



ONLINE
PSYCHOLOGY INTERNSHIP
INTERNSHIP PROGRAM
FOR PSYCHOLOGY STUDENTS



PARAMARSH COUNSELING AND INTERVENTION CENTRE

Address- Pkt- B/6/126, Sector-8, Rohini, Delhi

(Internship is an opportunity for Psychology students to learn various psychological practices in clinical settings. Take it seriously and learn. This will help and motivate you for future career in Psychology)

INTRODUCTION ABOUT PARAMARSH:

Paramarsh has been providing services in the field of mental health for past 7 years. We have team of psychologists from various specialization including counseling, clinical etc. We organized many offline internships, workshops, seminar hands on training programs. More than 500 master and bachelors psychology students benefited. We are providing counseling and therapeutic intervention in our clinic. We are serving counseling and psychotherapy for various mental health issues; also provide different interventions to children with special needs, provided parental counseling, special education, occupational therapy, speech therapy, sensory integration therapy. We also doing psychological assessment including personality, aptitude, attitude, intelligence based on new guidelines.

Course content of online internship: This internship program is exceptionally intended for IGNOU students as indicated by their criteria with significant training for clinical and counselling specialization

DURATION: As per university Guidelines

ATTENDANCE: Regular Online attendance is mandatory for each internee.

IMPORTANT NOTE: Students have to give name of academic counselor before taking permission from university. After starting internship, students have to contact and discuss all cases regularly with Academic Counselor of your study center. Student will discuss the changes if any, with agency supervisor.

CASE FORMAT: As per University guidelines.

1. **Case History and MSE**

Why we need to take case history, Steps of case history taking, Case History as an assessment tool. Role of MSE in clinical cases.

2. **Screening and Identification**

Screening tools – DST, VSMS.

3. **Details Psychological Assessment**

IQ Tests- SFB, Personality Tests, Adjustment Issues, Stress and Anxiety, Internet Addiction etc.

4. **Diagnosis of Various Psychological Disorder and Disabilities**

As per DSM-5, ICD-11, RPwD, 2016. Important tools - NIMHANS INDEX Battery, ADHD Rating Scale

5. **Therapeutic Intervention and Psychological Support**

BM, BT, CBT, REBT, NT, Direct and Indirect Counseling, Counseling Skills

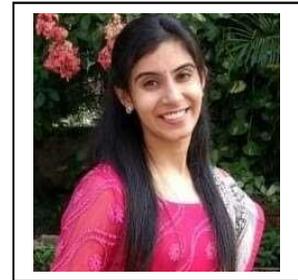
6. **Case Discussion- Demonstration, Role Play, and Online observation of cases with consent.**

7. **Report Writing and Ethics**

How to Write Internship Report, Confidentiality and Consent .

RESOURCES

MS. KAVAN is a *Clinical Psychologist, registered under Rehabilitation Council of India (RCI CRR No. 62240)*. She is trained in psychological assessments and psychotherapy. Her specialization in Clinical Psychology started in Bangalore at Christ (Deemed to be University) where she completed M. Phil. in Psychology (Clinical) while interning at the Richmond Fellowship



Society. She went on to further get training at the Institute of Human Behaviour and Allied Sciences (IHBAS) in Delhi, acquiring the permanent license to practice, granted by the Rehabilitation Council of India. She is a Professional Life Member of the Indian Association of Clinical Psychologists. She is also an Assistant Professor at Christ (Deemed to be University) Delhi NCR. She takes courses for students enrolled in Under graduate and Post graduate Psychology programmes. Having trained at diverse settings, ranging from tertiary care hospital to rehabilitation facilities to child and adolescent mentorship programmes, she finds it easy to connect to a wide range of population to develop and match carries immense potential to bring positive and rewarding changes in the client's life and is deeply satisfying to the therapist. work out effective therapeutic plans with them. She believes the right therapist- client



MS. TANNU have 16 years of experience in psychological intervention and disability rehabilitation. She is registered *Rehabilitation Psychologist and Special Educator from Rehabilitation Council of India (RCI CRR No. 12226)*. She had completed M.Phil. in Rehabilitation Psychology from National Institute for mentally Handicapped (NIMH, presently NIEPID),



Secunderbad, AP. She had done Master Degree in Applied Psychology. She is having Post Graduate Diploma in Guidance and Counseling. She have vast experience in assessment, therapeutic intervention, behavior modification, IEP, Social skill training. She has conducted many workshops and seminars on psychological assessment and management. She is founder member of International Association of Holistic Psychology (IAHP).

MS. MANSI NARANG is having 8 years of experience in psychology field. She is director of Paramarsh Counseling and Intervention Centre. She is certified Cognitive Intervention Trainer. She is *registered as Rehabilitation Professional under Rehabilitation Council of India*. She has conducted many internship program, workshop, seminars. She has completed Master in Counseling Psychology, Diploma in Special Education (ASD), Post Graduate diploma in Guidance and Counseling.



Eligibility -

- **Beginner Counselors with Psychology/Social Work/Counseling Background**
- **Psychology UG, PG and M.Phil Students**
- **Social Work UG, PG, and M.Phil Students**
- **Counseling & Psychotherapy Students**

Total 240 Hours.

Paramarsh

Contact Details:

**PARAMARSHCOUNSELINGANDINTERVENTIONCENTRE (A
MENTAL HEALTHCLINIC)**

Pocket B/6/126, Sector-8, Rohini, Delhi Url:

www.paramarshlearning.com Email:

paramarshlearning@gmail.com , Phone- 98

99 52 7181

Contents to be covered:

| Date | Topics | Mode of teaching | Total Hours |
|---|---|---|--------------------|
| <u>16-4-22</u> | Introduction to the internship program | Ppt & discussion | 15 Minutes |
| <u>16-04-22</u> <u>17-04-22</u> <u>19-04-22</u> | <ul style="list-style-type: none"> • Case Conceptualisation: • case history taking • family genogram | PPT | 10Hrs |
| <u>21-4 -22</u> | <ul style="list-style-type: none"> • Introduction to Counselling • Characteristics of a counsellor • Process of counselling | PPT | 5 Hrs |
| <u>24-4-22</u> <u>26-04-22</u> | <ul style="list-style-type: none"> • Theoretical approaches to counselling. • Ethics in counselling. • Case study presentation | <ul style="list-style-type: none"> • Case study • Soft copy | 8hrs |
| <u>28-4-22</u> <u>30-4-22</u> <u>3-5-22</u> | Psychological Assessment: <ul style="list-style-type: none"> • Vineland Social Maturity Scale • Developmental Screening Test | <ul style="list-style-type: none"> • PPT • Discussion • Videos | 11 hrs |

| | | | |
|--|---|--|--------------|
| <p><u>4-05-22</u></p> <p><u>5-05-22</u></p> | <p><u>Counselling and Psychotherapy</u></p> <ul style="list-style-type: none"> • Psychoanalysis, Psychodynamic, Psychotherapy • • Other therapies (<i>persons centered counselling, solution focused counselling</i>) | <ul style="list-style-type: none"> • Demonstration via video • case discussion • ppt <p><i>(Soft copy will be provided)</i></p> | <p>6 Hrs</p> |
| <p><u>7-05-22</u></p> | <ul style="list-style-type: none"> • Psychotherapies: Cognitive Behaviour Therapy ,REBT. | <ul style="list-style-type: none"> • Case study • Discussion | <p>6 Hrs</p> |
| <p><u>10-05-22</u></p> <p><u>12-05-22</u></p> | <p>Psychological Assessment:</p> <ul style="list-style-type: none"> • ADHD Rating Scale • Standard Progressive Matrices | <ul style="list-style-type: none"> • PPT • Case Study | <p>9 hrs</p> |
| <p><u>14-05-22</u></p> <p><u>17-05-22</u></p> | <p><u>Specific Learning Disability</u></p> <ul style="list-style-type: none"> • Etiology, prevalence and diagnosis of Learning Disability • Signs and symptoms of different types of learning disability. • Screening Markers for different types of SLDs. • Intervention strategies • Psycho – educational report writing. <p><u>Home Assignment</u> One report writing and case presentation</p> | <ul style="list-style-type: none"> • PPT • Case Study • Assessment Tool <ul style="list-style-type: none"> • <i>(Soft Copy will be provided)</i> | <p>9Hrs</p> |
| <p>Home Assignments , case discussion and Internship file guidance covering remaining hours.</p> | | | |

