

# ZEN MIND Internship: Launch Your Psychology Career

Gain practical experience, develop essential skills, and build a successful career in psychology with the ZEN MIND Internship program.





# Program Structure: Phases of Growth

1

## Phase 1: Foundational Skills

Build a strong foundation through workshops, certifications, guest speakers, and short-term projects.

2

## Phase 2: Real-World Experience

Gain practical experience in clinical, school, and organizational psychology settings.

3

## Phase 3: Career Launchpad

Top performers transition into roles with leading organizations based on performance and recommendations.

# Key Responsibilities: Hands-On Learning

## Client Support

Assist clients in finding suitable therapy options, conduct assessments, and provide therapy sessions.

## Administrative Tasks

Handle inquiries, schedule appointments, and provide support to existing clients.

# Benefits of the Program: Invest in Your Future

## 1 Clinical Supervision

Receive one-on-one and group supervision from experienced professionals.

## 2 Evidence-Based Therapies

Gain hands-on experience in CBT, DBT, trauma-informed therapy, and mindfulness techniques.

### 3 Clear Career Path

Receive ongoing mentorship and support for your professional growth.



# Teaching and Practical Sessions: Expand Your

## Introduction to Psychology

Gain a comprehensive understanding of various branches of psychology, including clinical, organizational, school, health, and child psychology.

## Classificatory Systems

Learn about ICD and DSM, understanding approaches to classifying mental health conditions.

## Mental Health Concepts

Explore the concept of mental health, sociocultural and biological foundations of behavior, and the distinction between normality and abnormality.





# Therapeutic Interventions: Master Essential Techniques



## Cognitive-Behavior Therapy

Learn techniques for managing stress and improving mental well-being.



## Dialectical Behavior Therapy

Develop skills for managing emotions, improving relationships, and reducing self-harm.



## Acceptance and Commitment Therapy

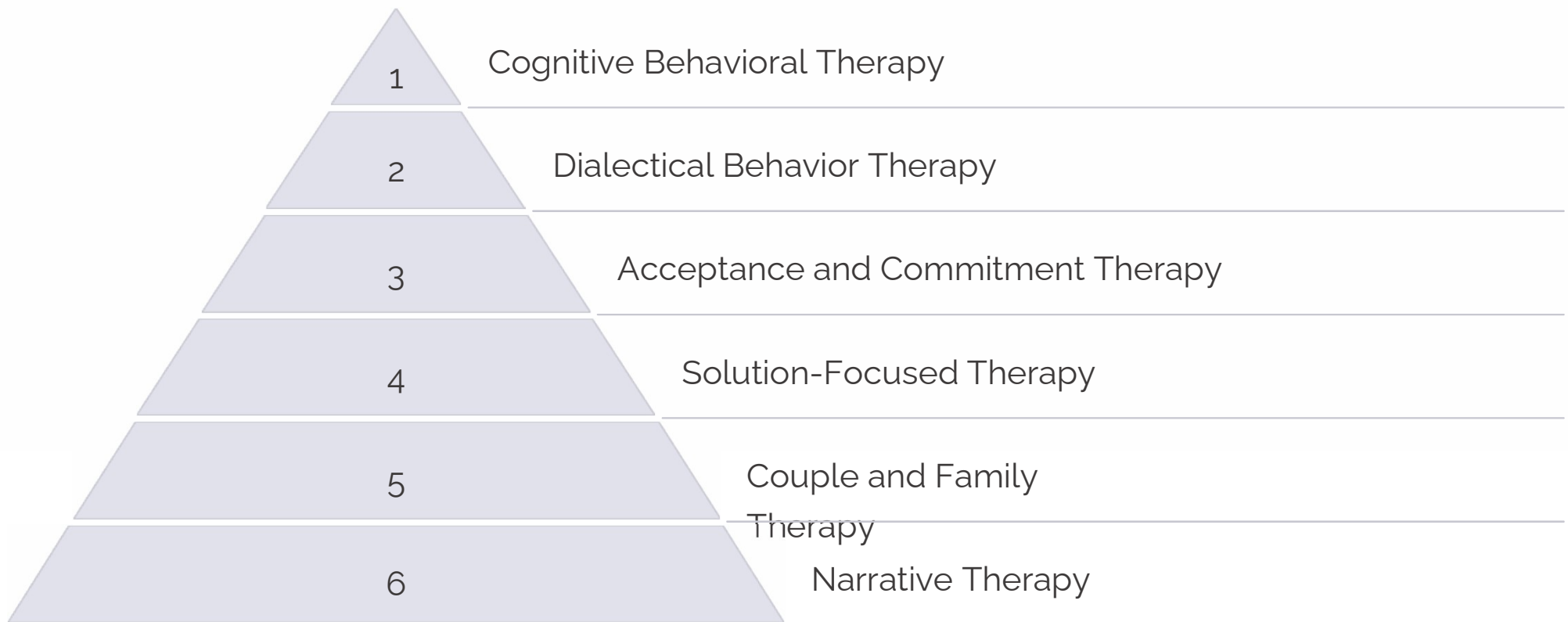
Learn to accept difficult thoughts and feelings, and commit to living a meaningful life.



## Trauma-informed Therapy

Learn the techniques to address the impact of trauma and empowering in the healing process

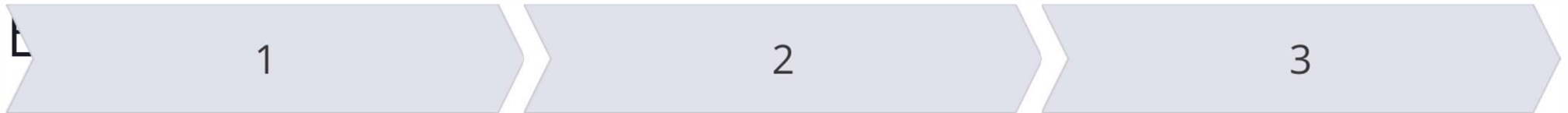
# Diverse Therapeutic Approaches: Expand Your Skill Set







# Client Interaction: Gain Real-World



## Assessments

Conduct 30-minute face-to-face assessments to gain experience with client evaluations.

## Therapy Sessions

Provide therapy to 3-5 clients per week, interacting with individuals facing mental health challenges.

## Supervision

Receive one-on-one and group supervision to enhance your skills and development.





# How to Apply: Take the Next Step

1

Reach us at Earliest

To check the availability of slots

2

Documentation

Submit the application form and attach your CV.

3

Join the Program

Start your journey towards a successful career in psychology.

# ZENMIND Internship: Your Path to Success



The ZENMIND Internship program provides a structured path to becoming a skilled psychological practitioner, opening doors to exciting career opportunities.