



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
Total	60

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

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

Nurture Counseling

Report Writing & Documentation	3
Total	60

To Register or Learn More:

Visit www.nurturecounselingexpert.com/learn-%26-level-up or reach out to us for details.