

# PSYCHOLOGY E-INTERNSHIP 2021

## Idiographic Approach in Psychology

05th March- 24th March, 2021

Everyone is unique & each experience is different. Then how can psychotherapy be same for everyone?

Idiographic approach to psychology embraces the individual's unique personal experience of human nature to provide mental health counseling & psychotherapy. This approach does not seek to formulate laws or generalize results to others but rather curate individualized interventions for clients. Enhance your skills in the Idiographic approach with this **ULTIMATE** internship in clinical & counseling psychology.



# PSYTARA

## Contact:

Email id: [info@psytara.com](mailto:info@psytara.com)  
Website: [www.psy tara.com](http://www.psy tara.com)  
Instagram: [@psytara](https://www.instagram.com/psytara)

Register now: [www.psy tara.com](http://www.psy tara.com)

# About PSYTARA

Foster quality mental health professionals vis-à-vis introducing super specialised fields of psychology & contemporary therapeutic practices.

## Check out our other internships:

- Internship in Psycho-Oncology (Last date to register 18th Feb 2021)
- Internship in Counseling Psychology (March 2021)
- Internship in Child & Adolescent Psychology (March 2021)
- Internship in Research in Psychology (March 2021)

## Sessions Schedule

- Session 1: Orientation & introduction to Idiographic approach to Psychology
- Session 2: Conducting clinical interviews
- Session 3: Arriving at a diagnosis & role of culture in diagnosis
- Session 4: Health psychology- Counseling for physical health illnesses
- Session 5- Assessment, evaluation & testing- I
- Session 6- Assessment, evaluation, testing & reporting- II
- Session 7: Initiating intervention (counseling & psychotherapy)
- Session 8: Interventions- I
- Session 9: Interventions- II
- Session 10: Idiographic Approach: putting it in practice- I
- Session 11: Idiographic Approach: putting it in practice- II
- Session 12: Working with children & parents
- Session 13: Working with families
- Session 14: Conducting therapies in group
- Session 15: Summary & conclusion

## Knowledge exchange:

- For professionals (working & non-working)- INR 2500/-
- Students (voluntary internship)- INR 2200/-
- Students (college internship, letter/email from college required)- INR 2000/-

## #MeetTheMentor



**Ms Sheema Hafeez**  
Psychologist & Founder PSYTARA

Ms Sheema is a licensed psychologist, researcher, writer and trainer with over 8 years of multi-faceted expertise & experience in psycho-oncology, child & adolescent psychology, geriatric psychology, aviation psychology, environment psychology, health psychology, addiction & rehabilitation, consumer psychology & design research. She is the founder of PSYTARA & co-founder of Trackcoronavirus.app & Trome Life. As a consultant, she is a part of super speciality hospitals, multispecialty hospitals, NGOs, corporates & a part of several government policies.

Know more about Ms Sheema at: <https://www.tromelife.com>  
<https://in.linkedin.com/in/sheema-hafeez123>



## Internship Details

- This internship is suitable for students pursuing Masters in Psychology, Diploma in Counseling, practicing psychologist & counselors.
- This is a fast paced, fixed block internship (no batches) starting 05th March 2021 to 24th March 2021
- 15 Sessions of 2 hours every Sunday, Monday, Tuesday, Friday & Saturday 6.30 pm- 8.30pm IST.
- Sessions will be conducted in English.
- Weekly assignments will be provided.
- Total hours of experience this internship will account for is 100 hrs.
- It is a live online internship conducted over zoom.
- e-Certificates will be provided on successful completion of the internship with 80% attendance & submissions of all assignments.
- College evaluation will be provided (if applicable).

Register now: [www.psy tara.com](http://www.psy tara.com)