



ANUSHKA KARIRA

Counselor and Psychotherapist

ANUSHKA'S COUNSELING AND PSYCHOTHERAPY CENTER

ISO 9001:2015

CERTIFICATE NO.: IN20871A

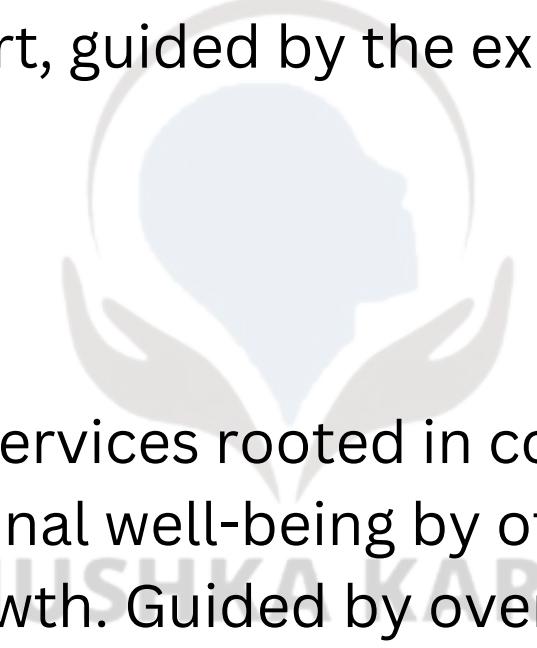
**INTERNSHIP PROGRAM IN
COUNSELING AND PSYCHOTHERAPY**



ABOUT ACPC

VISION

"To create a transformative safe space where individuals find healing, growth, and empowerment through compassionate, creative, and evidence-based psychological support, guided by the expertise of over 20 years in the field of mental health."



MISSION

"Our mission is to provide exceptional counseling services rooted in commitment, compassion, and creativity. We aim to support individuals on their journey toward emotional well-being by offering personalized, innovative therapeutic approaches that foster resilience and personal growth. Guided by over two decades of experience, we are dedicated to creating a safe, inclusive, and nurturing environment where every individual can thrive and reach their fullest potential."

CORE VALUES

3C's : Commitment, Compassion & Creativity

Our Core values of Commitment, Compassion & Creativity foster a supportive therapeutic environment, encouraging client growth through dedication, Empathy and Innovative approaches.

PROGRAM USP▼

- Practical Experience with case studies
- Spiritual Integration in psychology
- Receive mentorship, feedback, and guidance for future career opportunities.
- Develop skills in client assessment, therapy techniques, and counseling approaches.
- Exclusive live sessions by experts.



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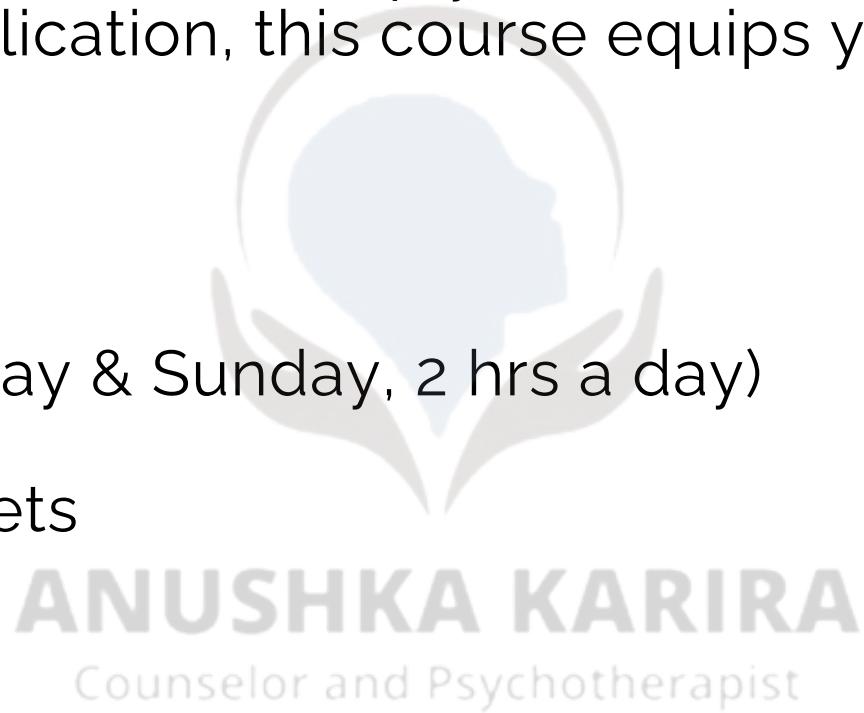


PSYCHOLOGY INTERNSHIP COURSE

Welcome to the psychology internship course! This program will guide you through the core principles of psychology, blending theory with practical skills to help you become an effective counselor. Designed to bridge academic knowledge with real-world application, this course equips you with the tools to make a meaningful impact in people's lives.

Highlights:

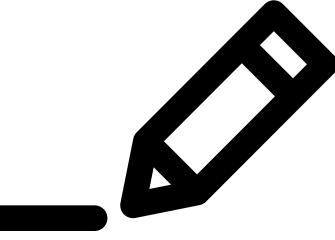
- 16 hrs of Live sessions (i.e., every Saturday & Sunday, 2 hrs a day)
- 50 hrs of assignments through worksheets
- 15 days of assignment
- 6 months support for handling clients
- Lifelong support (part of interns community)



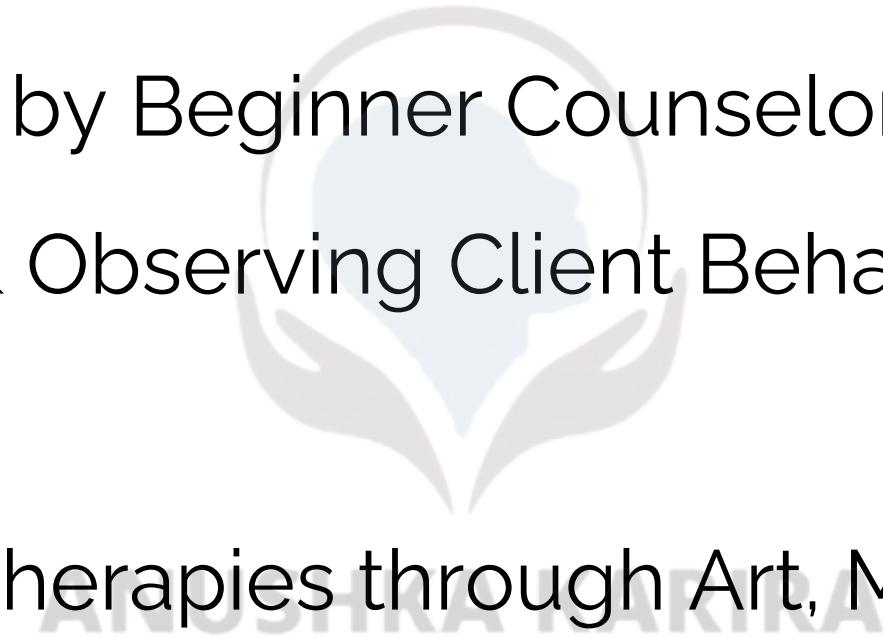
Structure:

Each module will include a combination of lectures, case studies, practical exercises, and reflective activities to deepen your understanding and hone your skills.

CONTENT OF THE COURSE



- Module 1: Role of Counselors
- Module 2: Values & Ethics
- Module 3: Challenges faced by Beginner Counselors
- Module 4: Active Listening & Observing Client Behaviour
- Module 5: Rapport Building
- Module 6: Unconventional Therapies through Art, Music & Movement
- Module 7: Integration of Spirituality and Psychotherapy
- Module 8: Supervision and Reflective Practice
- Module 9: Professional Development and Career Planning
- Module 10: Evaluation and Closure



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MODULE 1: ROLE OF COUNSELORS

Objectives:

- Understand the various roles and responsibilities of counselors.
- Familiarize with different settings where counselors work.

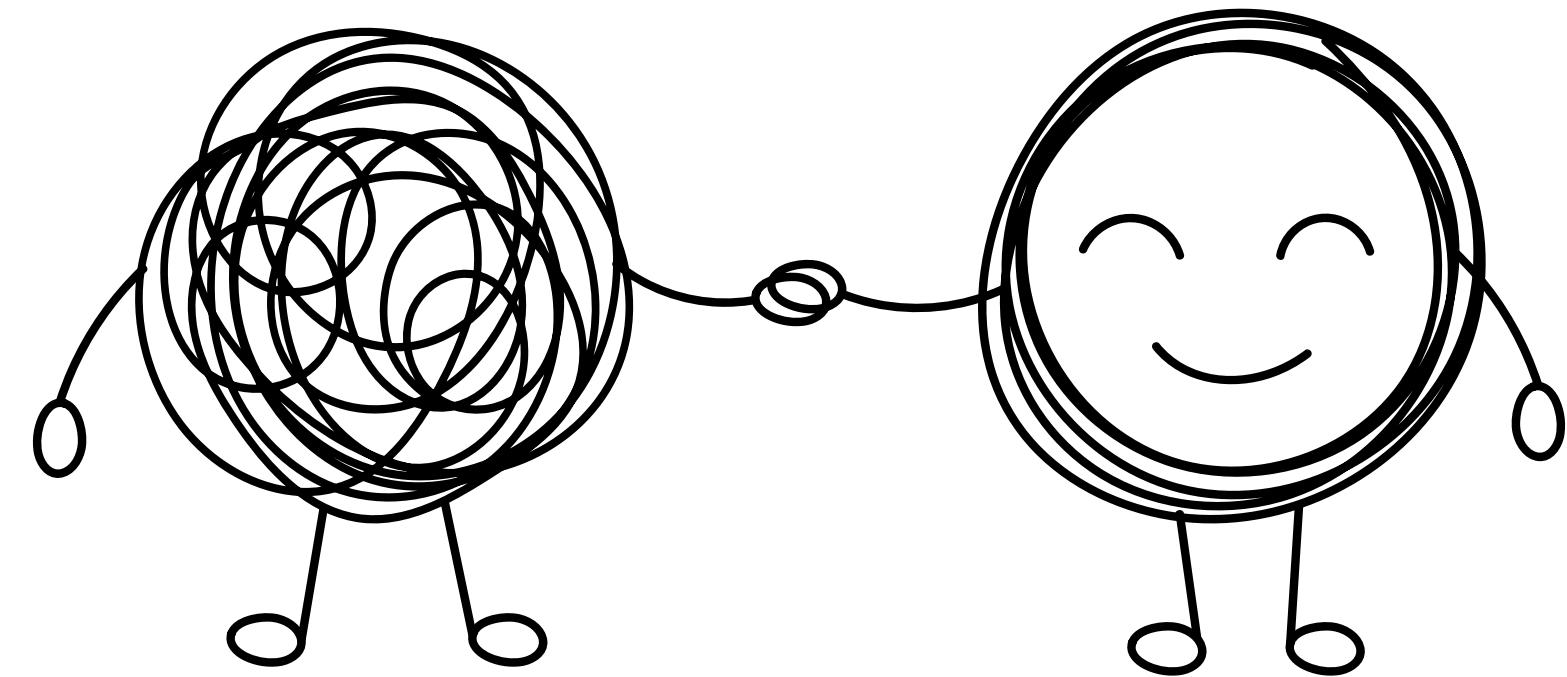
Topics:

- Overview of counseling roles (e.g., school, clinical, marriage and family).
- Responsibilities and daily tasks of a counselor.
- Different counseling environments.

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Activities:

- Discussions on the diversity of counseling roles.
- Case study reviews.



MODULE 2: VALUES & ETHICS

Objectives:

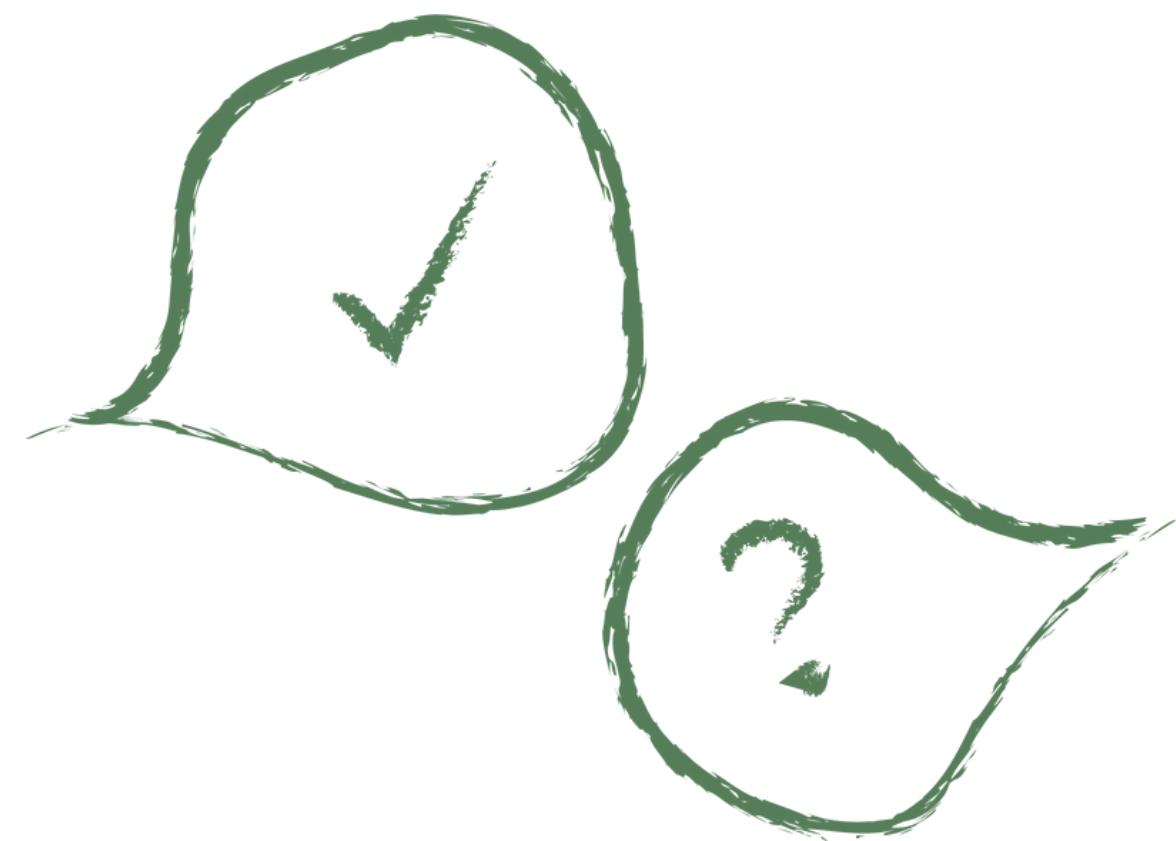
- Learn about the ethical standards and values in counseling.
- Understand the importance of maintaining professional integrity.

Topics:

- Core values of counseling (e.g., empathy, respect, confidentiality).
- Ethical decision-making in challenging situations.

Activities:

- Role-playing ethical dilemmas.
- Reflective journaling on personal values and ethics



MODULE 3: CHALLENGES FACED BY BEGINNER COUNSELORS

Objectives:

- Identify common challenges encountered by new counselors.
- Develop strategies to overcome these challenges.

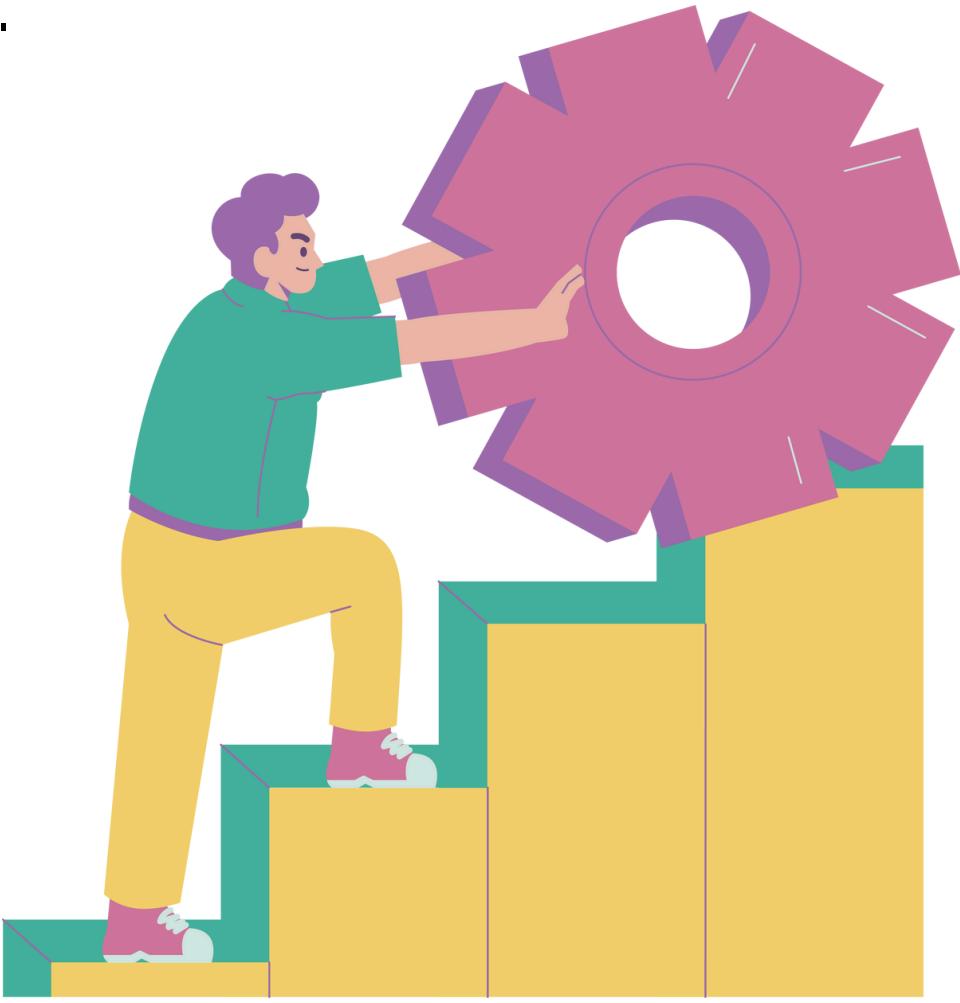
Topics:

- Common challenges (e.g., managing boundaries, handling difficult clients).
- Balancing personal and professional life.
- Developing self-awareness and self-care strategies.

Activities:

- Group discussions on personal experiences and challenges.
- Workshops on stress management and self-care.
- Supervision sessions focusing on overcoming specific challenges.
- Energy Healing Techniques

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MODULE 4: ACTIVE LISTENING & OBSERVING

CLIENT BEHAVIOUR

Objectives:

- Develop active listening skills.
- Learn to observe and interpret client behaviour effectively.

Topics:

- Techniques of active listening (e.g., paraphrasing, reflecting, summarizing).
- Nonverbal communication and its significance.
- Behavioural analysis.

Activities:

- Practice active listening exercises in pairs.
- Role-playing scenarios to practice observation skills.



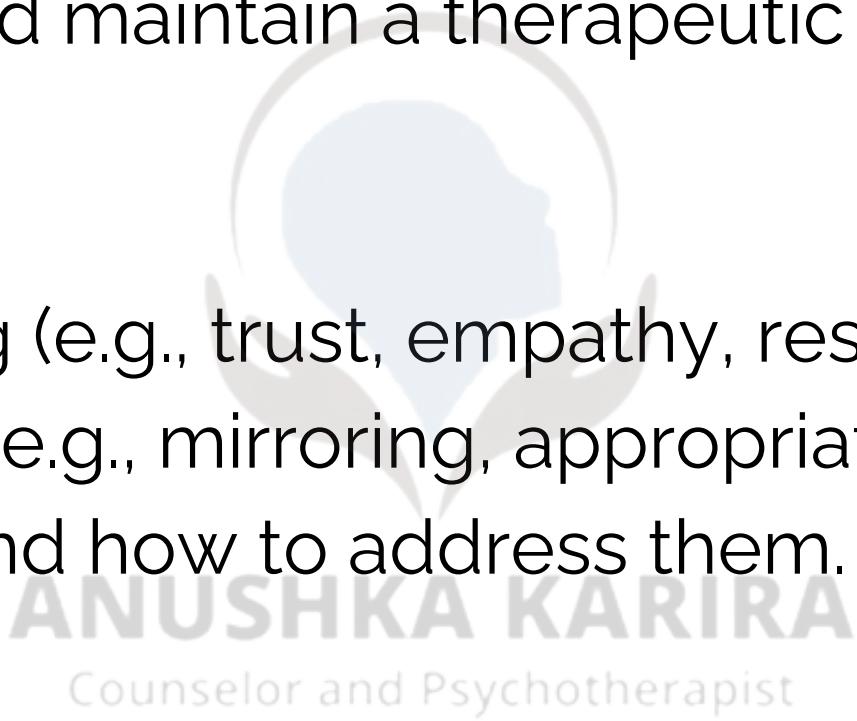
MODULE 5: RAPPORT BUILDING

Objectives:

- Understand the importance of building rapport with clients.
- Learn techniques to establish and maintain a therapeutic relationship.

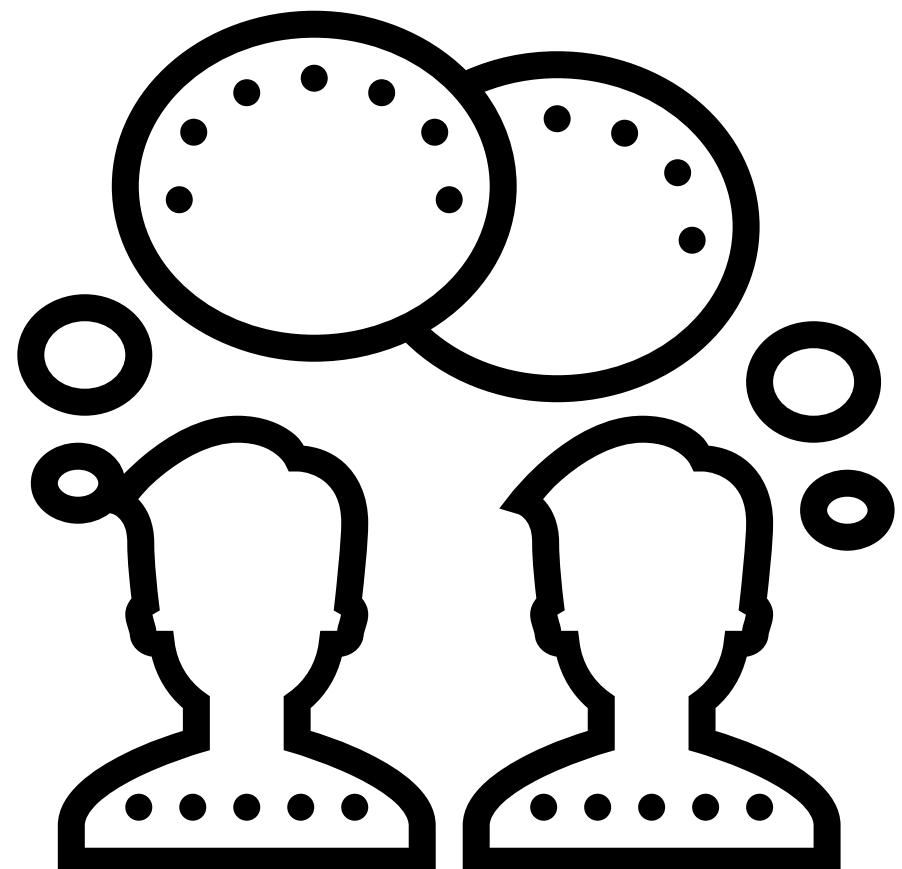
Topics:

- Key elements of rapport building (e.g., trust, empathy, respect).
- Techniques to enhance rapport (e.g., mirroring, appropriate self-disclosure).
- Challenges in building rapport and how to address them.



Activities:

- Role-playing initial client sessions.
- Reflective exercises on personal rapport-building experiences.
- Feedback sessions on rapport-building techniques.



MODULE 6: UNCONVENTIONAL THERAPIES THROUGH ART, MUSIC & MOVEMENT

Objectives:

- Explore the use of creative therapies in counseling.
- Understand the therapeutic benefits of art, music, and movement.

Topics:

- Introduction to art therapy, music therapy, and movement therapy.
- Techniques and tools used in creative therapies.
- Case studies demonstrating the effectiveness of these therapies.

Activities:

- Group sessions on art, music, and movement therapy techniques.
- Somatic therapy sessions
- Creating and presenting a personal creative project.
- Observing and participating in creative therapy sessions, journaling



MODULE 7: INTEGRATION OF SPIRITUALITY AND PSYCHOTHERAPY

Objectives:

- Understand the role of spirituality in mental health.
- Learn how to integrate spiritual practices into psychotherapy.

Topics:

- The relationship between spirituality and mental health.
- Techniques for integrating spirituality into counseling (e.g., mindfulness, meditation).
- Ethical considerations when addressing spirituality in therapy.

Activities:

- Mindfulness and meditation exercises.
- Case studies on the integration of spirituality and psychotherapy.
- Reflective discussions on personal beliefs and professional practice.



MODULE 8: SUPERVISION AND REFLECTIVE PRACTICE

Objectives:

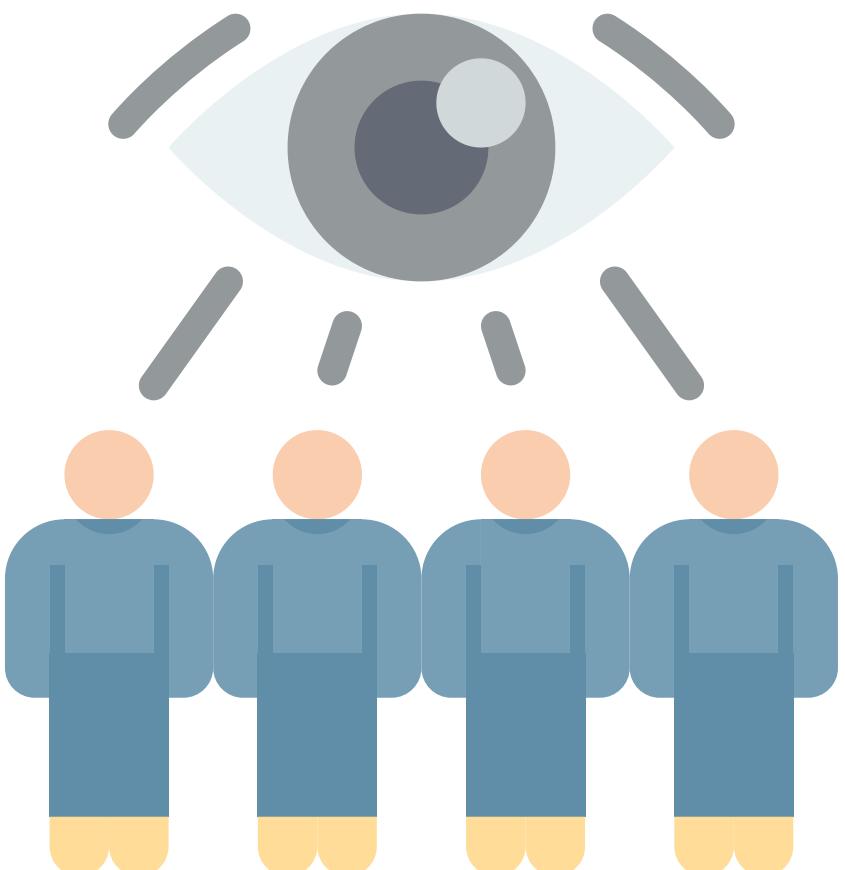
- Understand the importance of supervision in professional development.
- Develop skills in self-reflection and continuous improvement.

Topics:

- The supervisory relationship and its benefits.
- Techniques for effective self-reflection and self-assessment.
- Using feedback to enhance professional growth.

Activities:

- Regular supervision meetings.
- Maintaining a reflective journal.
- Peer feedback sessions on counseling practice.



MODULE 9: PROFESSIONAL DEVELOPMENT AND CAREER PLANNING

Objectives:

- Develop a professional identity and career plan.
- Learn about continuing education and professional growth opportunities.

Topics:

- Building a professional portfolio.
- Networking and joining professional organizations.
- Career options and pathways in counseling.

Activities:

- Creating a resume and cover letter.
- Attending networking events and professional workshops.
- Developing a personal career development plan.



MODULE 10: EVALUATION AND CLOSURE

Objectives:

- Assess progress and learning outcomes.
- Provide and receive feedback on the internship experience.
- Plan for the transition out of the internship.

Topics:

- Self-assessment and reflection.
- Feedback from supervisors and peers.
- Final evaluation of goals and objectives.
- Planning for future career steps.



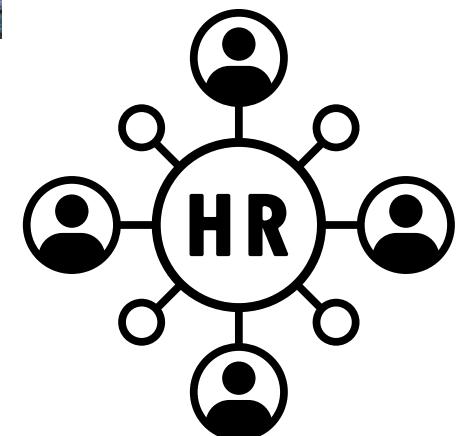
Activities:

- Final self-assessment report.
- Evaluation meetings with supervisors.
- Peer feedback sessions.
- Exit interview and future planning.



WHO IS THIS PROGRAM FOR -

- Psychology Students;
- Beginner Counselors & Therapists;
- Social Workers;
- Energy Healers;
- Alternate Therapy Practitioners;
- Mental Health NGO's
- Aspiring Life Coaches
- Educators & Academic Professionals
- Wellness and Healthcare Professionals
- Psychology Enthusiasts
- Individuals in HR & Talent Development



KNOW OUR COUNSELORS



ANUSHKA KARIRA

- Anushka Karira, Counselor and Psychotherapist, Life Coach, and Motivational Trainer with total experience of 20 years. Conducted not less than 10,000 hours of Counseling, Coaching and Training Programs.
- She has helped clients deal with their Anxiety, Depression, Phobias, Anger, Fear, Sadness, Guilt, Insecurities and many other Mental and Emotional concerns.
- To improve mental and emotional wellness, she uses therapies like Past Life Regression, Inner Child Healing, Family Constellation Sessions, CBT, REBT, Transactional Analysis, NLP, Music Therapy, ABT (Art Based Therapy) and many more.

VANI JOG



- Vani Jog, a seasoned Art Therapist and educator, cultivates creativity, confidence, and emotional intelligence through her compassionate and holistic approach. With 28 years of experience and a diverse background in business, literature, education, and counseling psychology, Vani weaves art therapy into a powerful tapestry of growth and self-discovery. Her empathetic nature, effective communication, and adaptability empower individuals to flourish, unlocking their full potential and embracing life's journey with resilience and joy.

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Contact Number

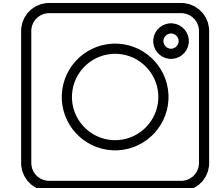
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