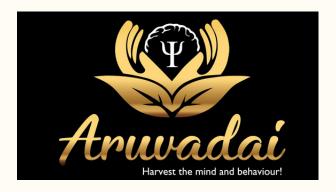
One Month Counselling Psychology Internship



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
- <u>Documentation &</u> <u>Assessment</u>

Internship Details:

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

5-modules

- 1. 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 II
- 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:

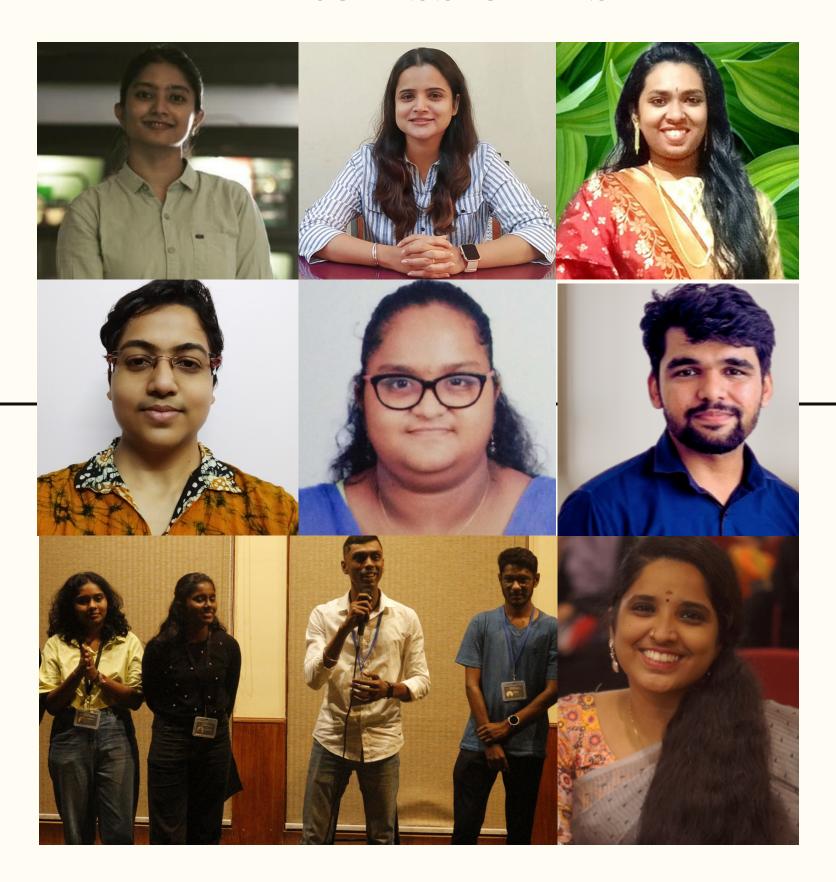
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TRAINERS

TEAM OF MENTAL HEALTH PROFESSIONALS



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