

## 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 our calendar.

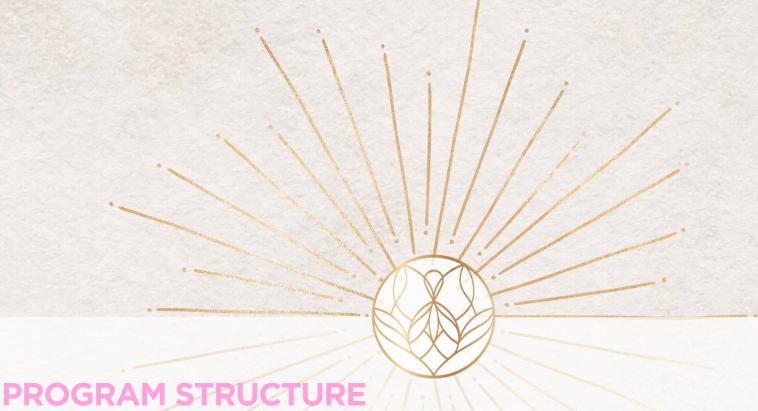
**Duration:** 6 weeks

**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



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.