' Mental Wellness Program (EMWEP)

Embedding Mental Health Support into the Workplace

EMWEP is CICN's flagship EAP intervention, designed to provide **continuous, confidential, professional mental health support** within organizational ecosystems.

Delivery Options:

- On-site counseling offices within organizational premises

- Off-site counseling at CICN facilities
- Secure virtual therapy for remote or hybrid teams

Handled exclusively by licensed professionals, EMWEP addresses stress, burnout, anxiety, trauma, workplace conflict, and emotional distress—without stigma or HR exposure.

Outcomes Include:

- Reduced absenteeism and staff turnover
- Improved morale, focus, and collaboration
- Enhanced creativity, engagement, and productivity

C.

MindPower: New-Year Corporate Mental Health Intervention

Mental Recalibration for Performance Excellence

MindPower is CICN's selective annual mental fitness intervention, designed to help organizations reset psychological focus, emotional regulation, and decision-making capacity at the start of each year.

This is not motivational training, but a **strategic mental alignment program** proven to enhance execution, collaboration, and resilience. Participation is complimentary, with certificates issued for a fee.

D.

Tailored Corporate Mental Health Solutions

Because No Two Workplaces Are the Same

CICN designs bespoke mental health strategies based on each organization's unique structure, challenges, and goals.

Our Process Includes:

- Workplace mental health audits
- Identification of psychological and performance barriers
- Customized intervention design (training, therapy, coaching, policy input)
- Flexible implementation with minimal disruption
- Ongoing monitoring and refinement

Examples of Tailored Interventions:

- Executive burnout prevention frameworks
- Conflict resolution systems for high-pressure teams
- Trauma-informed leadership post-crisis
- Resilience programs during organizational change
- Confidential counseling hubs for high-demand industries

E. Body Therapy Interventions for Corporate Wellness

Integrating Mind–Body Wellness for Sustainable Performance

Recognizing the physical impact of stress and burnout, CICN offers body-based therapeutic interventions that complement counseling services and restore energy, focus, and creativity.

Programs Include:

- Dance and movement therapy
- Mindfulness-Based Stress Reduction (MBSR)
- Guided meditation and breathwork
- Somatic awareness and body scan techniques

Benefits to Organizations:

- Reduced stress and physical tension
- Improved concentration and emotional balance
- Enhanced team connection and morale
- Lower burnout and absenteeism
- A healthier, more energized workplace culture

Conclusion

With CICN, organizations do not merely adopt mental health programs—they build a mental performance engine that drives resilience, engagement, and measurable business growth.

READ MORE HERE: <https://thecicn.org/corporate-training-eap/>



Chapter 5:

MEMBERSHIP OF THE CHARTERED INSTITUTE OF COUNSELING IN NIGERIA (CICN)

Mission of CICN Membership

Membership of the Chartered Institute of Counseling in Nigeria (CICN) signifies a professional commitment to ethical conduct, competence, and adherence to globally recognized standards of counseling and psychotherapy practice.

The CICN Membership Programme exists to advance counseling education, research, regulation, and professional identity; promote ethical practice; strengthen collaboration among helping professionals; and ensure the growth, credibility, and sustainability of counseling practice in Nigeria, Africa, and beyond.

Aims and Objectives of Membership

CICN Membership seeks to:

- Advance professional counseling education, research, and practice
- Promote ethical standards and regulation of counseling practice
- Support continuous professional development (CPD)
- Improve access to quality psychotherapy services across cultures and lifespan stages
- Strengthen professionalism, accountability, and healthy competition
- Provide formal recognition and professional identity for counselors
- Advocate for mental health awareness and policy engagement
- Build a strong national and continental community of helping professionals
- Uphold the vision, mission, and strategic objectives of CICN

Membership Categories

CICN operates a structured membership pathway to support professional growth and regulation.



1.

Student Membership

Eligibility

CICN Training Route

- Enrolled as a CICN student with complete admission documentation
- Minimum age: 20 years
- Payment of student membership fee (₦51,000 / \$30)
- Minimum 50% participation in CICN events
- Mandatory attendance at annual conference
- Minimum of one CICN-organized supervision session
- Good academic standing

External Route

- Enrolled in a recognized university or CICN partner institution
- Minimum age: 18 years
- Payment of student membership fee (₦120,000 / \$70)
- Minimum 50% participation in CICN events
- Mandatory annual conference attendance
- Minimum of one CICN supervision session

Benefits

- Networking and mentorship opportunities
- Skill development through training and workshops
- Access to member-only resources and publications
- Leadership and volunteer opportunities
- Professional identity and CV enhancement

Obligations

- Annual membership renewal
- Conference attendance
- Eligibility progression to Associate Membership based on compliance

2. Associate Membership (ACICN)

Designed for early-career practitioners and professionals transitioning into counseling practice.

Eligibility

CICN Route

- Completion of CICN diploma-level training
- Minimum one year as Student Member
- Completion of required case files, supervision, and hours
- Minimum age: 20 years
- Payment of Associate registration fee (₦170,000 / \$100)

External Route

- Degree or diploma in counseling, psychology, or related field
- Minimum two years of practice with evidence (100 CFER hours)
- Successful completion of CICN Foundational Examination
- Payment of Associate registration fee (₦255,000 / \$150)

Benefits

- Inclusion in CICN membership registry
- Use of post-nominal ACICN
- Professional ID, certificate, and insignia
- Access to CICN training, conferences, and resources
- Listing on CICN Wellness Clinic platform
- Enhanced professional credibility

Obligations

- Annual renewal (₦100,000 / \$65)
- Conference attendance
- Progression requirements toward Professional Membership

For established practitioners with verified professional competence.

Eligibility

CICN Route

- Minimum two years as Associate Member
- Evidence of ethical professional practice
- Required supervision and practice hours
- Payment of Professional registration fee (₦255,000 / \$150)

External Route

- Minimum five years of professional practice
- Evidence of supervision and case work
- Successful completion of CICN Professional Examination
- Payment of Professional registration fee (₦340,000 / \$200)

Benefits

- Use of post-nominal PCICN
- National professional recognition
- Advanced training and leadership opportunities
- Advocacy and professional support
- Increased professional visibility and credibility

Obligations

- Annual renewal (₦187,000 / \$110)
- Conference participation
- Eligibility pathway toward Fellowship

4. Fellowship (FeICN)

The highest professional recognition of CICN.

Eligibility

- Minimum 10 years of professional practice
- Minimum 5 years as Professional Member
- Completion of supervisor training
- Evidence of leadership, ethics, and active practice
- Payment of Fellowship fee (₦850,000 / \$500)

Benefits

- Use of post-nominal FelCN
- Eligibility for faculty appointment
- Supervisory and mentorship authority
- Strategic leadership and board opportunities
- Institutional partnership rights with CICN

Obligations

- Annual renewal (₦340,000 / \$200)
- Mandatory conference attendance
- Ongoing professional contribution

5. Honorary Fellowship

Awarded to distinguished individuals with exceptional contributions to counseling, mental health, research, policy, or leadership. Admission is by nomination and peer review.

6. CICN Affiliate Membership

Purpose

To expand CICN's reach through strategic collaborations and partnerships.

Categories

- Institutional Affiliates
- Corporate Affiliates
- Professional Affiliates
- Individual Affiliates

Benefits

- Use of CICN Affiliate designation
- Discounted access to CICN programs
- Visibility on CICN platforms
- Joint research, training, and advocacy initiatives

Duration

- One-year renewable status subject to compliance

READ MORE HERE: <https://thecicn.org/membership/>



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Chapter 6:

ANNUAL PROFESSIONAL COUNSELORS & THERAPISTS CONFERENCE

The Annual Professional Counselors & Therapists Conference is a professional event packed with amazing networking opportunities, cutting-edge insights, and career-boosting sessions. The conference is a yearly rejuvenating initiative, dedicated to helping counselors, therapists, psychotherapists, and everyone in the helping profession grow in professional development, personal wholeness, healthy relationships, counseling effectiveness, and professional networking among like-minded.

The Conference offers a rare and valuable venue for practitioners to Network, and seek healthy refuge from the fast-paced lifestyles prevalent in contemporary society. At these relaxing and empowering retreats, counselors can nourish and revitalize bodies, minds, and psyches away from work, to attain or regain high levels of personal and professional wellness. It also offers opportunities for continuous professional development with enriching and educative conferences.

We shall be having trailblazers in the field of mental health and helping professionals from all over the world to lead our panels and speaking sessions. They shall be talking taking us through a professional ride on all the latest innovations, theories, interventions, and developments in the field of counseling and psychotherapy.



Mission

The Conference works together with practitioners to identify and understand the current issues in their professional and personal lives. We then provide the necessary tools and counsel to better understand and care for your emotional, social, and psychological needs.



Vision

The Conference offers a place of education, networking, education, rest and peace, as well as a place of privacy and healing in a confidential community with every part of the environment designed considering the unique pressures and challenges of the helping profession.

READ MORE HERE: <https://thecicn.org/annual-conference/>



Chapter 7:



SCHOOL COUNSELING INTERVENTION PROGRAMME

Introduction:

In today's educational environment, the role of the school counselor has never been more critical, yet many are under-resourced, under-trained, or overwhelmed by the growing complexity of student needs. In Nigeria, thousands of children and adolescents navigate the challenges of dysfunctional homes, peer pressure, academic stress, trauma, abuse, and identity struggles without the consistent professional support they require.

At the Chartered Institute of Counseling in Nigeria (CICN), we bridge that gap. Our School Counseling Intervention Program equips schools with professional, up-to-date, and evidence-based mental health solutions designed to address the real issues affecting children and adolescents today. We work alongside your school counselors or provide direct services through our licensed professionals, ensuring your students get the care, guidance, and emotional stability they need to thrive.

This program eases the burden on schools, improves student well-being, and supports a healthier, more focused learning environment.

How the Program Works:

- a) On-Site Counseling Support: We station professional counselors in your school on scheduled days to work with students individually or in groups.
- b) Referral & Crisis Intervention: Immediate response for urgent mental health concerns such as trauma, grief, or behavioral crises.
- c) Capacity Building for School Counselors: We provide modern training, supervision, and resource materials to upgrade the skills of your existing counseling staff.
- d) Parent Engagement Sessions: We involve parents in understanding and supporting their children's mental and emotional needs.
- e) Online Counseling for Remote or Hybrid Learning Environments: Secure, private, and accessible support for students in any location.

Benefits to Schools, Students, and Families:

- a) Early Identification & Intervention Spotting emotional, behavioral, and psychological issues before they escalate, preventing long-term academic or social difficulties.
- b) Reduced Disciplinary Problems Professional counseling helps address underlying causes of misconduct, reducing suspension rates and classroom disruptions.
- c) Improved Academic Performance Mentally and emotionally balanced students are better able to focus, retain information, and perform academically.
- d) Support for Children from Dysfunctional or Challenging Homes Providing a safe, stable, and confidential outlet for children who may have no other supportive adult in their lives.
- e) Strengthened School Reputation & Parent Trust Schools with robust mental health programs stand out as leaders in student care, attracting more enrollments and parent loyalty.
- f) Empowered School Counselors Through our training and supervision, your counseling staff gain the latest tools and techniques to work effectively with students.

Safer, More Inclusive School Environment We promote a culture where students feel heard, respected, and safe, reducing bullying and discrimination.

READ MORE HERE: <https://thecicn.org/school-counseling-training/>



Chapter 8:



FAITH BASED COUNSELING

Counseling Intervention Programs for Faith Leaders

Overview

Faith leaders are often the first responders to crises—marital conflicts, youth struggles, grief, addiction, depression, or trauma—but many lack professional counseling skills. The Chartered Institute of Counseling in Nigeria (CICN) equips pastors, imams, and ministry leaders with evidence-based psychological tools alongside spiritual guidance for holistic, effective support.

Christian Counseling Intervention

Who We Train

- Pastors & Ministers
- Marriage Counseling Heads
- Youth & Fellowship Leaders
- Volunteer Counselors

Program Focus

- Foundations of counseling psychology
- Active listening & empathy
- Crisis intervention & referrals
- Marriage & family counseling
- Youth & young adult counseling
- Grief, trauma, and abuse support
- Ethics & confidentiality

Benefits

- Improved pastoral care and crisis response
- Stronger marriages and families
- Better youth engagement and retention
- Enhanced church reputation
- Empowered, confident leaders and volunteers

Islamic Counseling Intervention

Who We Train

- Imams & Deputy Imams
- Marriage/Nikah Committee Leaders
- Youth & Madrasa Leaders
- Women's Wing & Da'wah Leaders
- Volunteer counselors

Program Focus

- Counseling psychology within Islamic context
- Marriage & family mediation
- Youth counseling and guidance
- Grief, loss, and bereavement support
- Crisis intervention & referral pathways
- Ethics, confidentiality & cultural sensitivity

Benefits

- Holistic member care (spiritual + psychological)
- Stronger marriages and families
- Engaged, supported youth
- Early problem resolution to prevent crises
- Enhanced mosque/community reputation
- Confident, equipped leaders

Both programs ensure faith leaders can provide safe, ethical, and effective emotional support while complementing spiritual guidance.

READ MORE: <https://thecicn.org/faith-based-counseling-training/>



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Chapter 9:

NGO COUNSELING CAPACITY BUILDING AND INTERVENTION PROGRAMME

Introduction

NGOs often respond first in crises—SGBV, disasters, refugee situations, or health emergencies—but many staff lack formal counseling training. The Chartered Institute of Counseling in Nigeria (CICN) equips NGO teams with professional, culturally sensitive counseling and psychological first aid to respond effectively, ethically, and sustainably.

Who We Work With

- SGBV-focused NGOs
- Humanitarian aid and disaster response agencies
- Medical NGOs (HIV, chronic illness, emergencies)
- Child and youth organizations
- Refugee, IDP, and resettlement agencies
- Community-based organizations

Program Highlights

1. **Trauma-Informed Care:** Respond to trauma safely without re-traumatization.
2. **Psychological First Aid (PFA):** Stabilize individuals in crisis until further support.
3. **Counseling Skills:** Active listening, empathy, boundary-setting, ethical communication.
4. **Specialized Modules:** SGBV support, child & vulnerable adult care, disaster crisis intervention, grief counseling, burnout prevention.
5. **Referral & Collaboration:** Guidance on linking clients to psychologists, medical teams, or law enforcement.

Benefits

- Better survivor outcomes through empathetic, effective support
- Increased staff competence, confidence, and reduced burnout
- Enhanced organizational credibility and donor trust
- Stronger collaboration with other agencies for holistic crisis response

READ MORE HERE: <https://thecicn.org/ngo-counseling/>



Chapter 10:

GOVERNMENT AGENCIES AND MINISTRIES COUNSELING AND INTERVENTION PROGRAMME

Empowering Public Servants to Support the Nation's Well-being

Introduction

The Chartered Institute of Counseling in Nigeria (CICN) partners with government bodies to equip public servants with mental health and counseling skills, enhancing service delivery, staff well-being, and public trust. Many agencies manage high-stakes, people-centered roles but lack formal mental health training, leading to stress, conflict, and inefficiencies.

Who the Program Serves

- **Health:** Mental health policy & public counseling
- **Education:** School counseling & teacher support
- **Women & Social Development:** Gender-based violence & family crisis
- **Youth & Sports:** Mentorship & youth mental health
- **Security & Law Enforcement:** Trauma counseling & stress management
- **Disaster Management:** Psychological first aid
- **Immigration & Corrections:** Rehabilitation & detainee mental health
- **Community Development:** Conflict mediation & trauma support

Program Components

1. **Counseling Interventions:** Employee assistance programs, on-site/online sessions, confidential support.
2. **Training Modules:** Psychological first aid, trauma-informed care, conflict resolution, stress prevention, empathetic public communication.
3. **Policy & Systems:** Build in-house counseling units, referral pathways, mental health integration into agency programs.
4. **Leadership Training:** Early distress detection, emotionally intelligent management, supportive workplace culture.

Benefits

- Improved efficiency, public trust, and citizen satisfaction
- Reduced staff burnout and turnover
- Stronger implementation of mental health policies
- Enhanced crisis response and inter-agency collaboration

This program ensures government employees are equipped to serve communities effectively while maintaining their own well-being.

READ MORE HERE: <https://thecicn.org/government-agencies-ministries-counseling/>



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Chapter 11:

COUNSELING INTERVENTION FOR HOSPITALS AND MEDICAL FACILITIES

Supporting Patients, Families & Healthcare Professionals

CICN partners with hospitals and medical facilities to provide counseling interventions and professional training that complement clinical care, addressing the psychological needs of patients, families, and staff.

Who We Serve

- General & teaching hospitals
- Specialist clinics (psychiatric, oncology, fertility)
- Private & mission hospitals
- Rehabilitation & palliative care facilities
- Community health centers

Our Interventions

- **Patient & Family Counseling:** Support for difficult diagnoses, end-of-life care, grief, and bereavement
- **Employee Assistance & Wellness:** Therapy, stress management, trauma debriefing, and confidential staff support
- **Crisis & Trauma Care:** Psychological first aid, post-trauma counseling, maternity support

Training Programs for Healthcare Teams

- Psychological First Aid (PFA)
- Trauma-informed medical practice
- Counseling skills: active listening, empathy, patient communication
- Grief, loss & bereavement support
- Stress & burnout prevention
- Family systems counseling

Benefits

- **Patients & Families:** Emotional resilience, better compliance, reduced anxiety, improved satisfaction
- **Healthcare Professionals:** Less burnout, stronger resilience, better patient handling, higher job satisfaction
- **Hospitals & Facilities:** Enhanced reputation, reduced complaints, patient trust, alignment with global best practices

READ MORE HERE: <https://thecicn.org/hospitals-medical-facilities/>



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Chapter 12:

TEEN ACADEMY: LEADERSHIP AND MENTAL HEALTH AWARENESS PROGRAMME

Promoting Mental Wellness

CICN's Teen Academy runs a quarterly program for teens and young adults, combining leadership development with mental health education. It equips participants to lead confidently while understanding and promoting mental wellness for themselves and their peers.

Why It Matters

Teens face academic pressures, social media influence, identity struggles, anxiety, and peer pressure. This program:

- Builds leadership, decision-making, and community impact skills
- Breaks stigma around mental health
- Teaches coping strategies for stress and emotional well-being
- Fosters empathy and social awareness

Program Highlights

- Leadership workshops: public speaking, project management, conflict resolution
- Mental health education: anxiety, depression, self-esteem, resilience
- Peer support circles and interactive activities
- Mentorship from professionals
- Wellness sessions: mindfulness, art therapy, skill-building

Who Can Join

- Ages 13–19
- Teens interested in leadership, personal growth, and mental health advocacy

Schedule & Format

- Quarterly, 1-day intensive weekends
- In-person at CICN, Ikoyi, Lagos, with select hybrid sessions

Benefits

- Certificate of participation
- Access to peer network and mentorship
- Priority for CICN Teen Ambassador and internship programs
- Skills in self-awareness, resilience, and social impact

Enrollment & Fees

- Registration via online form + parental consent
- Limited scholarships available for exceptional and underserved applicants

READ MORE HERE: <https://thecicn.org/teen-academy/>



OUR CPDs

Description: We believe that professional growth is a lifelong journey. Our Continuing Professional Development (CPD) programs are designed to keep professionals in counseling, mental health, social work, education, HR, healthcare, and leadership up to date with global best practices, new research, and emerging trends. CPDs are also suitable for individuals in different walks of life who are interested in expanding their knowledge on the subject matter.

CICN's CPDs offer practical, skills-focused workshops, short courses, and seminars that empower participants to enhance their competencies, maintain ethical standards, and remain relevant in today's rapidly changing professional landscape.

Each CPD program blends expert instruction, real-life case studies, interactive discussions, and practical toolkits to ensure participants can immediately apply what they learn in their workplaces and practice.

Features:

- Strictly online
- Affordable & Accessible
- Certificates & CPD Credits
- Ethical & Professional Compliance
- Expert Faculty & Global Insights
- Skills-Focused & Practical

We provide CPDs that address current and critical areas such as: Trauma-Informed Counseling, Sexual and Reproductive Health Counseling, Corporate Mental Health & Workplace Wellness, etc.

READ MORE: <https://thecicn.org/cpds/>



INTERNATIONAL STUDENTS

Study at Africa's Leading Counseling Institute

The Chartered Institute of Counseling in Nigeria (CICN) welcomes students worldwide seeking affordable, flexible, and globally recognized education in counseling and psychotherapy. CICN combines academic excellence, cultural richness, and social impact for a transformative learning experience.

Why Choose CICN

- Globally relevant, culturally informed curriculum
- Affordable programs without compromise
- Flexible online, hybrid, and in-person options
- Expert faculty with real-world experience
- Wide range of specializations and professional pathways
- Supportive, international learning community

Who Can Apply

Open to students from Africa, Europe, North America, Asia, the Caribbean, and Latin America—ideal for beginners or professionals transitioning from psychology, social work, or healthcare.

Learning Options

- Online diplomas and certifications
- Hybrid learning with in-person practicum
- Fieldwork and supervised global placements
- Postgraduate and CPD courses

Support for International Students

- Application guidance and transcript evaluation
- Visa support letters for hybrid learners
- Counseling licensure and international equivalency advice

Join CICN and become part of a global movement of counselors transforming mental health worldwide.

READ MORE: <https://thecicn.org/international-students/>



THE CICN AUTHORISED TRAINING CENTRES

Expanding Access. Elevating Standards. Empowering Minds.

The Chartered Institute of Counseling in Nigeria (CICN) is proud to introduce its Authorised Training Centers (ATCs), a network of accredited institutions, organizations, and individuals approved to deliver CICN's professional counseling programs across Africa and beyond.

Becoming an ATC means more than just running courses; it means carrying the mandate of Africa's premier counseling institute, raising the standards of counseling education, nurturing professionals, and building a healthier society.

Why Become a CICN Authorised Training Center?

As a CICN ATC, you gain the unique privilege of partnering with the leading professional body for counseling in Nigeria to deliver programs that transform lives.

Benefits include:

Institutional Credibility – Operate under CICN's professional authority and reputation.

- Access to Approved Curriculum – Deliver CICN's standardized diploma, certification, and professional development courses.
- Certification by CICN – All graduates receive CICN-recognized certificates, giving them a competitive edge.
- Faculty Development – Your trainers are trained and approved by CICN, ensuring high teaching standards.
- National & Global Visibility – Your center is listed on the CICN website and recognized as part of our global network.
- Collaborative Growth – Opportunity to co-host workshops, seminars, and conferences with CICN.
- Revenue Opportunities – Earn income while shaping the next generation of professional counselors.

Who Can Apply?

CICN welcomes applications from:

- Universities, polytechnics, and colleges of education.
- Registered training institutions and academies.
- NGOs and professional development organizations.
- Counseling centers, hospitals, and wellness organizations.
- Individual professionals with established training facilities.

Applicants must demonstrate:

- A conducive learning environment (classrooms, ICT facilities, library).
- Administrative and academic structures to support training.
- Commitment to CICN's ethical and professional standards.

Your Role as an ATC

Every Authorised Training Center is entrusted with a leadership role:

- Deliver CICN programs with integrity and excellence.
- Register students under CICN for examinations and certification.
- Maintain facilities and faculty that reflect professional standards.
- Uphold the values of wholeness, wholesomeness, and professionalism in every aspect of training.

Application Process

1. Submit Application – Complete the ATC Application Form with required documentation.
2. Evaluation & Inspection – CICN conducts a review and (where applicable) site inspection.
3. Accreditation & Onboarding – Successful applicants pay accreditation fees and receive official approval.
4. Launch Your ATC – Begin delivering CICN programs with full support and guidance.

Investment & Commitment

There are different pathways to Becoming an ATC which may require payment of an Accreditation Fee, Annual Renewal Fee, and compliance with CICN's financial structure (royalties or per-student remittances). This ensures sustainability, quality assurance, and fairness across all centers.

A Call to Leaders and Visionaries

Are you ready to pioneer counseling education in your city, region, or country? Becoming a CICN Authorised Training Center is more than a business opportunity, it is a legacy move. You become part of a movement shaping Africa's mental health landscape and producing certified professionals who will impact generations. Apply Today and Join the CICN network of Authorised Training Centers and carry the torch of professional counseling to every corner of the world.

READ MORE: <https://thecicn.org/training-centers/>



OTHER DEPARTMENTS

Supervision Department

Chartered Institute of Counseling in Nigeria (CICN)

The Supervision Department of the Chartered Institute of Counseling in Nigeria (CICN) provides structured counseling supervision to ensure ethical practice, professional growth, and quality client care.

What is Counseling Supervision?

Counseling supervision is a professional relationship between an experienced supervisor and a counselor (supervisee) focused on strengthening clinical competence, ethical practice, and professional development.

It is reflective, supportive, and evaluative – designed to improve practice and protect client welfare. Supervision is not therapy, but it may enhance personal awareness that impacts professional work.

What Supervision Covers

- **Case Review:** Discussing complex cases and reviewing interventions.
- **Skill Development:** Strengthening assessment, treatment planning, and communication skills.
- **Ethical Oversight:** Ensuring confidentiality, boundaries, and professional standards.
- **Professional Growth:** Building self-awareness, resilience, and preventing burnout.
- **Evaluation & Goals:** Monitoring progress and setting development targets.

Why It Matters

- Ensures client safety
- Promotes professional competence
- Prevents burnout
- Maintains ethical and professional standards
- Supports licensing and accreditation requirements

Book Supervision

Individual and group supervision sessions are available for trainees and practicing counselors seeking structured professional support.

READ MORE: <https://thecicn.org/supervision/>

Examination Department

Chartered Institute of Counseling in Nigeria (CICN)

The Examination Department ensures academic integrity and professional standards across all CICN programs. It plans, administers, monitors, and evaluates assessments, guaranteeing credible, standardized, and secure examinations aligned with local relevance and international best practices.

Key Responsibilities

- **Internal Exams:** Written tests, case studies, research defenses, and coursework assessments.
- **Professional Certification:** Competency-based exams for licensure and chartered status, including practicals and ethics panels.
- **Hybrid Exam Systems:** Secure online and on-site assessments.
- **Standards & Marking:** Develops rubrics, moderation, and grading policies.
- **Records & Transcripts:** Maintains student performance data and issues certifications.
- **External Collaboration:** Works with accrediting bodies to ensure quality and global alignment.
- **Exam Integrity:** Enforces malpractice prevention, invigilation, and confidentiality.

Benefits

- **Academic Credibility:** Ensures rigorous, transparent, and fair assessments.
- **Professional Readiness:** Evaluates real-world therapeutic and ethical competence.
- **Quality Assurance:** Confirms graduates meet counseling standards.
- **Data-Driven Insights:** Guides curriculum improvement and learning interventions.
- **Global Alignment:** Prepares graduates for international practice.
- **Student Confidence:** Promotes fairness, transparency, and appeal processes.
- **Institutional Reputation:** Strengthens CICN's status as a center of counseling excellence.

READ MORE: <https://thecicn.org/examination/>



GRADUATE STUDY DEPARTMENT

What is the graduate Study Department?

The Postgraduate Study Department of the Chartered Institute of Counseling in Nigeria (CICN) is the academic and research powerhouse of the Institute, dedicated to advancing the depth, breadth, and quality of professional counseling knowledge and practice. This department is designed for individuals who have completed foundational training in counseling or related fields and are seeking to deepen their expertise, specialize in niche areas, or pursue academic leadership, research, or advanced clinical roles.

At the heart of this department is the commitment to producing thought leaders, innovators, and advanced practitioners who are capable of shaping policy, influencing therapeutic trends, and providing high-level mental health interventions within diverse populations. The department offers Postgraduate Diploma (PGD) and Master's, in specialized fields such as trauma counseling, sex therapy, grief counseling, addiction studies, child and adolescent mental health, and more.

More than just an academic unit, the Postgraduate Study Department is a space for rigorous intellectual exchange, research mentorship, clinical supervision, and professional development. It integrates international standards in curriculum design, promotes indigenous research, and positions its graduates for global competitiveness while maintaining a strong local relevance.

CICN is currently finalising our discussions on affiliation with International Institutions for students who wish to undergo PGD and Masters programs with international certification. Available courses will be published as soon as possible.

READ MORE: <https://thecicn.org/post-graduate-study/>

PARTNERSHIP AND COLLABORATION DEPARTMENT

CICN, the first government-recognized body professionalizing counseling in Nigeria, empowers minds through diploma, postgraduate, and executive education programs in counseling and psychotherapy. We welcome global academic partnerships and affiliations, particularly for PGD and Master's programs, connecting institutions to a vibrant pool of professionals and students across healthcare, education, corporate, NGO, and religious sectors.

Partnership Scope

- **Academic Progression:** Seamless pathways for PGD graduates into Master's programs abroad.
- **Curriculum Development:** Co-develop modules and blended learning programs tailored to African mental health contexts.
- **Research Collaboration:** Joint studies, cross-border mental health research, and cultural counseling investigations.
- **Faculty Exchange:** Exchange programs and guest lecturing for knowledge and cultural insights.
- **Dual Certification:** Co-branded qualifications combining local relevance with international prestige.
- **Student Recruitment:** Access to CICN students for direct admissions, scholarships, and international study opportunities.

Benefits of Partnering

- Access to hundreds of motivated PGD students annually.
- Strategic presence in Africa's largest and fastest-growing counseling market.
- Students with strong academic, practical, and culturally informed counseling experience.
- Increased global visibility and impact in mental health education.
- Opportunities for collaborative research and international funding.
- Contribution to global mental health equity and professionalization.

Partnering with CICN provides a strategic, high-impact avenue to advance counseling education, research, and global mental health.

Let's build the future of counseling together across borders, across cultures.

READ MORE: <https://thecicn.org/partnership-collaboration/>

PSYCHOLOGICAL EVALUATION DEPARTMENT

Comprehensive Psychological & Behavioral Assessments for Individuals, Families, and Organizations

Counseling supervision is a structured professional relationship between a more experienced counselor (the supervisor) and a less experienced counselor (the supervisee). Its primary goal is to support, guide, and enhance the professional development, competence, and ethical practice of the supervisee. This relationship is both evaluative and developmental, and is essential for quality assurance, client safety, and counselor growth.

Psychological evaluations are not just for diagnosing mental disorders, they are powerful tools for:

- Understanding personal strengths and limitations
- Identifying emotional, behavioral, or developmental challenges
- Gaining clarity for therapy, treatment, or intervention
- Supporting educational or career decisions
- Enhancing family dynamics, relationships, or parenting
- Informing legal, school, or workplace reports and decisions

At CICN, our evaluations are confidential, evidence-based, and conducted by trained professionals in accordance with global standards in psychological assessment.

What We Offer: Types of Evaluations

- Child & Adolescent Assessments
- Learning Difficulties & Educational Placement
- ADHD and Executive Function Testing
- Autism Spectrum Screening
- Behavioral & Emotional Regulation
- School Readiness & Giftedness Testing
- Adult Psychological Evaluations
- Neuropsychological & Cognitive Assessments
- Workplace & Corporate Evaluations
- Family & Parenting Assessments
- Immigration & Travel-Related Assessments

What choose CICN for Psychological Evaluation?

- Professionally Qualified Experts
- Our assessors are certified psychologists, psychometrists, and therapists.
- Ethical & Confidential
- International Standards, Local Relevance:
- Detailed, Actionable Reports
- Supportive Environment

READ MORE: <https://thecicn.org/psychological-evaluation/>

RESEARCH, POLICY AND ADVOCACY DEPARTMENT

Evidence that changes lives.

Policy that changes systems.

The CICN Department of Research, Policy & Advocacy produces Africa-centric mental health evidence and converts it into bold reforms for schools, clinics, communities, and government.

Featured outputs:

- Working Paper Series
- Data Insights
- Practitioner Toolkits

Why RPA at CICN?

CICN exists to professionalize counseling in Nigeria and across Africa. RPA is our engine room, where rigorous research, clear policy, and practical advocacy meet.

- Evidence-based: We design and evaluate counseling models that work in African contexts.
- Policy-forward: We translate findings into legislation, funding, and systems change.
- Practice-shaping: We equip counselors, educators, and first responders with tools that improve outcomes now.

READ MORE: <https://thecicn.org/research-policy-advocacy-rpa/>



OUR INTERVENTIONS

A. YANA-YOU ARE NOT ALONE CAMPAIGN **YANA: Timely Interventions for Teens & Young Adults**

About YANA

YANA is a mental health and emotional support initiative by the Chartered Institute of Counseling in Nigeria (CICN) for young people, parents, and educators. It provides a safe, judgment-free space for teens and young adults to share, heal, and grow while navigating friendships, family, identity, and future goals. With WHO research showing Nigerian children face immense pressure and limited access to support, YANA addresses this urgent gap.

Professional Interventions for Schools & Parents

YANA offers early identification, prevention, and treatment of psychological, emotional, and social challenges in students. Key services include:

- Promoting positive school culture and student coping skills.
- Early intervention for grief, anxiety, anger, and social difficulties.
- Teacher and staff training to recognize warning signs.
- Referral systems to ensure all students access support.
- Family-focused programs to reduce dysfunction and enhance well-being.

Why Partner with YANA

- Support youth mental health and community well-being.
- Strengthen your CSR profile and social impact.
- Engage families and educators while promoting meaningful change.

YANA Ambassador Program

Ambassadors are young leaders advocating mental health awareness, resilience, and self-awareness among peers. They inspire hope, break the silence, and drive positive change in their communities.

YANA ensures no young person faces life's challenges alone.

READ MORE: <https://thecicn.org/yana/>

B. THE WHOLENESS NIGERIA PROJECTS

According to the World Health Organization (WHO), one in four Nigerians – about 50 million people – are suffering from some sort of mental illness. In fact, about 7 million Nigerians are diagnosed with depression annually which makes Nigeria Africa's most depressed country already. Also, National Depression Report revealed that 31.6 percent of the population reported symptoms of depression in 2018. The World Health Organization, WHO also discovered that an estimated 800,000 people die by suicide annually, and Nigeria being the 7th largest nation in the world now ranks 15th in the world in the frequency of suicide.

Despite having a population of over 180 million, there are fewer than 200 psychiatrists in Nigeria – or just one for every 1 million people, (BioMed Central, 2016). The saddest fact; According to Dr. Auwal Sani Salihu (2019), 6 out of 10 Nigerian women are suffering from mental challenges. This indicates that 59.5 million out of 99.1 million women in Nigeria are suffering from one mental health challenge or the other

THERE IS NO HEALTH WITHOUT MENTAL HEALTH.

For policies to be effective and the numerous efforts of the government to yield the expected results, the people need a complete mind shift.

Some of the challenges being faced by Nigerians are the obvious demonstration of the state of mental health of the citizens;

- Drug abuse menace among the youth
- Gambling addiction
- High rate of domestic violence and sexual abuse
- Militancy and Criminality
- Suicidal ideation
- Kidnapping & Banditry
- Get rich quick syndrome of the youth
- Bullying & Dysfunctional Family issues
- Depression and anxiety disorder etc.

The Focus

This program aims at propagating the psychological and emotional wellness of Nigerians especially women and youths. It will be launched into the societies with the following in focus:

- Complete mind shift for better perspectives and actions
- Behavioral modifications
- Facilitate optimal functionality
- Reduce the rate of mental health dysfunction in the society
- Creation of mental health awareness among Lagosians
- Increasing the availability of mental health experts in Lagos State
- Job creation and empowerment as counselors and psychotherapists
- Career development for existing mental health experts.
- Special emphasis on Women and Youth's mental wellbeing

READ MORE HERE: <https://thecicn.org/the-wholesome-nigeria-project/>



OUR OTHER INITIATIVES

INTIMACY CLINIC

Chapter 18:

Your session with us is 100% confidential we don't judge or discriminate based on color, race, religion, cultural or personal belief.

At Intimacy Clinic, we fill the vacuum of lack of access to competent Professional Counselors in this part of the world and help people resolve their relationship and marital issues. We have also carved a niche for ourselves in the area of sex therapy and thereby the foremost center where you can get all your sexual issues resolved

If you are confused about your relationship, or your marriage has become a battleground and you feel like giving up or probably you can't find a reason to live again, I congratulate you for being here, because, right in this place, you will find a reason to live and be happy again. Familiarize yourself with our website and tell us how we can walk with you to find your lost peace.

Intimacy Clinic also solves emotional and psychological problems that could result in a lack of efficiency, social irrelevance, or even suicide. Emotional problems and conflicts are natural occurrences, they are part of human existence that could lead to detrimental consequences if not well managed.

READ MORE. HERE: <https://thecicn.org/intimacy-clinic/>

BODY THERAPY CLINIC

Dance/Movement Therapy usually referred to simply as dance therapy or DMT, is a type of therapy that uses movement to help individuals achieve emotional, cognitive, physical, and social integration.

According to research, touch deprivation could lead to different kinds of issues like low self-esteem, attachment issues, social anxiety, etc. The tender touch of others is now known to boost the immune system, lower blood pressure, decrease the level of stress hormones such as cortisol, and trigger the release of the same kind of opiates as painkilling drugs.

Premature babies gain weight when rubbed lightly from head to foot. Massages reduce pain in pregnant women. People with dementia who are hugged and stroked are less prone to irritability and depression.

If you just sit and observe, you will see how restless your mind is. If you try to calm it, it only makes it worse, but over time it does calm, and when it does, there's room to hear more subtle things – that's when your intuition starts to blossom and you start to see things more clearly and be in the present more. Your mind just slows down, and you see a tremendous expanse in the moment. You see so much more than you could see before. - Steve Jobs

READ MORE HERE: <https://thecicn.org/body-therapy-clinic/>



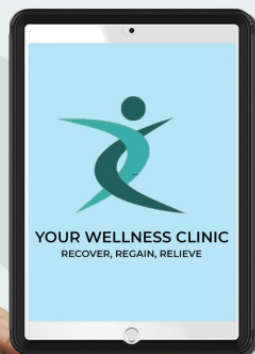
YOUR WELLNESS CLINIC

We aim to ensure that everyone has access to high-quality therapy services, regardless of their level of need.

At Your Wellness Clinic, our goal is to ensure that everyone has access to high-quality therapy services, regardless of their level of need.

We believe that everyone deserves the support and guidance of a trained therapist, and we are committed to making that a reality for all. Whether you are seeking help for a specific issue or simply looking to improve your overall well-being, we are here to help. Our team of experienced therapists is dedicated to providing compassionate and effective care to all of our clients. So if you are struggling with any kind of life challenges, please don't hesitate to reach out to us. We are here to support you every step of the way.

READ MORE: <https://thecicn.org/your-wellness-clinic/>





INTIMATE MATCHMAKING

Founded in 2010 by Tolulope Oko-Igiare, we are setting the pace by creating a result-oriented platform, carefully designed with Integrity and total dedication strictly for those looking for a serious relationship that could lead to marriage, all over the world. This platform is not limited by age, race, color, religion, location or localization. Love is all that matters!!

READ MORE: <https://thecicn.org/intimate-matchmaking/>



POISE & PETALS





ETHICAL GUIDELINES AT THE CHARTERED INSTITUTE OF COUNSELING IN NIGERIA (CICN)

Upholding Integrity. Protecting Clients. Elevating the Counseling Profession.

At the Chartered Institute of Counseling in Nigeria, ethics forms the foundation upon which our entire profession stands. As the premier institution championing the growth, regulation, and recognition of counseling in Nigeria, we understand that true professionalism is measured not only by competence, but by character. Our Ethical Guidelines reflect this belief, providing a clear framework that empowers counselors to practice with integrity, compassion, and accountability.

Our Ethical Guidelines are designed to:

- Protect the welfare and dignity of clients, ensuring they receive competent, respectful, and confidential care.
- Provide counselors with a dependable decision-making compass, especially in complex or emotionally charged situations.
- Promote transparency and accountability within counseling practice, education, and supervision.
- Foster a culture of respect, cultural sensitivity, and non-discrimination across all counseling contexts.
- Strengthen the integrity and public trust placed in counseling professionals in Nigeria and around the world.

READ MORE: <https://thecicn.org/ethical-guidelines/>

Chapter 19:



Chapter 20:

OTHER CORPORATE SOCIAL RESPONSIBILITY

Institute of Counseling has been at the forefront of leading the crusade of mental wellness in Nigeria, we use every avenue and all opportunities to reach out to society. We partner with government agencies and corporate bodies to make our world a better place. If you or your organization would like to join the growing network of ICN strategic partners or interested in finding out more about partnerships with us, for our CSRs, please send us a mail: admin@instituteofcounseling.org or fill out the request form below this page.

READ MORE: <https://thecicn.org/our-csr/>