

INTERNSHIP STUDENT PROFILE

ASHA THE HOPE

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Feedback

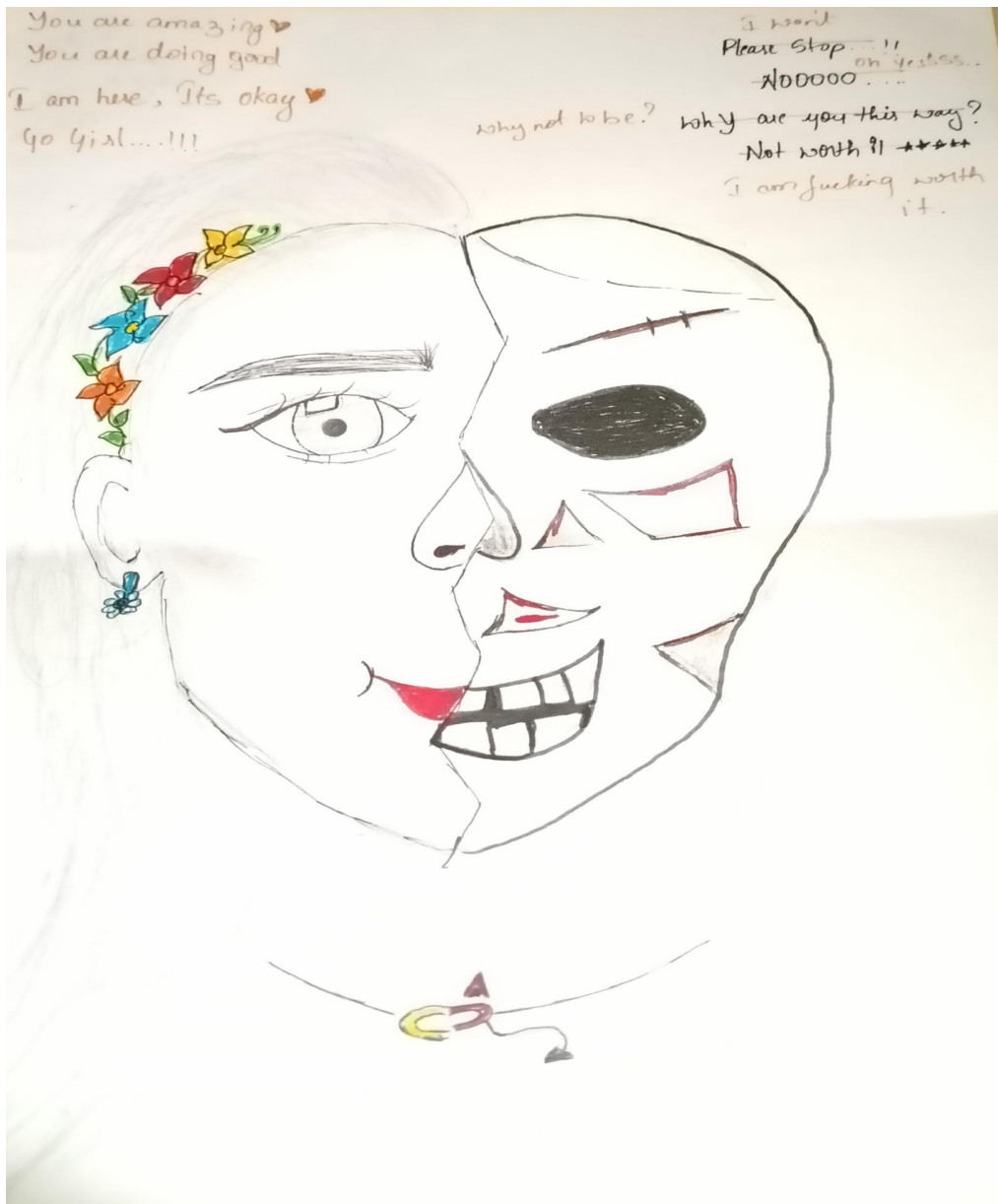
It was really an amazing journey to talk about. I would start with talking about all the mentors, they are really great at their job. For me personally they have done wonders as I really learnt different applications, approaches in different aspects. I personally found my set of modalities which I can work with. They were pretty much convenient. I got to learn very new interventions too, that would be SFBT, DBT, ACT etc. They were explained and taught finely. I would say after this internship I have grown as a therapist/counselor in a better version of myself. I can see myself growing for good and it was worth it. So I am grateful to all the facilities who helped me out. My ability to understand and assist others improved as a result of the focus placed on self-awareness and reflection. I was able to advance myself and gained valuable insight into the significance of reflecting on each experience. I had the chance to work in the field of counselling and was able to study several areas of psychology.

My experience at asha,

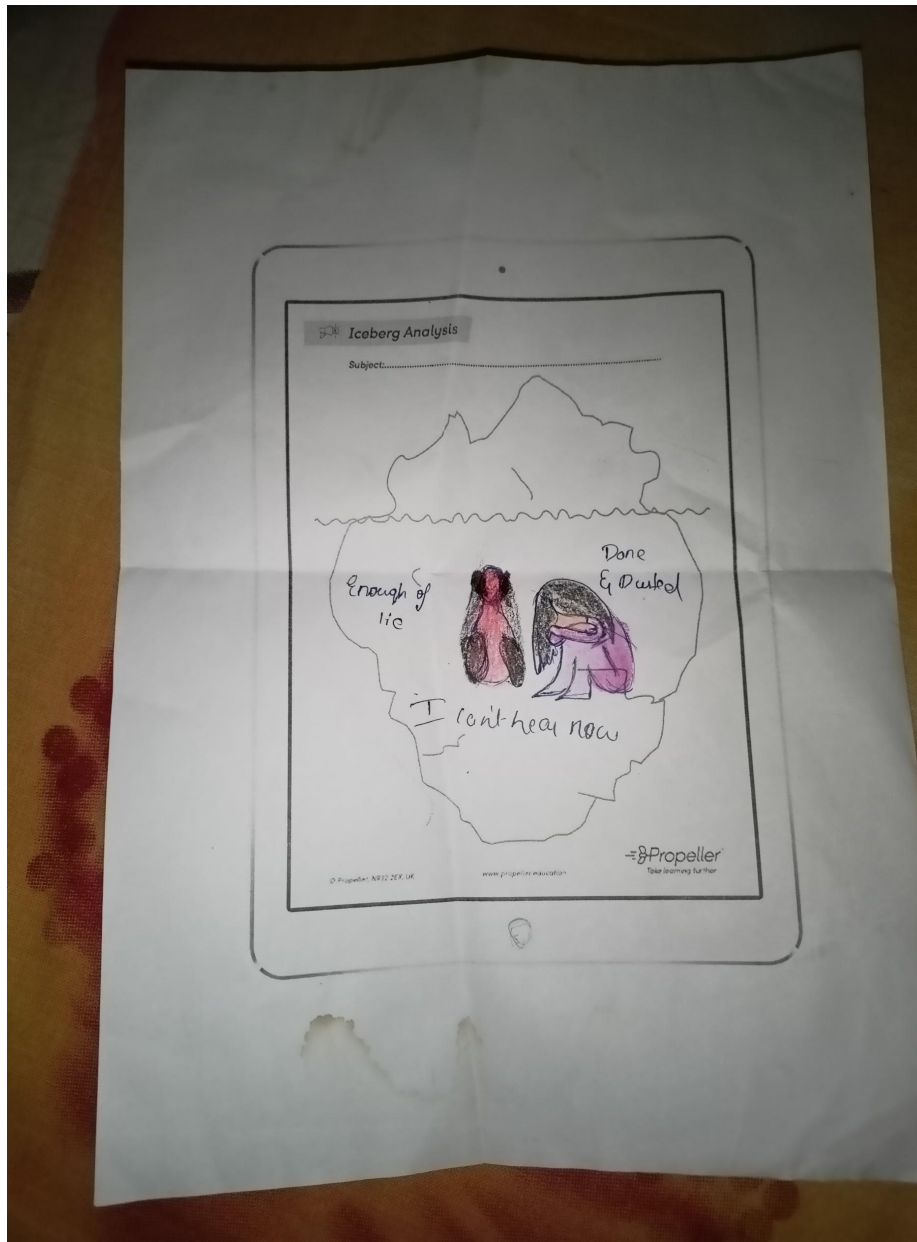
My journey at Asha I would say was a fun rollercoaster where I was clueless at start but at the end of the sessions I was satisfied and felt content. So me being from a commerce background it was really different and difficult to take up a whole new subject, to change the whole field. I questioned myself at times that I am making some mistake by taking this up but then I am glad I showed up, I tried it. But after interning at a counseling center it gave me a push that I can work on myself to be a better and good therapist. It helped me to understand what all a counselor goes through, it was more exposure towards the field that I am inclined to.

And talking about the mentors who taught us about new approaches and different aspects of psychology, Our mentor instructed us to conduct daily feeling and thinking check-ins; we were to ask ourselves the following questions as soon as we arrived and right before we departed each day in order to get to know ourselves better. Was I thinking that? This enabled me to reflect and arrange my ideas and needed thoughts.

I would start with Ms Tanisha, her way of teaching is really good, the adaptation is really easy because she gives examples which are relevant and understandable. I enjoyed her every session. And talking about Ms Jincy, her knowledge about the behavioral and cognitive aspect is fascinating. As she explains everything in a simple way which is so helpful, personally I really liked her sessions. I will attach some pictures, which were associated and we learnt during our course,



This activity was relating to the self-critic, this activity was self-reflecting where I could understand what my critic is trying to tell me and helping me alter my thoughts. It was an insightful assessment to work with. The tendency to engage in negative self-evaluation that results in feelings of worthlessness, failure, and guilt when expectations are not met, to work with these activities. After that we were asked to work on critic.



This activity was on basis of anger, iceberg analysis

a systems thinking tool that can be used to understand the underlying causes of a problem or event. It is typically presented in a visual manner, with acknowledgment of the event or problem above the surface of the water and the underlying patterns and causes at different levels below the surface.

Overall, I enjoyed this experience. I felt at ease with my mentor because of the Center's friendly ambiance and pleasant atmosphere. They encouraged us throughout our internship and shared tips with us on how to work hard and with a competitive mindset. All the mentors' enthusiasm inspired us to work hard, and they were actively involved in all of our tasks and there to assist us as needed. I acquired skills in self-awareness and regular introspection. I now have the skills I need to better understand who I am and, in turn, how to better understand others, thanks to Asha the Hope. I was able to gain a comprehensive understanding of my work ethics and how a workplace functions. The staff was helpful and made sure that our educational process went smoothly.