

ONE MONTH INTERNSHIP - THANE

Objectives of the internship (Extensive Training)

1. Understand the theory of REBT & CBT
2. Understand the practical application of REBT & CBT
3. Learn how to supervise therapy
4. Understanding group therapy, assisting and setting up a support group
5. Getting personal therapy done
6. Exploring the scope of application of therapy by conducting community based surveys and experiments
7. Personal and professional growth

Structure

This program is divided into four weeks with different objectives of every week.

1. Learning Basics of REBT

History taking, cognitive conceptualization. Exploring the scope of REBT & CBT in community. Taking up one assignment. The assignment is formulating an Intervention plan in area of interest and actually executing it.

Preparing full modules of the compulsory individual and common assignments.

All interns will be given 10 questions of REBT & CBT each on the first day of internship. All reading material is available at the Training centres and will be available to read only at the centres. The interns will have to write essay type answers and submit answers at the end of third week of internship. Of course the answers can be written with the books and Google open.

Examples of questions:

1. What are the factors responsible for clients seeking therapy, following up regularly and dropping out?
2. As a psychotherapist, in what way can you help a school?
3. What psychological factors interfere with a weight loss program?
4. What is the role of Cognitive triad in depression?

2. Practical Applications of REBT

Taking up part of Support group activity. Eg. Presenting facts about the topic on PPT, (Eg. 5-7 % are depressed at any point in time).

Formulating treatment plan. Intervention, cognitive restructuring. Formulating complete module of Individual assignment.

3. Case discussions. Preparing the outcome summary. Presenting the summary.

4. Supervision of participant's therapy. Participants will also Supervise therapy of fellow interns. Refining your own therapy. Presenting cases, getting feedback. Presenting assignment.

Certificates will be awarded only after

1. Full completion of assignments

2. Passing the written test
3. Passing the practical test
3. Submission of full cases.

4. The supervision of 'Golden tape' - Final audio recording of one therapy session by Dr. Shishir Palsapure, or in person by Dr. Shishir.

Accommodation and food: The interns have to arrange for their accommodation and food in case they are traveling to Thane for the training.

Essential reading for the Internship:

PLEASE ORDER THEM IMMEDIATELY AS THE DELIVERY MAY TAKE SOME TIME.

1. Cognitive therapy: Basics and beyond by Judith Beck
2. Practitioner's guide to Rational Emotive Behavior Therapy: Third Edition

More recommended reading:

1. Beck diet solution: Judith Beck
2. What works when with children and adolescents: Ann Vernon
3. Cognitive therapy of Depression
4. Life Coaching: Windy Dryden

Certification:

The interns will get a certificate of participation, training and supervision of their therapy from **Albert Ellis Institute Affiliated training center, India** and **The Beautiful Mind, Thane**. This certificate will be helpful to the interns for their completion of PhD, MPhil or MA/MSc Psychology programs. The internship

certificate is not a valid license for practicing psychotherapy, and they have to abide by the country's laws for practice.

Eligibility:

BA or any graduation in Psychology, Social work, Nursing, Medicine, alternative medicine including Homeopathy, Ayurveda. Participants must have completed their graduation before they sign up for the program. Participants who have completed post graduation in Psychology, psychiatry, social work or Nursing are also eligible and preferred.

Investment: This is an intensive on and off site training program where the participants pay for the internship. They will not receive stipend, as they are not working for the organisation but getting trained.

Rs.25,000 for One month training at Thane

Discounts: 10% discount if you are a group of 2 or more students.

All students will get the discount.

How is this much of investment worth it?

The extended training offers course content of REBT Level 1, REBT level 2, CBT Level 1, CBT Level 2 workshops. The combined fee of these two workshops is = INR 48000

Exclusive Supervision besides that done during peer counselling, training kit etc. worth INR 5000 -15000. This makes the whole training worth over 63000!

Besides, you will get the training and certification under supervision from Dr. Shishir Palsapure who's a certified CBT- REBT trainer and Supervisor from India's most reputed institute in CBT- REBT training- Albert Ellis Institute, India.

We can proudly say that no other institution in India offers this content, intensity, duration and credibility of training than we do!

Address:

The Beautiful Mind

9th Flr, Shri Ganesh Darshan Tower, L.B.S. Road, Near Hariniwas Circle, Naupada , Thane-(W) 400602. Near Vasan Eye Care Centre.

Contact no. - 8291462191

email- info@thebeautifulmind.co.in

Website- www.thebeautifulmind.co.in

Trainers:

Dr. Sukhada Chimote is the first consultant Psychiatrist in the country to start the Satellite Office of Albert Ellis Institute Affiliated Training Centre, India.

After completing her Post Graduation in Psychiatry (Gold Medalist) from Mumbai, she joined Institute for Psychological Health, a pioneer Institute in Community Mental Health based in Thane, where she is working as a consultant since last 5 years.

In addition to her daily clinical practice with a busy day of seeing 30-40 clients, she is actively involved in community Mental Health initiatives, in community mental health activities and corporate training. Her areas of interest include Child & Adolescent Mental health & Emotional Intelligence.

Dr. Sukhada developed interest in practicing CBT & REBT while in her active psychiatry practice, under the guidance of her mentor, Dr. Anand Nadkarni, who has been teaching & propagating REBT in the Indian context for more than three decades.

After completing her Advance Certificate Practicum from Albert Ellis Institute, New York, Dr. Sukhada now also functions as a Head, The Beautiful mind, the Satellite Office of Albert Ellis Institute ATC India, based at Institute for Psychological Health.

Dr. Sukhada has gained valuable insights in application of CBT & REBT at different stages of Mental health – namely disorder, distress & development. A variety of her modules like

- ABCD of REBT (with more than 17 successful batches over two years)
- Masta Majeche Aai Baba (Tailor made parenting workshop of two days for Effective Parenting in different age groups)
- Inner Horizons (A two days workshop specially designed for knowing themselves better)
- PASSWORD ANANDACHA –password to Happiness! (A developmental Module of two days for the community)
- ASMI – Workshop for adolescents to discover their hidden talents & potentials, and to develop healthy coping skills.... and many more !!

Dr. Sukhada is also into corporate Training, working regularly with clients using principles of REBT- Reliance, Siemens, Cipla, Bharat Petroleum, etc, to name a few.

Dr. Sukhada believes in using CBT & REBT principles in her own life experiences as the key to become an effective REBT practitioner.

Experiences

Dr. Shishir Palsapure is the Director at Albert Ellis Institute Affiliated Training Centre, India. He is an international trainer and has represented India at various prestigious conferences. He will deliver 6 hours of lectures and also supervise one final tape/ real time supervision at the end of internship either in person, or online

Special advantages of doing your internship at The Beautiful Mind, IPH!

- 1) Direct history taking from clients, will be a special chance of clinical communication.
- 2) Getting to attend Psychiatric OPD with Dr. Sukhada, to observe & learn the application of counseling techniques.
- 3) Exposure to basic psychopharmacology, the knowledge of which will be useful to you for better understanding of your clients treatment protocols , as well as communication with concerned psychiatrist wherever necessary.
- 4) Chance to attend community / school workshops or events to take a hands on experience on application of REBT for community.
- 5) In addition to the sixty hours of the academic programme; the participants will get an opportunity to interact with Dr. Anand Nadkarni in two special sessions:
 - 1) REBT & Eastern Philosophy
 - 2) Application of REBT in different community settings