



## **PROFESSIONAL INTERNSHIP PROGRAM**

University Students who finished one of the Graduate Internships at the Wellness Hub or Post Master's Level.

**Dates:** Multiple options available. Please check 2025 calendar.

**Duration:** 6 weeks

**Total Hours:** 20 Hours

**Fees:** please email [internships@wellnesshub.ae](mailto:internships@wellnesshub.ae)

**Program Leader:** **Dr Shradha Billawa**, CDA-Licensed Psychologist, BACP

**Location:** Dr. Ola Wellness Hub, 1205, JBC4, Cluster N, JLT, Dubai





## PROGRAM STRUCTURE

### Week 1 : Reflecting on Growth and Charting the Path Ahead Building on Internship Experiences and Setting Intentions

#### Objectives:

- Reflect on personal and professional growth during the internship.
- Identify areas for continued development and set personal goals for the program.

### Week 2 : Advanced Clinical Skills. Refining Therapeutic Techniques

#### Objectives:

- Introduction to Emotional-Focused Therapy
- Enhance core clinical skills (e.g., active listening, advanced empathy, formulation).
- Practice managing complex client situations.





## PROGRAM STRUCTURE

### Week 3 : Strengthening Clinical and Interpersonal Skills. Advancing Skills in Real-World Scenarios

#### Objectives:

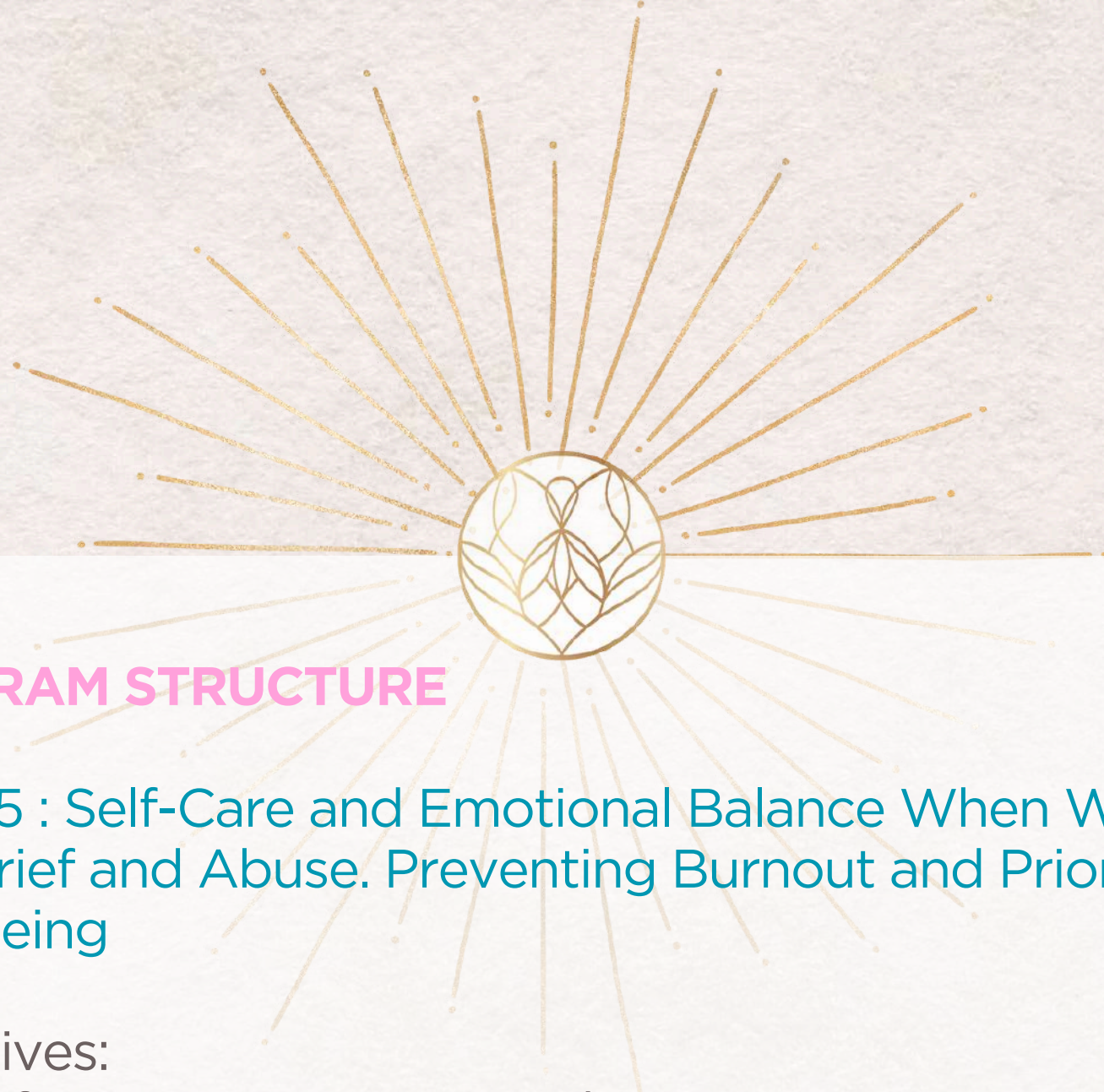
- Emotional-Focused Therapy
- Refine clinical and communication skills through interactive practice.
- Explore the connection between theory and applied practice.

### Week 4 : Ethics and Professional Boundaries in Clinical Work. Navigating complex scenarios with confidence

#### Objectives:

- Understand ethical principles relevant to trainees.
- Practice setting boundaries in academic, clinical, and professional settings.





## PROGRAM STRUCTURE

Week 5 : Self-Care and Emotional Balance When Working with Grief and Abuse. Preventing Burnout and Prioritising Well-Being

Objectives:

- Identify stressors unique to the training experience.
- Develop sustainable self-care strategies for emotional and professional balance.

Week 6 : Preparing for Continued Growth: Master Level and PhD Programs. Celebrating Progress and Planning the Future.

Objectives:

- Reflect on progress and accomplishments.
- Set actionable goals for the next phase of their journey.
- Celebrate personal and professional growth over the course of the program.