



(Registered under the Ministry of MSME, Govt of India)

ATMANAM Internship Program in Counselling and Psychotherapy

Course Overview

The ATMANAM Internship Program in Counselling and Psychotherapy provides a comprehensive, hands-on learning experience for aspiring counselors, psychologists, and psychotherapists. With a blend of in-depth theoretical knowledge and practical application, the program equips participants with the skills necessary to start a successful career in therapy. Whether you're looking for an immersive, full-time experience or a flexible learning schedule, our program offers two tailored models to suit your needs.

Conducted by S. M. P. Staney, an experienced counsellor and psychotherapist with over 18 years of clinical practice, the internship is held at Nava Spoorthi Kendra, Davis Road, Bangalore 84. The program offers a rich, supportive learning environment with personalized guidance from a professional mentor. The course comprises approximately 180 hours, divided into four modules, with 20 hours of fieldwork and casework.

Key Highlights

- Total Duration: 180 hours
- Fieldwork and Case Work: 20 hours (Must be completed within one month of completion of modules)
- Supervised Practice and Live Case Demonstrations: 30 hours per module
- Additional Practice Hours: 5 hours of fieldwork between each module for Model 2
- Case Conceptualization Training
- **Two Training Models:**

1. Intensive Model: 20 days of continuous training (180 hours). Field and casework submitted one-month post-training. Includes one mandatory personal interview with the trainer.

2. Relaxed Model: Each module runs for 5 days a month over 4 months. Field and casework (5 hours) must be completed before each module. Includes one mandatory personal interview before each module.

- **Pricing:**
Model 1 (Intensive): Rs. 23,999
Model 2 (Relaxed): Rs. 5,999 per module

Accommodation Options on request

- Single Room: Rs. 1,000 per day (includes 3 meals and refreshments)
- Dormitory: Rs. 700 per day (includes 3 meals and refreshments)
- Day Participants: Pricing includes lunch and refreshments

Course Modules

Module 1: Counselling Skills (Basic)

Course Description: This module introduces fundamental counselling skills such as active listening, empathy, and reflection. Participants will learn the stages of the counselling relationship, conceptualizing client problems, and essential micro-skills. Hands-on supervised practice ensures participants develop these skills in a supportive environment.

Course Structure:

1. History of counselling, its scope, and principles
2. Conceptualizing client problems
3. Stages of the counselling relationship
4. Micro-Skill Model of Counselling
5. Listening Skills (Attending, Bonding, Empathy)
6. Observation Skills (Verbal and Non-Verbal communication)
7. Interview Techniques and Questioning Skills
8. Case Study and Management

Time Duration: 40 Hours

Supervised Practice Sessions: 30 Hours

Module 2: Training in Psychotherapies

Course Description: This module focuses on psychotherapy techniques and interventions to address emotional disturbances. Participants will learn to use these tools alongside counselling to manage emotions like anger, fear, trauma, and grief.

Course Structure:

1. History of Psychotherapy
2. Types of Psychotherapy
3. Therapeutic Techniques:
 - Gestalt Therapy (Empty Chair Technique)
 - Systematic Desensitization
 - Visual Kinesthetic Dissociation
 - Exposure Therapy
 - Focusing Therapy
 - New Behaviour Generator
 - Anchoring
 - Introduction to Couple Counselling

Time Duration: 40 Hours

Supervised Practice Sessions: 30 Hours

Module 3: Counselling Skills (Advanced)

Course Description: This module equips participants with advanced counselling skills, including diagnosis, therapeutic intervention planning, and client referral strategies. Participants will also gain an understanding of various types of counselling and their applications.

Course Structure:

1. Diagnosing Skills
2. Pacing and Mirroring Skills
3. Personalizing and Reframing
4. Goal Setting and Termination
5. Introduction to Clinical Psychology
6. Different Types of Counselling
7. Using Psychotherapies in Counselling Sessions

Time Duration: 40 Hours

Supervised Practice Sessions: 30 Hours

Module 4: Training in Cognitive Therapies (REBT, CBT)

Course Description: This module focuses on cognitive therapies, teaching participants to identify and restructure distorted thoughts in clients. Techniques from Rational Emotive Behaviour Therapy (REBT) and Cognitive Behaviour Therapy (CBT) are explored to help clients improve their thought processes and emotional well-being.

Course Structure:

- 1. Rational Emotive Behaviour Therapy (REBT):**
 - Introduction and History of REBT
 - Understanding Rational and Irrational Beliefs
 - Irrational Demands and Conclusions
 - Primary, Secondary, and Meta Emotions and their Impact on Cognition
 - ABC Model of Diagnosing
- 2. Cognitive Behaviour Therapy (CBT):**
 - Introduction and History of CBT
 - Negative Automatic Thoughts
 - Cognitive Distortions
 - Cognitive Restructuring
 - Therapeutic Techniques

Time Duration: 40 Hours

Supervised Practice Sessions: 30 Hours

Who Should Attend?

- Students pursuing counselling and psychotherapy programs
- Individuals seeking to develop and refine practical counselling skills
- Professionals interested in gaining supervised experience with live cases

Key Features

- Hands-on training with live cases
- Personalized feedback and interviews with the trainer
- Supervised practice to build confidence
- Comprehensive fieldwork integration

For more information, visit: www.atmanam.org

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