

INTERNSHIP

&
SPECIALIZED

TRAINING 

IN PSYCHOLOGY

WHY THIS INTERNSHIP IS UNIQUE

Comparison Chart

Other Internships VS This Internship

Group sessions with fixed content	FORMAT	One-on-one tailored sessions
Standardized structure for all participants	CUSTOMIZATION	Content adapted to individual needs
Uniform pace for entire group	PACE OF LEARNING	Adjusted to your personal progress
Generalized topics for broad appeal	FOCUS AREAS	Focused on your specific goals
Limited individual feedback	INTERACTION	Continuous personal mentorship
Fixed schedule and content	FLEXIBILITY	Flexible based on your requirements
Group-level outcomes, less personal depth	OUTCOME	Personalized development and growth

Build credibility that speaks for you

*Every eligible trainee receives a verified
completion **certificate** and a
personalized **portfolio accessible
instantly via QR code**—ensuring
authenticity for institutions and recruiters.*





CERTIFICATE

OF COMPLETION

PRESENTED TO

Your Name

*This certifies that YOUR NAME has successfully
completed specialized training and internship at Mental
Health First – Ashmi Dewan over 120 hours.*

01/01/2026

Ashmi Dewan
Psychologist
APA, BCPA



Date



(YOUR NAME) PORTFOLIO

Training/Internship
Period: (date)

Supervisor: Ashmi Dewan
Psychologist
Mental Health First

Subjects	Max Marks	Marks Awarded
Responsibility		
Proactivity & Participation		
Attitude & Interpersonal Skills		
Punctuality		
Written Reports/assignments		
Overall evaluation		
Mock Session		
Real Session		

Supervisor's comments: XYZ

Other Faculty Remarks: XYZ



“Counselling cannot be learned through theory alone. It is 30% knowledge and 70% real, lived experience gained through practice, guidance and mentorship.

What I share comes from years of working in the field - the realities of the Indian counselling space, the nuances of clients and the truths of building your own practice.

This includes the parts no one talks about—the challenges, the discomfort, the wins and the ground realities that truly shape you as a psychologist.” – Ashmi Dewan, Psychologist, Mental Health First, BCPA & APA member

Curriculum and Program Structure for Internship

Please note: This curriculum/program structure is suggestive. Topics may be adjusted, with possible additions or deletions. Assignments will be tailored to your individual progress, and tasks may vary based on your unique learning path, as this is a personalized, one-to-one program rather than a group ‘one-size-fits-all’ format.

60 Hours

Skills of counselling and launching your practice (you learn not only clinical skills but also entrepreneurship skills)

- Communication Skills
- Questioning skills
- Paraphrasing skills
- Empathy skills
- Nonverbal skills
- Listening Skills
- Counselling Setup
- Taking session notes
- Taking case history
- Forming rapport
- Cultural competence
- Boundaries setting
- Assertiveness skills
- Self-awareness work
- Clinical Judgement - beyond textbook application
- Personal attributes and biases
- Session planning and reflection
- Professional wellbeing to prevent burnout
- Case Studies
- Training videos
- Setting up your own practice
- Entrepreneurship skills
- Digital branding strategies
- Marketing
- Branding
- Use of AI

90 Hours

All Topics of 60 Hours Are Covered Additionally

- Marital Counselling
- Divorce counselling
- Family Counselling
- Child Counselling
- Grief Counselling
- Mental Health Counselling
- Career Counselling
- Personal Growth Counselling
- Case studies
- Training videos
- Client Practice Worksheets

120 Hours

All Topics of 90 Hours Are Covered Additionally

- Play Therapy
- Art Therapy and self-reflection
- Hypnosis and self-reflection
- Meditation and self-reflection
- EFT
- Support material in session
- Therapeutic Tools & Materials in Clinical Practice
- Training Videos

240 Hours

All Topics of 120 Hours Are Covered Additionally

- Mock Counselling Practice
- Soft skills training
- Professional appearance
- Therapist's own therapy
- House Tree Person/Sentence Completion/Stress Test
- Career Path Clarity Exercise
- Creating Client Intake, Assessment & Consent Materials

Pls note - This curriculum is suggestive and topics may be adjusted, some additions or deletions, based on your needs and insights as this is a personalized learning journey.

Optional Add-Ons (Available at Additional Cost)

Designed for those who want to go beyond training and actually start practicing.

Enhance your training with selected add-ons.

Designed to give you **professional visibility, credibility, a strong starting point and the advantage of being featured on an established platform, this website.**

Add-On 1: Featured Blog Publication

Publish **up to 6 blogs on our website under your name**, giving you an opportunity to build your professional voice and presence.

As the website already has established footfall, this helps **increase your visibility and position you as an emerging expert in the field.**

- Visibility duration: **1 year**
- Edits allowed: **Up to 6 revisions within the year**
- You choose your topic (subject to trainer approval before publishing)

Add-On 2: Stress Assessment Tool (with Scoring)

Get access to a **professionally designed stress test with a scoring system** that you can directly use with your clients.

- **Copyright-free** for your use
- **Lifetime validity**
- Ready for immediate application in practice

Add-On 3: Client Intake Form

Receive a **comprehensive intake form developed through years of clinical experience**, designed to help you gather the **right and relevant information before beginning therapy.**

- **Copyright-free** for your use
- **Lifetime validity**
- Structured for practical, real-world client work

Add-On 4: Confidentiality Contract Development

Work with me to **build a strong, well-structured confidentiality contract** that protects both your rights and your client's rights.

This is based on **years of experience in private practice**, including real clinical, ethical, and legal situations encountered over time—ensuring your contract is **practical, thorough, and reliable**.

Add-On 5: Personal Profile Web Page (1-Year Access)

Get your **own dedicated page on our website** to showcase your profile, skills, and work.

This helps you:

- Build **credibility and professional identity**
 - Share your profile with clients
 - Create a **strong first impression and head start** in your career
 - Benefit from being featured on an **established platform with existing footfall and brand presence**, increasing your visibility and trust factor.
 - Validity: **1 year**
 - Edits allowed: **Up to 3 changes within the year (with trainer approval)**
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Bundle Options for the add-ons:

1. Starter Toolkit

Best for: Getting practice-ready quickly

- Stress Assessment Tool
- Client Intake Form

 *Skip the hassle of creating from scratch and start using ready tools immediately.*

2. Professional Toolkit

Best for: Serious interns preparing for client work

- Stress Assessment Tool
- Client Intake Form
- Confidentiality Contract Development

 *Everything you need to confidently start working with clients.*

3. Visibility Booster

Best for: Building your name + presence

- 2 Blog Publications
- Personal Profile Page (1 year)

 *Get noticed, build credibility, and start creating your professional identity early.*

4. Complete Growth Package (Most Recommended)

Best Value | Maximum Impact

- 2 Blog Publications
- Personal Profile Page
- Stress Assessment Tool
- Client Intake Form
- Confidentiality Contract Development

 *From tools to visibility—everything you need to start, grow and stand out as a psychologist.*

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- *Most trainees choose a bundle for better value and faster career readiness.*
 - *Limited slots available for profile pages and blog features.*

 As part of your training, you get exclusive access to 20% off all products on our website (Ask for Coupon code once you enrol)

Program structure (60hrs)

□ **Live Class 1 (1 hour):** Core counseling skills—communication (questioning, paraphrasing, empathy) and listening.

Independent Work (10 hours): Role-play communication, reflective journal on empathy, brief report on listening in practice. (This is just a suggested outline; actual assignments will be tailored to your individual progress, so tasks may differ based on your unique learning path.)

□ **Live Class 2 (1 hour):** Nonverbal skills, rapport building, session notes.

Independent Work (10 hours): Reflect on rapport experiences, practice note-taking, analyze nonverbal cues in a video. (This is just a suggested outline; actual assignments will be tailored to your individual progress, so tasks may differ based on your unique learning path.)

□ **Live Class 3 (1 hour):** Boundaries, assertiveness, cultural competence, clinical judgment.

Independent Work (10 hours): Case study on boundaries, reflect on cultural scenarios, apply clinical judgment in a written exercise. (This is just a suggested outline; actual assignments will be tailored to your individual progress, so tasks may differ based on your unique learning path.)

□ **Live Class 4 (1 hour):** Session planning, self-awareness, personal attributes, professional well-being.

Independent Work (10 hours): Plan a mock session, self-awareness journaling, write a well-being plan. (This is just a suggested outline; actual assignments will be tailored to your individual progress, so tasks may differ based on your unique learning path.)

□ **Live Class 5 (1 hour):** Entrepreneurship—practice setup, marketing.

Independent Work (10 hours): Create a marketing strategy, outline steps to set up practice, reflect on branding. (This is just a suggested outline; actual assignments will be tailored to your individual progress, so tasks may differ based on your unique learning path.)

□ **Live Class 6 (1 hour):** Branding, digital strategies, summary Q&A.

Independent Work (10 hours): Develop a branding plan, reflect on integrating skills into practice, final written reflection. (This is just a suggested outline; actual assignments will be tailored to your individual progress, so tasks may differ based on your unique learning path.)

Program structure (90hrs)

□ **Live Class 1-6:** (Same as in the 60-hour structure, each followed by 10 hours of independent work as previously outlined.)

□ **Live Class 7 (1 hour):** Marital and divorce counseling—principles and differences.

Independent Work (10 hours): Reflect on marital/divorce case scenarios, write about ethical considerations.

□ **Live Class 8 (1 hour):** Family and child counseling—approaches and techniques.
Independent Work (10 hours): Case study on family dynamics, create a child counseling session outline.

□ **Live Class 9 (1 hour):** Grief, mental health, career, and personal growth counseling—overview and distinctions.

Independent Work (10 hours): Reflective comparison of these modalities, plan a personal growth counseling framework.

Program structure (120 hours)

□ **Live Class 1-9:** (Same as in the 90-hour structure, each with 10 hours of independent work.)

□ **Live Class 10 (1 hour):** Introduction to play therapy—core principles and techniques.

Independent Work (10 hours): Design a play therapy activity, reflect on play's role in therapy.

□ **Live Class 11 (1 hour):** Art therapy—methods and symbolic expression.

Independent Work (10 hours): Create an art-based therapeutic outline, reflect on art's therapeutic impact.

□ **Live Class 12 (1 hour):** Hypnosis, meditation, EFT—overview and therapeutic uses.

Independent Work (10 hours): Plan a meditation session, reflect on EFT or hypnosis applications.

Program structure (240 hours)

□ **Live Class 1-12:** (Same as the 120-hour structure, each followed by 10 hours of independent work.)

□ **Live Class 13 (1 hour):** Mock counseling practice—role-playing and feedback.

Independent Work (10 hours): Conduct a mock session, self-reflect on strengths and areas for growth.

□ **Live Class 14 (1 hour):** Soft skills—professional appearance and interpersonal effectiveness.

Independent Work (10 hours): Reflect on professional presentation, practice soft skills in scenarios.

□ **Live Class 15 (1 hour):** Therapist's own therapy—self-care and ongoing growth.

Independent Work (10 hours): Create a self-care plan, reflect on personal therapy benefits.

Frequently Asked Questions (FAQs)

1. Are the classes conducted live?

Yes, all sessions are conducted live to create an interactive and engaging learning environment.

2. Will I receive a certificate?

Yes, participants will receive a certificate upon successful completion of the program.

3. Can I request a Letter of Recommendation?

Yes, Letters of Recommendation can be provided upon request and a fee to support your academic and professional growth throughout your journey with us.

4. What are the criteria for successful completion of the program?

To maintain the quality and integrity of the certification, the following criteria apply:

- Minimum **50% score** in evaluations
- Being **proactive and engaged** with assigned work

Participants who meet these requirements will receive a **Completion Certificate**.

5. How much time do I need to dedicate to the program?

You will be required to dedicate approximately **2–4 hours per day**, depending on the program schedule you choose. This includes live sessions, assignments and practice. The program is structured to allow time for **research, reflection and deeper understanding** of concepts.

6. Can I attend the program from my own city?

Yes, the program is conducted **online**, with a **hybrid option available for Delhi-based trainees**.

All you need is a stable internet connection and a device to access the sessions and materials.

7. What is the format of the program?

This is a **training-based, practical program** focused on real-life application, experience sharing and understanding ground realities.

It is not a theory-based class—participants are encouraged to **ask questions, stay interactive and engage actively** to get the most out of the experience.

8. What payment options are available?

We offer multiple convenient payment methods, including:
UPI, Credit/Debit Cards, EMI options, Net Banking and Wallets.

9. What is your refund and cancellation policy?

We maintain a **strict no-refund policy** for all programs.

10. When will I receive my certificate?

Upon successful completion of the program, your **E-certificate will be shared within 7 business days.**

11. Can my internship be canceled midway or at the end?

Yes, your internship can be terminated if there is inappropriate behavior. This includes actions like defaming the company or trainers, spreading misinformation, violating confidentiality, engaging in any form of harassment, or behaving unethically or unprofessionally. We maintain a respectful and ethical environment, so any conduct that compromises the integrity or safety of the program may result in cancellation.

Keep showing up for yourself and for those you'll serve—because that's where real impact begins.

THANK YOU



HAPPY LEARNING!