

One Month Counselling Psychology Internship



Are you studying Psychology, Social Work, or
Sociology?

Looking for a hands-on experience in Counselling
Psychology?



Join us for an enriching
internship!

Contact Us

to Register: Email: aruvadaipsych@gmail.com

Phone: 9941449029 Website: aruvadai.in

Course Highlights:

- Basics of Counselling
- Application of Counselling Skills
- Counseling Approaches
- Counselling Methods & Techniques
- Documentation & Assessment

Internship Details:

- **Mode: Online/Offline**
- **Duration: 30 Days**
- **Daily Schedule with Practical Activities**
- **Assessment: Case Presentation, Report Writing**

5- modules

I. Basics of Counselling

- **What is Counselling?**
- **What is not Counselling?**
- **Ethical Issues**
- **Counselling and Psychotherapy**
- **Attributes of a Counselor**
- **Understanding the Need for Counseling**
- **Counseling vs Therapy**

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II. Application of Counselling

- **Counseling Skills**
- **Preparing for a Session**
- **Structuring the First Session**
- **Creating a Plan**
- **Preparation in Between Sessions**
- **MSE**
- **DSM 5 and ICD 11**
- **Mock Session (Online and Offline)**



III. Counseling Approaches

- **Understanding Your Population**
- **Finding the Right Approach**
- **Seeking Feedback from Clients**

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IV. Counselling Methods and Techniques

- CBT
- REBT
- SFBT
- Narrative Counselling
- Relaxation Techniques: JPMR, Deep Breathing Relaxation
- Introduction to ART Therapy
- Case Discussion



V. Documentation

- Importance of Documentation
 - List of Documents to be Maintained
 - Templates of Case Sheet
- Assessment:**
- Case Presentation
 - Report Writing

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TRAINERS

TEAM OF MENTAL HEALTH PROFESSIONALS



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