

*"This program is well-designed by The Mind Care to help the students understand the internship process and per-professional opportunity to prepare for a successful career in the field of counselling and psychotherapy" - Dr. T K Lakshmi*

*It enhances awareness of the responsibilities and skills needed for professional employment in the psychological services, and requires a synthesis of human development in spiritual, social, emotional, and cognitive behavior patterns.*

*Provides an understanding of the behavior and learning potential of clients. Finally, it would also allow students to develop a meaningful framework for the application of counselling skills.*

*Mind Care India Internship program Strengthen Your Professional Competence, Subjective Knowledge, Bring Confidence and Caliber in your carrier. This program provides Paradigm Shifts and Will transform your Life and Work.*



## The Mind Care India



*"We treat without medicines"*



info@mindcareindia.com



9445670257



Valasaravakkam, chennai  
- 600087



www.mindcareindia.com

## INTERNSHIP PROGRAM

The importance of a quality internship program for both undergraduate and postgraduate psychology students are vital importance for their academic career. Internships, which might be better termed “practice internships,” may involve research, while research opportunities may come in the form of work-study programs or volunteer positions.

This program is well designed by The Mind Care to help the students understand the internship process and pre-professional opportunity to prepare for a successful career in the field of counselling and psychotherapy.

It enhances awareness of the responsibilities and skills needed for professional employment in the psychological services, and requires a synthesis of human development in spiritual, social, emotional, and cognitive behaviour patterns. Provides an understanding of the behavior and learning potential of clients. Finally, it would also allow students to develop a meaningful framework for the application of counselling skills.





## Learning Outcomes

1. Apply psychological explanations to observed behavior patterns in a “real world” setting.
2. Identify relevant behavior patterns within the context of an internship.
3. Ability to select appropriate comprehensive assessment interventions to assist in diagnosis and treatment planning
4. Demonstrates skill in conducting an intake interview, a mental status evaluation, a mental health history, and a psychological assessment for treatment planning and caseload management.



## Expected from you

1. Submit a case report at the end of the course, on any 3 cases that were discussed during the course of the internship.
2. Ensure that any client case-discussion taking place during the sessions are kept confidential and not discussed out-of-the session setting.
3. Regular attendance is expected, to be able to receive the certificate at the end of the internship.
4. Active participation during the sessions and discussions for better learning.



## Course Requirements

Eligibility to apply:-

1. Beginner Counsellors with Psychology/ Social Work/Counselling Background
2. Psychology UG, PG and M.Phil Students
3. Social Work UG, PG and M.Phil Students
4. Counselling & Psychotherapy Students



## Types of Internship

We at mind care India offer 2 variation of internship: -

1. One Month Internship
2. 15 Days Internship

# COURSE DESCRIPTION

## 1 MONTH INTERNSHIP (120 HOURS/240 HOURS)

For UG and PG psychology/Social work students

### 1st week | Counselling Skills and Body Language & 24 practical counselling techniques

Counselling skills are soft (interpersonal) and hard (technical) attributes that a counsellor puts to use in order to best help their clients. This section will cover 24 essential counselling techniques and skills that is transferable to and useful in any form and type of counselling that the intern decides to pursue (individual, group, family, marriage & couple, educational, rehabilitation etc.)

“Research is increasingly finding that the type of therapy used is not as important to outcomes as are specific counsellor behaviors such as (1) Enthusiasm, (2) Confidence, and (3) Belief in the patient’s ability to change. Although there is nothing which will ensure change, it would appear that clients are more likely to achieve their goals when a good and positive relationship exists between them and their therapist. In essence the counsellor’s interactions with the client are a powerful tool in the helping relationship.”

### 2nd week | Applications of psychopathology in clinical practice & Case discussion Part 1 (Counselling & Clinical)

Psychopathology is the scientific study of mental disorders, including their theoretical underpinnings, etiology, progression, symptomatology, diagnosis, and treatment. This week the focus would be on discussion of how one should conduct clinical interview for the clients to understand how they are deviating from the normal behavior. Case discussions would be done to get a clearer understanding.

### 3rd week | Various Psychotherapeutic techniques useful in the Indian Setting & Case discussion Part 2 (Counselling & Clinical)

Psychotherapy is a general term that is used to describe the process of treating psychological disorders and mental distress through the use of verbal and psychological techniques. This section will introduce you to the different psychotherapy techniques that is considered appropriate and helpful in the Indian setting (culture, religion, values) and can help you deal with your clients better in your professional practice. This would be better understood with the help of case discussions to acquire real life examples.

### 4th week | Various assessments used in clinical/ Counselling practice & Case presentation (Group discussion / Role Play)

Counselling and Clinical practice comes with several assessment tools (scales and measures) to measure the client's cognitive and emotional functioning, to make a sound diagnosis of their problems, to understand their strengths, weaknesses, abilities. In this week, you will be introduced to various psychometrically sound assessment tools that could help you in your professional practice.

**This will be followed by a case presentation.**

**Assignments/ Report Writing/ Record maintenance**

**Fees - Rs 5000**

# 15 DAYS INTERNSHIP (30 HOURS/60 HOURS)

1st week | Counselling Skills and Body Language & 24 practical counselling techniques & Various assessments used in clinical/ Counselling practice

Counselling skills are soft (interpersonal) and hard (technical) attributes that a counsellor puts to use in order to best help their clients. This section will cover 24 essential counselling techniques and skills that is transferrable to and useful in any form of counselling that the intern decides to pursue (individual, group, family, marriage & couple, educational, rehabilitation etc.). You will also be introduced to various psychometrically sound assessment tools (to measure the client's cognitive and emotional functioning, to make a sound diagnosis of their problems, to understand their strengths, weaknesses, abilities) that could help you in your professional practice.

2nd week | Case discussion (Counselling & Clinical) & Case presentation (Group discussion / Role Play)

This week would be dedicated to getting real life examples of clients with various different issues and seeing how the previously learnt skills were applied to gain more information about the client or to direct the counselling session in a desired direction. This would be done through case discussions with the psychologists.

**Assignments/ Report Writing/ Record maintenance**

**Fees - Rs 3000**