



GRADUATE UNIVERSITY **INTERNSHIP PROGRAM**

AT WELLNESS HUB JLT





GRADUATE UNIVERSITY INTERNSHIP PROGRAM

Undergraduate Year 3 and Master's Level

Dates: Multiple options available. Please check 2025 calendar.

Duration: 6 weeks

Total Hours: 150 Hours

Fees: please email internships@wellnesshub.ae

Program Leader: **Manaal Mulla**, BACP & Dr. **Ola Pykhtina**,
DHA-Licensed Psychologist

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



PROGRAM STRUCTURE

Week 1 : Setting goals and intentions.
Introduction to Play and Art Therapy.

Week 2 : Assessments and screenings. Intake forms,
confidentiality agreements, ethics.

Week 3 : Cognitive-Behavioural Therapy (individual and
family).

Week 4 : Client-Centred Therapy.

Week 5 : Couple Therapy.

Week 6 : Final Presentation & Portfolio Submission (Tasks
and Self-Reflective Journal)



Additionally, every week students engage in the following :

- **Diversity Discussion Group** is where we acknowledge the diverse identities present in the room – both therapists and clients. It's a space where we reflect on how different aspects of who we are impact the therapeutic journey. We discuss how our backgrounds, cultures, and experiences shape the therapeutic relationship, offering insights into navigating these intersections effectively.
- **Weekly CPD (Continuing Professional Development)** sessions are dedicated to enhancing our skills in therapeutic interventions across a spectrum of presenting issues. We learn how to work with common presentations such as depression, anxiety, eating disorders, and more. Through case studies, and practical exercises, we aim to expand our toolkit of therapeutic techniques, ensuring our readiness to effectively address the diverse needs of our clients.



Additionally, every week students engage in the following :

- **Counselling Skills Practice** involves honing the various techniques and abilities necessary for effective counseling sessions. We will engage in role-plays to practice counseling skills in simulated sessions. After each role-play session, we can share our experiences, observations, and challenges. Feedback and guidance on how to improve counseling skills will be provided.
- **Process Group** is where we process our experience of being on the internship programme. The topics depend on what the group needs and wants to talk about. Being in a process group can help us understand ourselves better, learn how to communicate, and grow as individuals. It is a chance to connect with our peers who might be going through similar experiences.