



EARLY UNIVERSITY INTERNSHIP PROGRAM

AT WELLNESS HUB JLT





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Undergraduate University Students Year 1 & 2
Psychology Internship Program for University Students

Dates: Multiple options available. Please check our calendar.

Duration: 6 weeks

Total Hours: 150 Hours

Fees: please email internships@wellnesshub.ae

Program Facilitator: CDA/DHA- Licensed Psychologist

Location: Wellness Hub, 1205, JBC4, Cluster N, JLT, Dubai



PROGRAM STRUCTURE

Week 1: Introduction to Play & Art Therapy

- Objective: Introduce students to expressive therapies and provide hands-on experience with evidence-based interventions

CPD Topic

CPD Activity

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.



PROGRAM STRUCTURE

Week 2 & 3: Cognitive Behavioural Therapy & Client-Centred Therapy

- Objective: Examine different therapeutic approaches and modalities, focusing on their applications and differences.

CPD Topic

CPD Activity



PROGRAM STRUCTURE

Week 4 : Introduction to Gottman Institute and Couple Therapy

- Objective: To introduce the differences between individual and couple therapy session. To create an opportunity for students to carry out a couple therapy session.

CPD Topic

CPD Activity



PROGRAM STRUCTURE

Week 5 : Domestic Violence and Abuse

- Objective: To deepen interns' understanding of risk-management with clients.

CPD Topic

CPD Activity



PROGRAM STRUCTURE

Week 6 : Final Presentations and Reflections

- Group Project Presentations Activity
- Feedback and Evaluation Activity
- Final Reflection and Certificate Distribution