

THIS WEEK FOR YOU

14th Jan to 20th Jan 2018

ARIES: The 10th House from your Sign is called the Karma-Sthana - the House of Karma, Profession and Work. LIBRA: This week the Moon starts evolving in Capricorn. GANESHA SPEAKS: Accuracy - Reliability - Trust For Astrology Dial 55181

CIPHER DECIPHER e-mail: cipher-decipher@dailyclexelsior.com

Hi Friends! We are back with your favourite column for the week. Please have a look at OUR MESSAGE before you send in your message to us.

- 1. To all from Suraj Dev Singh: " Educating a man means, educating a person, but educating a women means educating a family". 2. From Sarika Verma to all: " The highest we are placed the more humbly should we walk ".

BEST MESSAGE The award of rupees 200 for this week's best message has gone to SONIA SHARMA D/o JAI RAM SHARMA, R/o H. NO. D-311, LOWER SHIV NAGAR, NEAR WOMEN POLYTECHNIC COLLEGE, JAMMU-180001 for the message " If you don't go after what you want, you will never have it ".

CIPHER-DECIPHER MESSAGE CHIT Name. Address. Message.

OUR MESSAGE Please do mention pin code number of areas while sending your message to EXCELSIOR. Your message must reach us by Friday evening. To send your message, use CIPHER-DECIPHER message chit. Your entries should be brief and original. We use those messages devoid of hurting the sentiments of the people. Out of the messages we receive, one of the message is selected for the award.

HARESH SINGH

CAREER COUNSELLING

RELATIONSHIPS FIRST

Gauri Chhabra

All human relationships experience stress and conflict and couple relationships are no exception to this rule. When couples experience relationship problems, many seek professional help through counseling and therapy services.

Couple's therapy (or relationship therapy) is a subset of relationship counseling. It may differ from other forms of relationship counseling in various regards including its duration.

Marriage counseling is a fast emerging field and taking into consideration the lack of certified, educated professionals available in the city, we thought of coming up with this course.

Marriage counselors are licensed therapists who treat couples and families. Also known as marriage and family therapists, or MFTs, they may provide counseling to adults, teenagers, and children in group or individual settings.

Getting in The first step toward becoming a marriage counselor is to earn a bachelor's degree with coursework in behavioral sciences. A marriage and family therapist career generally involves a good deal of education, much like other mental health and therapy careers.

Prerequisite classes in statistical analysis are also required for admission to many psychology and marriage counseling master's degree programs. After earning a graduate degree, licensure is required. Marriage and family therapists help people work through

various relationship issues and clinical problems, such as mood disorders, depression, and anxiety.

Though a master's degree is the minimum educational requirement for licensure, some MFTs also pursue a Doctor of Psychology. Most master's degree programs take 2-3 years to complete; doctoral programs may take 3-5 years or longer.

Commonly, there are three options available for those who wish to enter the field as a marriage and family therapist:

- * Master's degree: 2-3 years to complete
* Doctoral program: 3-5 years to complete
* Postgraduate clinical training programs: 3-4 years to complete

Bachelor's degree with specialization in subjects like Human Development and Family Studies, Child Development, Human Development and Childhood Studies, Child Development and Family Relationships, Home Science, Psychology, Social Work, Medicine or other allied disciplines.

Or Bachelor's degree with a higher degree in any of the above mentioned subjects or Bachelor's Degree along with a Post Graduate Diploma in Guidance and Counselling from a recognized University.

Master of Science in Counseling and Family Therapy (MSCCFT) Minimum Duration: 2 Years Maximum Duration: 5 Years

Bachelor's degree with specialization in subjects like Human Development and Family Studies, Child Development, Human Development and Childhood Studies, Child Development and Family Relationships, Home Science, Psychology, Social Work, Medicine or other allied disciplines.

Or Bachelor's degree with a higher degree in any of the above mentioned subjects or Bachelor's e along with a Post Graduate Diploma in Guidance and Counselling from a recognized University.



Medium: English

Institutes offering online degree program in US:

* Walden University offers online master's (MS) in Marriage, couple and family counseling.

* Regent University offers online master's (M.A.) in Marriage, couple & Family counseling.

* Capella University offers MS in marriage & Family counseling / therapy degree program

* Amridge University offers an online program in Master of Arts in Marriage and Family Therapy

* Toronto University Worldwide (TUW) offers an online graduate degree in marriage and family therapy

* Northcentral University offers a COAMFTE accredited Master of Arts in Marriage and Family Therapy

Institutes offering online degree program in India:

* Royale Institute, Pondicherry offering online certificate in Marriage and Family Counseling for 3 months duration

* Tata Institute of Social Sciences Mumbai offers Certificate Programme in Couple and Family Therapy

* Urban India Ministries Bangalore offers post Graduate one-year Post-Graduate Diploma course in Family & Marriage Counseling and 6-months certificate program in family and marriage counseling

* Indira Gandhi National Open University Delhi offers Master of Science in Counselling and Family Therapy (MSCCFT)

* Pune City-based Baya Karve Women's Study Centre (BKWSC) has introduced a certificate course in marriage counseling.

What Does a Marriage and Family Therapist Do?

Although most families have problems and many of them have frequent arguments, it can often be hard to pinpoint the underlying causes of these arguments.

During therapy sessions, talking is usually the job of the family members rather than the therapist. A marriage and family therapist will often do more listening than talking during these meetings.

verbal body language, or clues to where certain problems may lie. For instance, a marriage and family therapist that witnesses a teenager rolling her eyes might deduce that actions such as these might make her parents feel disrespected.

After discovering some possible underlying causes of major problems in a family, a marriage and family therapist can then help the family as a whole work through their issues. The therapist will often offer guidance and advice to frustrated family members, for instance, or he might teach them how to communicate more effectively.

If you're looking to become a marriage and family therapist, keep in mind that you won't be the magic cure that ends all arguments in a household. Arguing is part of being in a family; it just comes with the territory. Instead of teaching families how to stop arguing, as a marriage and family therapist, you'll help them learn to communicate more effectively, work through their differences, and become a stronger family unit - even if that does involve an occasional argument.

Where would you work? Marriage and family therapists might work in a number of different settings. This might include social service offices, or community and mental health facilities.

Many marriage and family therapists, however, choose to open their own private practices. In doing so, married couples and families can seek out their services and meet in the therapists' offices. A few marriage and family therapists might even make house calls, which involve visiting a household to observe the living situation.

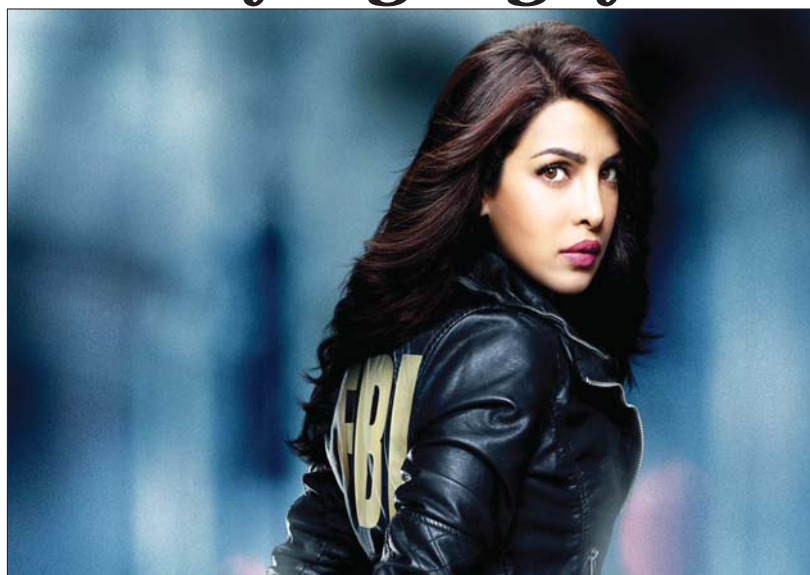
The Road Ahead:

It is being predicted that career employment for marriage and family therapists is expected to grow much faster than average as more people turn to professionals to help them cope with relationship and family issues and the stress of daily obstacles such as depression, substance abuse, behavioral problems and infidelity, among others.

Therefore, if you are interested in helping couples and families strengthen their bonds and build healthier relationships with each other, a career in marriage and family therapy may be the right choice for you. So, step up and make the choice to build relationships.

For queries contact gauri_nagpal@yahoo.com

I still have not found my right guy



India's global star Priyanka Chopra, who is busy shooting for Quantum in America, recently came to India for a short vacation. She opened her heart out on numerous issues, including her marriage. Supriyo Hazra tracks her

How it feels to be back home? It is always great to be back home. I just try to find excuse to come here. I am, really glad that I came back here. I have come and jumped into work. But I am really glad that I am here.

How are you going to react to your Hollywood colleagues moves to protest against sexual harassment cases? It is amazing. Not just men and women, but people are standing up against issues where powerful men who think they can get away doing anything.

Do you think we lack the courage here in our industry to come up and speak on such issue? I don't think its an industry thing and a case associated with India. I just don't think we have come together yet to be able to do that in such a big way.

How do you react being awarded the Global Icon Extraordinary Award at the Zee Cine Awards 2018? I don't; t think I am an icon. Speaking on global icon, I can say I have just started working and these are my initial years now. Just wait and watch what I am going to do in future.

Were you approached on the Rakesh Sharma biopic? Yes, it was one such script on which I was approached when Aamir was also part of it. The film was supposed to be shot in 2019. He (Aamir) is not in the film now. We were supposed to do it in 2019. Now, I don't know. I haven't spoken to Sid (producer Siddharth Roy Kapur) or Mahesh sir. As soon as I know, I will see.

When are you planning to get married? Marriage is not something which happens as per plans. You just have to find the right guy for yourself. If I find a right person then I will do it. I still haven't found that person.

How did the entire controversy around the Padmavati episode affect you? I have an incredible relationship with Sanjay sir and I admire him tremendously. I know this film will come out and people will see the art behind it. They just need to make sure that everything is sorted. I will always stand not only by Sanjay sir but also Deepika, Ranveer and Shahid for the film.

INNER VOICE

ADAM

Opening my eyes to this barren world I got stupefied watching the astonishing Sites and all the wonders contemplating like a baffled child.

I remember the time as it seems like it was previous night the sky so vast the gale of eve and then I applauded it was all satisfying as the globe was mine.

Mehak Khajuria

FAMILY

There are differences no doubt, What really matters is that we care about, Start every morn with an itchy shout, Call names and make many timid pout...

We try our best to sum up the rest, And make every effort to clear the test, Pray to God to strengthen our chest, Come what may we will be the best...

Kulbhushan Gupta

ODYSSEY

The river trundles its wandering course, Creating mayhem near the shore. River is elegantly shored by the trees, Calm ocean prompt me to descend.

Can not believe in artificial sweetness. Imaginative world mingled with real world, Seems the blending mixture of rest and bliss. Ups and downs, undulate and swing like in the breeze, Odyssey of whole life is determined by the this influence.

Ab. Majeed Bhalessa, Doda

MY LOVE

I just want to know that You are the one I cherish and love, A blessing sent from Heaven above. I will love you as a faithful wife should And do everything for you I could You have blessed me with a beautiful life made together by both of us.

I respect you for being so responsible, In every way you are, so incredible. I loved you yesterday I love you still I always have and I always will

Sonia Gupta Arora

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