



CLINICAL PRACTICAL INTERNSHIP

"IN EVERY SYMPTOM LIES A STORY WAITING TO BE
HEARD."



DURATION: 1.5 MONTH

TABLE OF CONTENTS

- 1 **About Indian Counselling Services**
- 2 **Our Accreditations & Recognitions**
- 3 **Mission & Vision**
- 4 **Message From Company CEO & Founders**
- 5 **Our Trainers**
- 6 **About The Program**
- 7 **Program Curriculum & Eligibility**
- 8 **Why Choose Us**
- 9 **Our Other Courses**
- 10 **Workshops & Events**

ABOUT INDIAN COUNSELLING SERVICES

Indian Counselling Services (ICS) was founded in 2020 by Mr. Somnath Sinha to address the growing need for mental health support and psychology education. Committed to accessibility, ICS offers practical psychology courses aligned with the National Education Policy 2020, empowering professionals, educators, and students. Beyond courses, ICS provides career counseling, free webinars, training programs, and mental health initiatives. Focused on holistic support, ICS strives to make psychology engaging, flexible, and impactful for all. Through education and awareness, we aim to foster mental well-being and equip individuals with the skills to support their communities.



INDIAN COUNSELLING SERVICES



OUR ACCREDITATIONS & RECOGNITIONS



UNICEF - UNICEF (United Nations International Children's Emergency Fund) is a UN agency dedicated to protecting and promoting the rights and well-being of children worldwide.

WHO - The World Health Organization (WHO) is a specialized agency of the United Nations responsible for international public health.



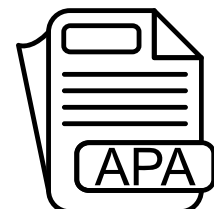
ISO - (International Organization for Standardization) is an independent, non-governmental body that develops and publishes international standards to ensure quality, safety, and efficiency.

Career Development College London is a UK-based e-learning institution offering a diverse range of career and professional courses designed to enhance skills and knowledge.



The International Association of Therapists (IAOTH) is a global professional body that supports and certifies therapists and holistic practitioners across various disciplines.

We are proud members of the American Psychological Association (APA), reflecting our commitment to high standards in psychology.



The International Association of Applied Psychology (IAAP) is the oldest global organization dedicated to advancing applied psychology and promoting its practice worldwide.

Vision & Mission

Our Vision

Our mission is to transform online psychology education by bridging theory and practice. We provide practical, accessible mental health training, empowering teachers, counselors, and professionals to enhance their skills and foster better mental well-being in their communities.

Our Mission

We envision a world in which everyone has access to the best online psychology courses, allowing them to obtain practical knowledge, understand human behavior, and make meaningful changes in their personal and professional lives

MESSAGE FROM COMPANY CEO AND FOUNDERS



Mr. Somnath Sinha
Co-Founder & CEO



Mr. Sanjay Sinha
Co-Founder & COO



Mr. Rahul Nakra
Co-Founder & Business
Head

At Indian Counselling Services, our mission is to empower individuals through high-quality counseling and psychology courses. As founders – Somnath Sinha, Sanjay Sinha, and Rahul Nakra – we are committed to shaping future professionals in mental health.

In today's world, the demand for trained counselors is rising. Our carefully designed programs provide theoretical knowledge and practical training to help students excel in this field. We believe learning should be accessible, practical, and transformative, ensuring that every student gains valuable skills to make a meaningful impact. With expert faculty and a research-based curriculum, we strive to set new standards in psychology education. Join us in our journey of learning, growth, and impact to build a future where mental health support is strong and accessible.

OUR TRAINERS



Mrs. ARPITA ROY

RCI licensed Clinical and Rehabilitation Psychologist, trained at the Institute of Psychiatry – Centre of Excellence, Kolkata. She holds a PGDRP from the University of Kolkata and has experience across neuropsychiatry clinics, de-addiction and rehab centers, schools, NGOs, and academic institutions. She has also served as a lecturer at the University of Kolkata.

"CLINICAL AND REHABILITATION PSYCHOLOGIST (RCI-Licensed)"



Aakriti Khosla

Aakriti is a Counselling Psychologist who has conducted over 500 sessions, impacting 1,000+ lives. She uses expressive arts, mandala work, and mindfulness techniques, and actively promotes mental wellbeing through workshops and awareness talks.

"Counselling Psychologist, Certified Arts-Based Therapy, Mindfulness Coach, Mandala Art Therapy Practitioner, EFT Practitioner"



Simran Raina Sharin

I'm a licensed Clinical Psychologist and founder of beMore Wellness, with experience across RML Hospital, Fortis, and SGT Medical College. I specialize in relationship issues, adolescent mental health, mood disorders, and trauma-informed care. My approach blends evidence-based therapies like CBT, DBT, and EFT. I also lead workshops for corporates, schools, and athletes —making mental health accessible, human, and real.

"Clinical Psychologist, Mental Health Wellness Expert"

OUR TRAINERS



Sonali Grover

She is an RCI-licensed psychologist. She has vast experience working as a psychologist, ABA Therapist, and Child Psychologist, with expertise in various neurodevelopmental disorders such as Autism, ADHD, & Learning Disability. Likewise, she conducts Psychoeducational evaluations, is a happiness coach and is a corporate trainer.

"RCI-Licensed Psychologist, ABA Therapist, Happiness Coach"



Ms. Kavetri

Kavetri Bhoj Rawat is an accomplished Counselling Psychologist with over 10 years of experience in school-based mental health programs. She has handled 300+ clinical cases ranging from anxiety, depression, and emotional dysregulation to SLD, IGD, and classroom incivility. POCSO-trained and ethically grounded, she creates a safe, confidential space for her clients.

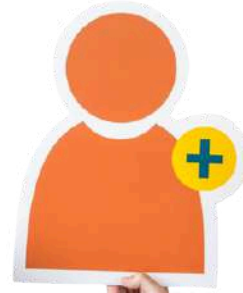
"Counselling Psychologist, Career Counselling, Corporate trainer, Educationist, Ex Marketing professional"



Tanyaa Chadha

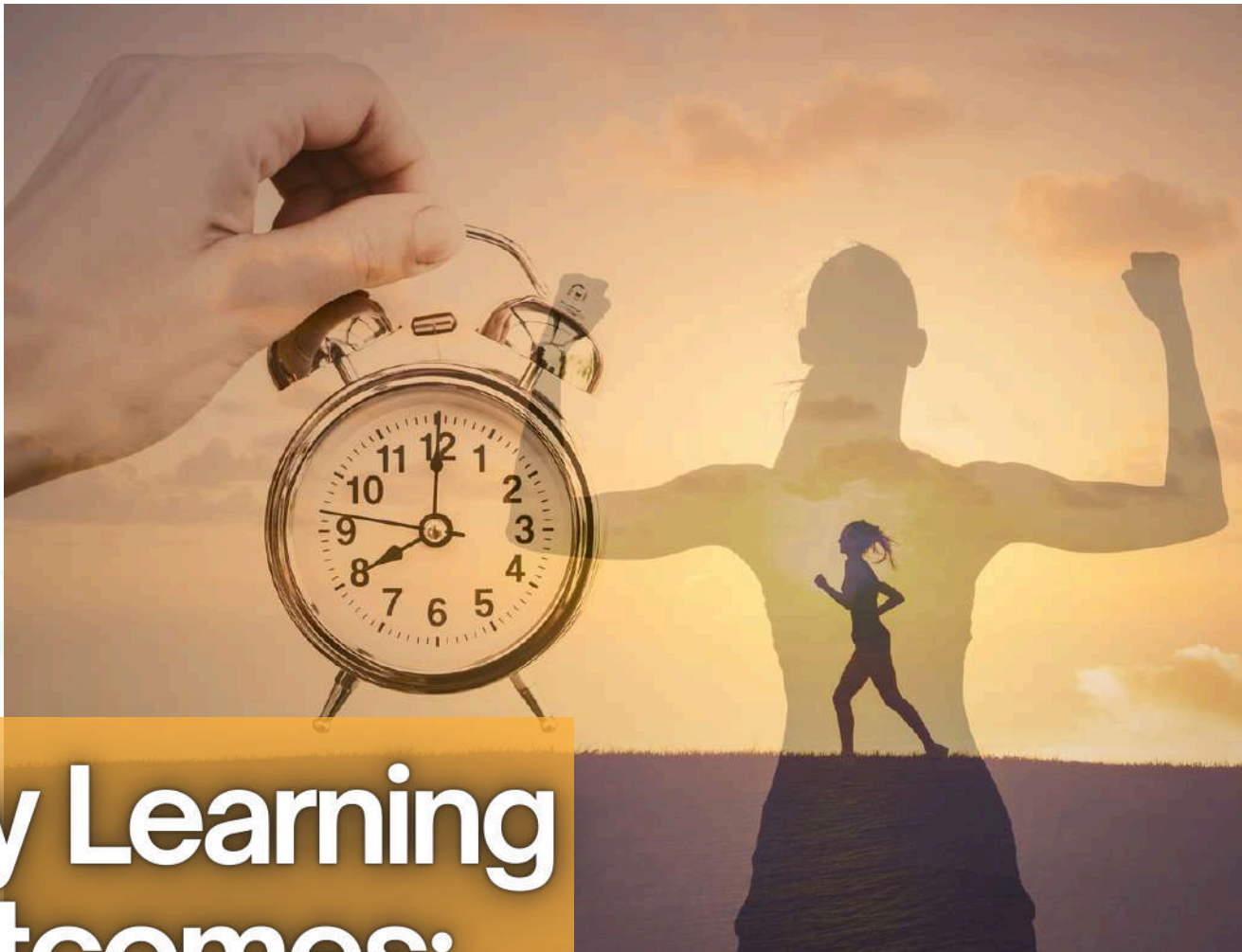
She is a Certified NLP Trainer with a Master's degree in Counselling Psychology from Mahatma Gandhi University. She holds additional certifications in Autism and ADHD from the University of Derby. As a World Health Organization (WHO) member, she brings expertise and dedication to mental health and psychology.

Counselling Psychologist, Mental Health Wellness Expert



About the Program

The Clinical Practical Internship is a professionally designed program aimed at providing students and emerging mental health professionals with in-depth, hands-on experience in a clinical setting. This internship serves as a vital bridge between academic learning and real-world practice.



Key Learning Outcomes:

- ✓ Foundations of clinical Practice
- ✓ Hands-On Clinical Exposure
- ✓ Workplace Motivation & Productivity
- ✓ Psychological Assessment of disorders
- ✓ understanding diagnosis, assessments and treatment aspects.

PROGRAM CURRICULUM

 **Duration: 1.5 Month**

MODULE 1:

DEMENTIA AND SUBSTANCE ABUSE

Counselling provides a safe and supportive space for individuals and families affected by dementia and substance abuse. It helps them understand these conditions, develop coping strategies, and manage emotional and behavioral challenges. Through empathy and guidance, counselling empowers clients and caregivers to make informed decisions, build resilience, and improve communication. Ultimately, it promotes recovery, mental well-being, and dignity in care.



MODULE 2:

SCHIZOPHRENIA AND DEPRESSION

Counseling offers a safe space to address both psychotic and mood-related symptoms, helping clients cope with hallucinations, low mood, and social withdrawal. Using empathy, CBT, supportive therapy, and psychoeducation, counselors guide clients in managing symptoms and building coping skills. Family counseling further supports caregivers, while therapy combined with medication adherence promotes resilience and improves quality of life.



MODULE 3:

MOOD DISORDER AND ANXIETY DISORDER

Mood disorders and anxiety disorders are common mental health conditions that affect a person's emotions, thoughts, behaviors, and ability to function in daily life



Mood disorders (such as depression or bipolar disorder) involve persistent disturbances in mood, while anxiety disorders are characterized by excessive fear, worry, or nervousness. Both can range from mild to severe and may be temporary or chronic, often requiring proper assessment and treatment for effective management.

MODULE 4:

OCD AND DISSOCIATIVE DISORDER

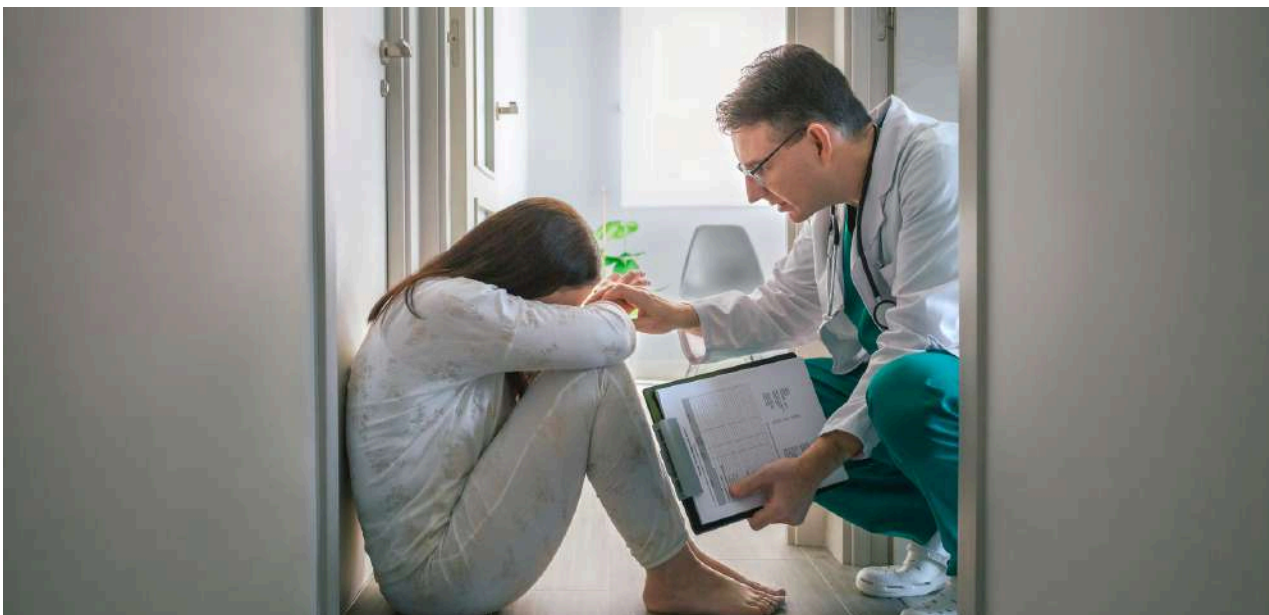
Counselors help with OCD by using CBT and ERP to reduce compulsions, challenge negative thoughts, and teach mindfulness. For dissociative disorders, they focus on safety, grounding techniques, coping skills, and gentle trauma-focused therapy. In short, OCD work targets breaking compulsive cycles, while dissociation work emphasizes stability and integration.



MODULE 5:

SOMATOFORM DISORDER PERSONALITY DISORDER

Counselors help with somatoform disorders by providing psychoeducation, teaching stress management, using CBT to challenge health-related fears, and helping clients cope with physical symptoms that lack a clear medical cause. For personality disorders, they focus on building healthy coping skills, improving relationships, and using approaches like DBT or CBT to address rigid thought and behavior patterns. In short, somatoform work targets managing distress from physical symptoms, while personality disorder work emphasizes long-term change in thoughts, emotions, and interpersonal functioning.



WHY CHOOSE US?



EXPERT-LED TRAINING

Learn from experienced psychologists and industry professionals.



ONLINE INTERACTIVE SESSIONS

Engage in live discussions, Q&A, and real-time feedback.



PRACTICAL APPROACH

Case studies, self-assessments, and real-world applications.



CERTIFICATION & CAREER BOOST

Receive a Certificate of Completion, Letter of Recommendation, and Grade Sheet to boost your academic or professional profile.



PERSONALIZED LEARNING

Tailored insights and intervention strategies for individual growth.



COMPREHENSIVE CURRICULUM

Covers personality theories, behavioral patterns, and emotional intelligence.



SUPPORTIVE LEARNING ENVIRONMENT

Learn from experienced psychologists and industry professionals.

Our **OTHER COURSES**

- COUNSELLING PRACTICAL INTERNSHIP
- CLINICAL PRACTICAL INTERNSHIP
- INDUSTRIAL AND ORGANISATIONAL INTERNSHIP
- PSYCHOTHERAPY PRACTICAL PROGRAM
- CHILD PSYCHOLOGY PRACTICAL PROGRAM
- ADVANCED CBT MASTERCLASS
- RESEARCH PAPER PROGRAM
- PSYCHOLOGICAL ASSESSMENTS AND TOOLS
- ART AND MOVEMENT THERAPY
- ADVANCED NLP MASTERCLASS PROGRAM
- ADVANCED HYPNOTHERAPY MASTERCLASS
- ADVANCED SCHOOL COUNSELLING
- DIPLOMA IN COUNSELLING PSYCHOLOGY
- DIPLOMA IN CLINICAL PSYCHOLOGY
- DIPLOMA IN CHILD PSYCHOLOGY
- DIPLOMA IN INDUSTRIAL AND ORGANISATIONAL PSYCHOLOGY
- DIPLOMA IN PSYCHOTHERAPY
- DIPLOMA IN SCHOOL COUNSELLING
- Program Add-Ons



WORKSHOPS & EVENTS



THANK YOU!

We're excited to have you join us for
"CLINICAL PRACTICAL
INTERNSHIP"

MODE OF PAYMENTS

1. Application of Indian Counselling Services
2. Through Jodo Link & Scanner
3. UPI
4. Credit Card
5. Debit Card
6. Bank Transfer

CONTACT US :-



+91-9999010420



info@indiancounsellingservices



www.indiancounsellingservices.com

