

HYBRID INTERNSHIP IN

Counselling & Psychotherapy

*Beyond theory. Beyond certificates.
Learn psychotherapy by practicing it.*

LED BY

S M P Staney

20+ Years Clinical Practice · 16+ Years Teaching

180 hours

4 modules

Bangalore · Chennai

Bridging academic knowledge and *real-world* practice.

The ATMANAM Hybrid Internship is a comprehensive, competency-based professional training programme designed for those who want more than a certificate — a working practice.

Structured online learning combines with intensive experiential practicum, building the knowledge, skills, attitude and professional identity for ethical counselling practice.

THE APPROACH

Demonstrations · supervised practice · case discussions · experiential learning · reflective practice.

AT A GLANCE

180

Hours of structured learning

04

Progressive modules

02

Phases: online + practicum

02

Cities: Bangalore · Chennai

WHO SHOULD ATTEND

Psychology Students

Counsellors

Psychologists

Teachers

Social Workers

NGO Professionals

Healthcare Professionals

HR Professionals

Aspiring Counsellors

Two phases. Four modules. One *journey*.

PHASE I · ONLINE

20 Days

Module 1 — Foundation Programme

A strong theoretical base in counselling, psychotherapy and psychological case formulation — before entering intensive supervised practice.

FOUNDATION PROGRAMME

7 Sep – 2 Oct

Mon – Fri · 7:00 – 8:15 PM

Foundations

Profession · roles · ethics ·
boundaries

Skills

Listening · empathy ·
questioning · reflection

Human Behaviour

Development · personality ·
emotions

Case Work

Formulation · hypotheses ·
treatment planning

Psychotherapy

Relationship · change process

CBT & REBT

Cognitive & ABC models ·
basic interventions

PHASE II · INTENSIVE PRACTICUM

Modules 2 – 4

Three consecutive residential-style modules. Choose one venue for the practicum: **Nava Spoori Kendra, Bangalore** or **Malayali Club, Chetpet, Chennai**.

From *understanding* to skilled practice.

MODULE 02

Blr · 8–10 Oct
Chn · 16–18 Oct

Introduction to Psychotherapies

Introduces the major schools of psychotherapy — how each conceptualizes human problems and facilitates change.

Humanistic Person-Centred · Gestalt · Existential · **Behavioural** Behaviour Therapy · Exposure · Modification · **Brief** Solution-Focused · Narrative · Supportive · Crisis · **Systemic** Family Systems · Communication · **Integrative** Matching interventions to client needs

MODULE 03

Blr · 27–29 Nov
Chn · 13–15 Nov

Psychotherapy Techniques

Practical psychotherapy skills through demonstrations, guided practice and supervised experiential learning.

Gestalt Empty Chair · Chair Work · Focusing · Exposure · Systematic Desensitization · Anchoring · Visual Kinesthetic Dissociation (VKD) · Emotion-Focused Techniques · Imagery · Couple Therapy Demonstrations · Therapeutic Experiments · Supervised Practice · Individual Feedback

MODULE 04

Blr · 4–6 Dec
Chn · 11–13 Dec

Cognitive Therapies — CBT & REBT

Competence in Cognitive Behaviour Therapy and Rational Emotive Behaviour Therapy through structured assessment, formulation and intervention.

Foundations of CBT & REBT · ABC Framework · Automatic Thoughts · Core Beliefs · Cognitive Distortions · Case Formulation · Cognitive Restructuring · Behavioural Techniques · Disputation · Homework Planning · Worksheets · Live Demonstrations · Role Plays · Supervised Practice

LEARNING METHODS

Interactive Lectures · Demonstrations · Case Discussions · Role Plays · Experiential Learning · Supervised & Reflective Practice · Peer & Individual Feedback · Field Assignments

CERTIFICATION

Awarded on completion of all 4 modules with attendance, practical demonstrations, reflective journal, assignments and field work.

Everything you need to *enrol*.

STUDENTS

₹6,999

per module

PROFESSIONALS

₹7,999

per module

ACCOMMODATION · BANGALORE COHORT

Available at Nava Spoorti Kendra. Meals and refreshments included.

Single Room

₹1,000 / day

Shared Room

₹800 / day

Dormitory

₹700 / day

PROGRAMME HIGHLIGHTS

- 180 hours of structured learning
- Two online foundation batches
- Three intensive practicum modules
- Hybrid learning format
- Choice of Bangalore or Chennai practicum
- Live demonstrations & supervised practice

GET IN TOUCH

ATMANAM

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& Skills Training

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