



# Self- Guided Online **INTERNATIONAL CERTIFICATION ON RELATIONSHIP COUNSELING USING TYPE**

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## ICRT

This Certification is specifically designed to facilitate people to understand and manage the human differences by identifying the Personality-Type; after attending this certification, people will be able to understand themselves and people around them. The objective of this certification is to make people able to counsel and encourage their relations through Personality-Type and to make their lives better in terms of wellness, and life goals. The vision of this certification program is to inculcate the essential knowledge and to apply Personality-Type insights in every relation of life.

## WHY BECOME ICRT CERTIFIED?

- The Vision of this certification program is to inculcate the essential knowledge and skills you need to apply the Personality Type insights in different professional settings worldwide.
- The vision of this certification program is to inculcate the essential knowledge and to apply Personality-Type insights in every relation of life.

## KEY HIGHLIGHTS

- Delivered online, this program embraces the value of experiential learning throughout. Supported by a highly interactive training platform – comprises of 16 learning modules. And a few of them facilitated via Zoom. The modules can be completed on your own schedule.
- Once registered, you'll have immediate access with up to 90 days to complete the curriculum and pass the certification exam.
- We estimate that it takes around 30 to 40 hours to complete the program.
- This is similar to the time commitment for the four-day Type based Assessment Certification Program. However, the self-guided program allows you to break up your learning into manageable chunks that fit your own schedule.
- You'll have 90 days to complete the program after registration.

## ABOUT QAMAR CONSULTING

We are providing TYPE-based personality development and enhancement in Pakistan since 2005. We have trained more than 50,000 students to use the TYPE in the process of their career selection. We have instructed many teachers, trainers, coaches, and motivational speakers to incorporate the TYPE in their profession.

We have commenced the training session on TYPE-based development programs in Pakistan with a vision to accommodate the TYPE in all organizations so that people should be understood rather than being judged.

We have collaborated with CIM (Careers in Medicine), a program by AAMS (Association of American Medical Colleges), recognized our initiative and supported us. We received the best training company award in 2018 by WHO IS WHO because of our innovative endeavours in Pakistan.

## ABOUT THE TRAINER DR. QAMAR

Dr. Qamar ul Hassan has worked with many organizations and institutes in the field of leadership development and employee management. He successfully implemented TYPE (MBTI) based performance improvement solutions in Pakistan's private and public sectors. Over the years, he has trained many professionals and students from Pakistan's renowned organizations and reputable universities.

Dr. Qamar has had the honor of launching for the first time in Pakistan the innovative and life-changing services like; Know Yourself (a self-development program), TYPE-based career management, and type-based relationship management practices.

He has successfully trained over 50,000 students and professionals from 70 different organizations and institutes. He is also a researcher and has had the privilege of presenting his research work at international conferences in Dubai, Cairo, and Chennai.

## PROGRAM MODULES

### 1.Exploring the Personality-Type Preference Framework

Estimated time to complete: 1 to 3 hours

### 2.Personality-Type vs. Trait Explanation

Estimated time to complete: 30 minutes to 1 hour

### 3.Nurture by Nature

Estimated time to complete: 2 hours

### 4.Personality-Type-Based Group Feedback

Estimated time to complete: 2 hours

### 5.The Personality-Type Feedback Process

Estimated time to complete: 3 to 4 hours, plus learning assignment  
(approximately 4 hours)

### 6.Personality-Type Dynamics and Development

Estimated time to complete: 2 to 3 hours, plus learning assignment  
(approx. 1 hour)

### 7.Applications of Personality-Type Dynamics

Estimated time to complete: 2 hours and 45 minutes

### 8.Ethical use of "5 Step Personality- Type Discovery Model" By Dr. Qamar

Estimated time to complete: 1 to 2 hours

### 9.Apply Personality-Type Framework

Estimated time to complete: 1 to 2 hours

### 10.Personality-Type and Relationship

Estimated time to complete: 1 to 2 hours

### 11.Parenting by Personality-Type

Estimated time to complete: 1 to 2 hours

## WHAT WILL YOU LEARN?

# Why Should You Enroll In This Certification Program?

Vision and background idea of the preferences in daily life. Understanding the four preference pairs.

Apply your new skill to integrate into individual or team development sessions.

Learn to facilitate the different Personality-Type of development.

Explain the term "Preferences" in relation to the Type Based framework.

State preference definitions, compare characteristics of the preference pairs, and relate analogies and anecdotes to bring the preferences to life.

Discuss the 16 Types to help respondents who are sure of their preference.

Appropriate resources and activities to illustrate the relationship between Personality-Type dynamics and a range of personal and professional development applications.

Enhance & apply the Personality-Type to explore decision-making, leadership development, and conflict resolution.

How Personality-Type is important to understand the reasons for conflicts among partners.

How to manage the partner's expectations to ensure a happy marital life by identifying their Personality-Type.

Understand how to appreciate the contribution of both partners in their relationship.

Understand the Personality-Type of kids and their appropriate nurturing style.

## WHO IS THE ICRT PERFECT FOR?



- Relationship Counselor

## PARTICIPANT TESTIMONIALS

I had the pleasure of attending Dr. Qamar's session on Communicating Effectively by TYPE. It was truly an eye-opener. Ever since I have been practicing the science of TYPE-Based communication with my colleagues, I have noticed a great change. Now we can easily work in teams. I am looking forward to attending his trainings in future. **Syed Ahmad**, CEO DPL

Dr. Qamar is a remarkable man. His insight into human psychology is commendable. My entire team and I are grateful to him for helping us manage our work and relationships more effectively. I highly recommend others to contact Dr. Qamar for TYPE-based trainings. **Farrukh Rasheed**, HR Head HUBCO





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PROGRAM BY DR. QAMAR UL HASSAN

MORE INFORMATION

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**QAMAR CONSULTING**  
Discovering Potential & Optimizing Performance