



2024

HYBRID - INTERNSHIP PROGRAM

Empowering Your Enterprise
for Success

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Embark on a transformative journey that goes beyond opportunity—it's your gateway to professional excellence. This hands-on experience empowers you to apply classroom knowledge in real-world scenarios, discover your potential, and build essential skills. Forge valuable connections that will shape your future success and turn your aspirations into accomplishments. Join us for a transformative experience that is not just a stepping stone but a foundation for success.





INDEPENDENT INTERNSHIP PROGRAM

Welcome to an enriching journey of professional growth! Our Internship Program is more than an opportunity; it's a gateway to professional excellence. Designed to provide you with hands-on experience, this transformative experience empowers you to apply classroom knowledge in real-world scenarios. Discover your potential, build essential skills, and forge valuable connections that will shape your future success.

Dive into a hands-on journey where learning meets application, and aspirations turn into achievements. This internship isn't just a stepping stone; it's a foundation for success. Elevate your learning, broaden your horizons and embark on a transformative experience that will shape your brighter tomorrow. Join us, unlock your potential, and turn your aspirations into accomplishments.

This internship primarily centres on addressing issues and considerations in non-clinical settings. The curriculum is designed to empower professionals to make a significant impact and inspire self-reflection. It fosters a path of personal and professional growth, promoting an environment where individuals can evolve and thrive.

What do we include?

- ◆ Formulating case studies-
- ◆ Creating case studies involves developing detailed and comprehensive narratives that explore and analyze specific situations or scenarios.

Key counseling skills: empathy, confidentiality, self-reflection, non-judgmental

- ◆ These counseling skills are fundamental in establishing a positive and effective therapeutic relationship. A combination of these skills enhances the counselor's ability to facilitate meaningful change and promote the well-being of the individuals they work with.





ADAPTING COUNSELLING PROCESSES TO VARIOUS MODES (ONLINE AND OFFLINE)-

Adapting counseling processes to various modes, such as online and offline settings, requires careful consideration of the unique dynamics and challenges associated with each. By being mindful, counselors can successfully adapt their processes to different counseling modes, ensuring as smooth and effective therapeutic experience for clients, whether in online or offline settings.

STRIKING A BALANCE BETWEEN DIRECTIVE AND NON-DIRECTIVE COUNSELLING APPROACHES

Balancing between directive and non-directive counseling approaches involves the intentional use of both structured guidance and client-centered exploration. The ability to seamlessly integrate directive and non-directive elements contributes to the effectiveness and adaptability of the counselling process.

INCORPORATING THERAPEUTIC ACTIVITIES: ASSESSMENT, INTERVENTIONS AND ICE-BREAKERS.

Ice-Breaker Activity: Paint to music—express creativity and relax.

Assessment: Role play and "Draw Yourself as a Tree."

Intervention: Build a personal altar to connect with your spiritual side.





PRACTICAL INTEGRATION OF THEORETICAL KNOWLEDGE

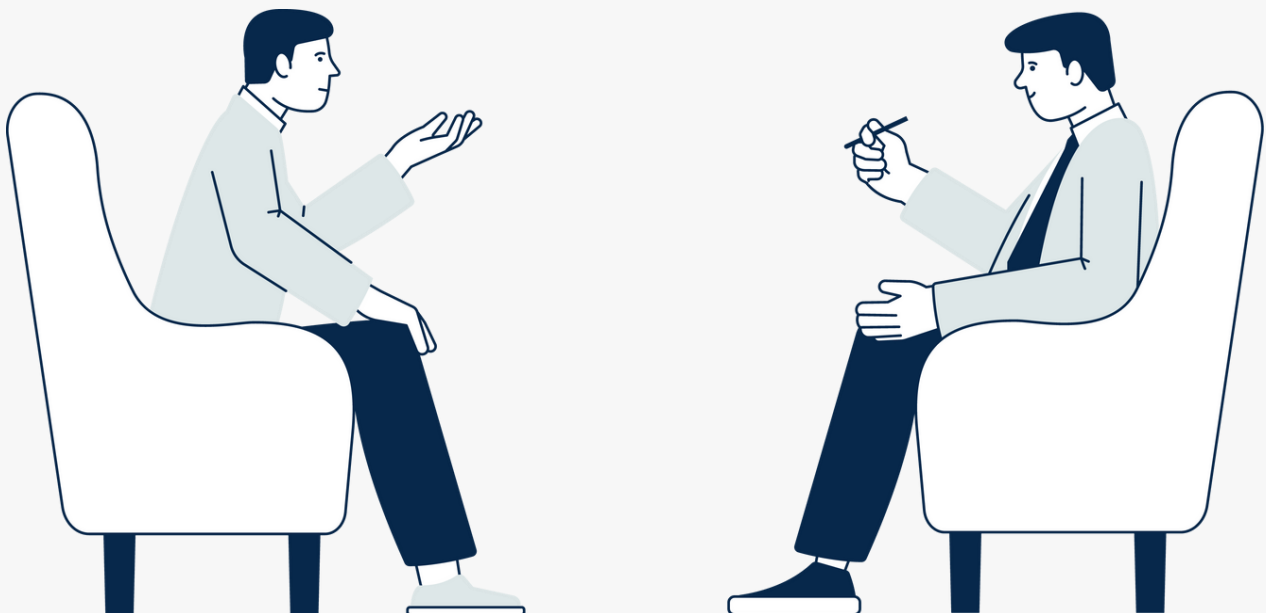
Focuses on bridging the gap between theory and practice for informed and effective interventions. The practical integration of theoretical knowledge enhances the quality of counseling services and contributes to positive therapeutic outcomes.

ASSESSING NEEDS AND UNRAVELLING LAYERS IN CLIENTS' ISSUES

Assessing needs and unraveling layers in clients' issues is a crucial aspect of the counseling process that involves a systematic exploration of the client's concerns to gain a comprehensive understanding and personalized approach. Counselors can systematically assess the complex and multifaceted needs of clients, unraveling the layers of their issues to provide targeted and effective therapeutic interventions. This process contributes to a more holistic and personalized approach to counseling.

ACQUIRING SKILLS IN PSYCHO-EDUCATION AND EFFECTIVE COMMUNICATION WITH CLIENTS

This module aims at developing a robust skill set to support clients in gaining knowledge and making informed decisions about their mental health. Counselors can develop a robust skill set in psycho-education and effective communication, fostering an environment that supports clients in gaining knowledge, developing coping strategies, and making informed decisions about their mental health.





CRAFTING PROJECT PROPOSALS AND ENGAGING WITH INSTITUTIONS

Here individuals are enabled to imbibe essential skills for seeking support or collaboration on various initiatives. Crafting project proposals and engaging with institutions is a crucial skill set for professionals seeking support or collaboration on various initiatives. Individuals can enhance their ability to craft compelling project proposals and engage effectively with institutions, increasing the likelihood of securing support or collaboration for their initiatives

DEVELOPING AND CONDUCTING SEMINARS AND WORKSHOPS WITH PSYCHOLOGICAL RELEVANCE

Developing and conducting seminars and workshops with psychological relevance requires careful planning, effective communication and a solid understanding of the target audience. By taking a strategic and participant-centered approach, organizers can ensure that seminars and workshops with psychological relevance are engaging, informative and contribute positively to the professional development of participants.





WHO CAN ATTEND?

1. Students and alumni of Asha The Hope
2. Individuals with a formal degree in psychology

Duration of the program- 12 weeks

Duration of the session-1 hour 30 mins

Learning Mode- Online sessions



"INTERNSHIPS SCULPT RAW POTENTIAL INTO REFINED EXPERTISE, TRANSFORMING STUDENTS INTO PROFESSIONALS WITH PURPOSE."



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