



## Nurture Counseling

### Internship Program Syllabus

#### Clinical Understanding of Psychological Disorders & Evidence-Based Therapeutic Approaches

### Program Overview

This certificate course integrates clinical understanding of psychological disorders with evidence-based therapeutic approaches. The program bridges theory with applied clinical reasoning, case formulation, and ethical therapeutic practice

### Learning Objectives

- Build structured understanding of key psychological disorders
- Develop diagnostic clarity and clinical reasoning
- Understand application of evidence-based therapeutic models
- Strengthen integrative and ethical clinical thinking

### Program 1 Details : Evidence-Based Therapeutic Approaches

- Introduction to Cognitive Behaviour Therapy (CBT)
- Basic psychodynamic concepts
- Humanistic and client-centred approach
- Behavioural interventions
- Overview of third-wave therapies
- Integrative therapy basics

## Hour-wise Course Structure (Aligned with Internship Framework)

Component	Hours
Orientation	1
Live Interactive Classes	24
Pre-reading & Learning Resources	10
Assignments & Practice Tasks	8
Case Study Formulation (5 Case Studies)	10
Quizzes & Assessments	4
Report Writing & Documentation	3
<b>Total</b>	<b>60</b>

## Program Details 2 : Clinical Understanding of Psychological Disorders

### Psychotic Disorders

Schizophrenia spectrum, schizoaffective, delusional, brief psychotic disorders

### Personality Disorders (Cluster A, B & C)

Paranoid, schizoid, schizotypal, borderline, narcissistic, antisocial, avoidant, dependent, obsessive-compulsive

### Trauma-Related Disorders

PTSD, acute stress disorder, adjustment disorder, complex trauma, prolonged grief

### Mood Disorders

Major depressive disorder, persistent depressive disorder, bipolar I & II, cyclothymia

### Integrated Behavioural Focus

Behavioural and impulse-control patterns including anger dysregulation, impulsivity, risk-taking, emotional outbursts

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