

Counselling Psychologist Internship

No	WEEK	TOPIC/AREA	DAY	SUB TOPIC
	WEEK 1	Foundational Basis of a budding therapist	DAY 1	1. Demystifying Counselling and Demystifying Counsellor
			DAY 2	2. Ethics in counselling
			DAY 3	3. Multicultural counselling
			DAY 4	4. Informed consent form
				5. Contracting and ending a first session
		Assignment for the week: 1. Ethical dilemma 2. Reflection question on being a therapist/helper 3. Informed consent form(Show them an example of it.) 4. Contracting first session and ending first session.)		
	WEEK 2	COUNSELLING Skills (Part 1)	DAY 1(6)	1. Attending skills 2. Questioning skills
			DAY 2(7)	3. Encouragers, 4. paraphrasing and 5. summarising
			DAY 3(8)	6. Observational skills 7. Reflection of feelings or empathy
			DAY 4(9)	8. Confrontation and types 9. Focussing
		Assignment for the week: Use the micro-skills and answer the questions.		

	WEEK 3	Counselling skills & Process (Part 2)	DAY 1(11)	10. Interpretation 11. Immediacy 12. Advance empathy
			DAY 2 (12)	13. Psychoeducation 14. Linking 15. Home-work skills
			DAY 3(13)	16. Self-disclosure skills 17. Reflection of meaning 18.Role-play skills
			DAY 4(14)	
<p>Assignment for the week: Compare and analyse micro and macro skills.</p> <p>Assignment 2: Identify which micro and macro skills – Write process comment and skill for the verbatim.</p> <p>Counselling process: Role play 5 groups demonstrate diff stages.</p>				
	WEEK 4	Note taking, Working with defiant/resistant clients, referral, termination	DAY 1(16)	19Counselling Process-5 stages
			DAY 2(17)	1.Note taking: DAP, soap
			DAY 3(18)	2.Defiant/resistant clients, 3.Termination 4. Referral(i)Group counselling (ii)Psychiatrist (iii)Clinical psychologist
			DAY 4(19)	

1-Month Clinical & Psychotherapy Integrated Workshop

Format: 4 days/week (Mon–Thu) | 1 hr/day

WEEK 1: Foundations of Clinical Practice

Theme: *Seeing the client clinically*

Day 1: Orientation & Role of a Clinical Practitioner

Day 2: Case History Taking (Core Skills)

Day 3: Mental Status Examination (MSE) – Part 1

Day 4: MSE – Part 2 + Clinical Observation

WEEK 2: Psychopathology, Diagnosis & Case Formulation

Theme: *Making clinical sense of symptoms*

Day 1: Basics of Psychopathology, Classification of mental disorders

According to ICDs & DSMs

Day 2: DSM Basics & Diagnostic Details Understanding mental disorders

Day 3: Analysing Disorders & pathology & working on real life Case Studies

Day 4: Case Formulation Skills

WEEK 3: Psychotherapy Approaches (Applied Focus)

Theme: *From understanding to intervention*

Day 1: Psychoanalytic Psychotherapy, Psychodynamic Therapy, Existential Therapy

Day 2: Client-Centered Therapy, Gestalt Psychotherapy, Behavior Therapy

Day 3: CBT, Group Therapy, Family Therapy, Mindfulness-Based Third wave Approaches

Day 4: Trauma-Informed Care + Integrative Approach, Role Play

WEEK 4: Application, Special Conditions & Evaluation

Theme: *Handling real-world complexity*

Day 1: Therapy in Special Conditions (Suicidal clients, Crisis Intervention)

Day 2: Integration & case flow: Intake → MSE → Diagnosis → Therapy plan

Day 3: Practicals & Supervised Role-Plays

Day 4: Evaluation & Feedback