



NURTURE COUNSELING

ONLINE TRAINING-BASED INTERNSHIP PROGRAM

(Focused on learning, case discussions, and skill development)

**Evidence-Based
Therapeutic Approaches
and Clinical
Understanding of Key
Psychological Disorders**



Start Date: 5 January | 120 Hours | 3 Days a week class

REGISTER NOW



**2 Months Program
Online Classes**



**Hardcopy Certificate,
Recommended Letter
+Letter of Appreciation**



**Live Classes, Recording,
Study Materials**



**Skill-building for early
career pathways**

TIMINGS: 6 PM TO 8 PM

Choose between the complete 2-month internship or a 1-month module

Learn, reflect, and develop counselling skills through structured training



EVIDENCE BASED THERAPEUTIC APPROACHES

MODULE 1 JANUARY MONTH

Cognitive Behaviour
Therapy

Behavioural interventions

Psychodynamic approach

Third wave therapies such
as ACT and DBT

Integrative therapy basics

Humanistic and client
centered therapy

CLINICAL UNDERSTANDING OF KEY PSYCHOLOGICAL DISORDERS

MODULE 2 FEBRUARY MONTH

Personality disorders

Psychotic disorders

Trauma related disorders

Mood disorders

Behavioural and impulse-control patterns
integrated across diagnostic categories

Who Should Join

- Psychology students seeking strong clinical foundations
- Fresh graduates preparing for counselling or clinical roles
- Early-career psychologists wanting structured, evidence-based training
- Aspiring therapists looking to bridge theory with real-world application
- Mental health professionals wanting to strengthen diagnostic and therapeutic insight

PERKS:

PRACTICAL LEARNING | LIVE INTERACTIVE SESSIONS |
CERTIFICATE OF COMPLETION + LETTER OF RECOMMENDATION |
SESSION RECORDINGS | STUDY MATERIAL

Role-plays • Case formulation • Reflective learning • Skill building



TRAINERS



Priyancy Goyal
Counseling Psychologist

- PhD Scholar
- Queer-affirmative and trauma-informed practitioner
 - NCERT-certified professional
 - 6+ years of experience with children, adolescents, and adults
 - Experienced workshop facilitator and trainer for psychology students
 - Focus on trauma-informed care and clinical understanding of disorders



Srishti Mishra
Counseling Psychologist

- MA in Psychology (Clinical Specialisation)
 - Trained in CBT and REBT
 - Professional Member – IAOTH and APA
- 4+ years of experience
 - Focus on evidence-based therapeutic frameworks
 - Developmental and contextual approach to psychological concerns
 - Facilitates learning in CBT, REBT, and integrative therapy basics



about us.



Nurture Counseling is a mental wellness organization led by certified psychologists, offering remote counseling and a range of online learning programs for both psychology and non-psychology learners. All our training programs are experience-focused, practical, and facilitated by practicing certified psychologists. We are committed to creating a safe, supportive space where individuals can learn, grow, and strengthen their emotional well-being.

visit website to know more : www.nurturecounselingexpert.com

Affiliation and Recognition

