



SAARTHI • सारथी

करियर मार्गदर्शन पोर्टल • Career Guidance Portal

"सही मार्गदर्शन, उज्ज्वल भविष्य।"

करियर शीट • CAREER SHEET

परामर्श मनोवैज्ञानिक

A counseling psychologist helps people cope with emotional, educational and life problems and make difficult decisions. The path is a bachelor's in psychology followed by an MA in Psychology and counseling training.



Scan for everything on this career

Salary, exams, colleges, the routes in and the steps after — all on the portal.

career.gsssjethantri.in/#/career/counseling-psychologist

राजकीय उच्च माध्यमिक विद्यालय, जेठन्तरी

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सुशील कुमार शर्मा

प्रधानाचार्य, रा.उ.मा.वि. जेठन्तरी • मास्टर ट्रेनर
Principal, GSSS Jethantri • Master Trainer



श्री चेनाराम चौधरी

प्रधानाचार्य, डाइट बाड़मेर
Principal, DIET Barmer



श्रीमती संघमित्रा

वरिष्ठ व्याख्याता, डाइट बाड़मेर (सहयोग)
Sr. Lecturer, DIET Barmer (Support)



भरत चौधरी

अभिकल्पना व विकास • व्याख्याता (इतिहास)
Designed & developed • Lecturer (History)

विशेष धन्यवाद • SPECIAL THANKS



सुरेन्द्र सिंह राठौड़

व्याख्याता (इतिहास) • रा.उ.मा.वि. कानाना



सुरेश कुमार सैन

व्याख्याता (भूगोल) • रा.उ.मा.वि. रामसीन मूंगड़ा



वनिता कुमारी

व्याख्याता (इतिहास) • रा.उ.मा.वि. रामसीन मूंगड़ा



कमलेश चौधरी

व्याख्याता (राजनीति विज्ञान) • रा.उ.मा.वि. टापरा

करियर मार्गदर्शन कार्यशाला, डाइट बाड़मेर (14-17 जुलाई 2026) में विकसित व लोकार्पित
Developed & unveiled at the Career Guidance Workshop, DIET Barmer (14-17 July 2026)

यह एक स्वतंत्र परियोजना है, जो सरकार की आधिकारिक करियर-मार्गदर्शन सामग्री पर आधारित है। • An independent project based on the Government's official career-guidance content.

1 About this career

A counseling psychologist helps people cope with emotional, educational and life problems and make difficult decisions. The path is a bachelor's in psychology followed by an MA in Psychology and counseling training.

2 At a glance

Minimum qualification	BA/BSc + MA Psychology
Course duration	3+2 years (PhD optional)
Avg. salary	₹20,000–₹60,000/month
Work mode	Session-based counselling

3 What you need

INTERESTS

- Helping and listening to others
- Analysing problems/situations
- The human mind, behaviour and emotions

ABILITIES

- Deep empathy and patience
- Analytical and non-judgemental thinking
- Strong communication and active listening

KEY SKILLS

- Counselling and psychotherapy techniques
- Active listening and rapport building
- Crisis management and referrals
- Sensitivity to different ages and cultures
- Psychological assessment/testing
- Confidentiality and professional ethics
- Case documentation and follow-up

4 How to get there

- 1 Complete 10+2 in any stream.
- 2 Complete a bachelor's in Psychology/Applied Psychology.
- 3 Do an MA in Psychology (counselling/clinical specialisation).
- 4 Complete a supervised internship and practical training.
- 5 Start with a school, hospital, NGO or helpline.
- 6 Optionally pursue MPhil/PhD or independent practice.

MAIN EXAMS

- University entrance for MA/PG (e.g., CUET-PG).
- For clinical roles, an RCI-recognised course is helpful.

5 Where to study

GOVERNMENT INSTITUTES

- University of Rajasthan – Dept. of Psychology — Jaipur (<https://www.uniraj.ac.in>)
- Banaras Hindu University (BHU) — Varanasi (<https://www.bhu.ac.in>)
- NIMHANS (clinical/counselling training) — Bengaluru (<https://nimhans.ac.in>)

PRIVATE INSTITUTES

- Christ University — Bengaluru
- Lady Shri Ram College (LSR) — New Delhi
- Amity Institute of Psychology — Noida

ONLINE

- SWAYAM/NPTEL – Counselling & Psychology — Online (<https://onlinecourses.swayam2.ac.in>)
- Udemy – Counseling — Online (<https://www.udemy.com/topic/counseling/>)

FEES

Course fees range from about ₹14,000 to ₹4,50,000 per year (lower at government institutes).

SCHOLARSHIPS

- National Scholarship Portal (NSP) (<https://scholarships.gov.in>)

- Rajasthan SSO / Mukhyamantri Uchch Shiksha Chhatravriti (<https://sso.rajasthan.gov.in>)
- Buddy4Study (<https://www.buddy4study.com>)
- Vidya Lakshmi Education Loan (<https://www.vidyalakshmi.co.in>)

6 What the work is like

WHERE YOU WORK

Hospitals, universities and schools, counselling centres, NGOs, helplines, corporates and private clinics.

WORK CULTURE

Work can be research-oriented or applied. In applied roles you take sessions with clients one after another. Opportunities exist for persons with disabilities.

WHO HIRES

- Hospitals and mental-health clinics
- NGOs and community/helpline services
- Online therapy platforms
- Schools, colleges and universities
- Corporate EAPs and HR departments
- Independent private practice

DEMAND (2026)

Awareness of mental health in India is rising fast; demand for counsellors in schools, corporates and online platforms keeps growing.

7 Career growth

- 1 Intern / Psychology Assistant
- 2 Counseling Psychologist
- 3 Senior Psychologist / Supervisor
- 4 Private Practice or Head of Department

EARNINGS

Starting	₹20,000/माह
Mid level	₹35,000/माह
Senior level	₹60,000+/माह

Income depends on qualifications, experience and setting. An established private practice can earn more via per-session fees.

8 The good parts · The challenges

The good parts

- Deep, meaningful contribution to people's mental health.
- Growing demand and diverse work settings.
- Scope for private practice and flexibility.

The challenges

- Emotionally draining (risk of burnout).
- Long study and experience needed for good income.
- Clinical roles require RCI licensing/regulation compliance.

9 Real-life journeys

Dr. Jhuma Basak

Psychoanalyst; training & supervising analyst, Indian Psychoanalytic Society

A Calcutta-based psychoanalyst whose work on culture, women and gender is translated into several languages; serves on the IPA's Committee on Women and Psychoanalysis.

IPA Off the Couch · <https://ipaoffthecouch.org/2020/08/07/episode-61-a-report-from-calcutta-and-the-changing-role-of-women-in-psychoanalysis-with-jhuma-basak-phd/>

Sudhir Kakar

Psychoanalyst and cultural psychologist; author

Widely regarded as the father of psychoanalysis in India; practised for 25 years in Delhi and taught at Chicago and Harvard.

Wikipedia · https://en.wikipedia.org/wiki/Sudhir_Kakar

10 Sources & further reading

1. Rajasthan Career Guidance Portal — <https://cg.rajasthan.gov.in/careerguidance>
2. University of Rajasthan, Jaipur — <https://www.uniraj.ac.in>
3. Rehabilitation Council of India (RCI) — <https://rehabcouncil.nic.in>
4. NIMHANS Bengaluru — <https://nimhans.ac.in>



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