



APEX PSYCHOLOGICAL SOLUTION
CENTRE FOR MENTAL HEALTH

Practice Based Internship in **COUNSELING PSYCHOLOGY**

60 HOURS | OFFLINE | DELHI

- **100% Practical Focus with Emphasis on Hands-On Learning**
- **Gain hands-on counseling exposure with Expert Psychologist**
- **Learn Client Handling with Clarity and Confidence**
- **Practical Skill Building for Effective Client Management**



STARTING FROM 12TH JAN

APPLY NOW



CURRICULUM OF INTERNSHIP

◆ **Module 1:** Introduction to Counseling Psychology

Counseling psychology as a field, differences between counseling and psychotherapy.

◆ **Module 2:** Theoretical Approaches in Counseling

Major counseling theories - Cognitive Behavioral Therapy, Humanistic Therapy.

◆ **Module 3:** Counseling Skills and Techniques – Part 1

Core counseling skills (active listening, reflection, paraphrasing, and summarizing).

◆ **Module 4:** Counseling Skills and Techniques – Part 2

Empathy, rapport-building, and questioning techniques.

◆ **Module 5:** Ethics in Counseling

Confidentiality, informed consent, boundaries, and ethical dilemmas.

CURRICULUM OF INTERNSHIP

◆ **Module 6:** Basic Assessment in Counseling

Assessment in counseling (Case History & MSE, basic psychological assessments).

◆ **Module 7:** The Counseling Process and Stages of counseling

Establishing rapport, setting goals, intervention, and termination.

◆ **Module 8:** Cultural Competence in Counseling

Importance of cultural sensitivity and understanding diverse client backgrounds.

◆ **Module 9:** Self-Care for Counselors

Recognizing burnout, self-care techniques, and maintaining professional boundaries.

◆ **Module 10:** Practical Case Discussions

Case study discussions, reflection on key learnings, and Q&A.

OBJECTIVE OF INTERNSHIP PROGRAM

Apex Psychological Solution offers a comprehensive internship program in **Counseling Psychology**. This multifaceted experience aims to provide interns with essential counseling skills, ethical understanding, and practical techniques relevant to real-world situations.

With a focus on **experiential** learning and hands-on practice, the program enables interns to build confidence and competence in their counseling abilities.

This internship fosters critical areas such as emotional intelligence, ethical decision-making, and professional resilience. By engaging in reflective practices and receiving constructive feedback, interns will enhance their ability to navigate the complexities of the counseling field.

ABOUT APEX PSYCHOLOGICAL SOLUTION

A division of Zenith Academy of Psychology Private Limited, Apex is a dynamic mental health organization focused on providing high-quality psychological services and training for emerging professionals. With a commitment to practical exposure and hands-on experience, the organization offers a platform for psychology students, trainees, and interns to develop their skills in a real-world setting. Key aspects of Apex Psychological Solution include

- Training and Development
- Client-Centered Care
- Supervision and Mentorship
- Workshops and Seminars

Apex Psychological Solution is known for integrates evidence-based practices with innovative approaches to mental health.



KNOW YOUR FACILITATORS



Vikas Kr. Sharma

Counseling Psychologist, Industry Expert

5+ Years of Experience overall

M.Sc. Clinical Psychology, PhD Psychology (Pur),

Dip. in child development and counseling

Vikas Sharma, a Counseling Psychologist and PhD Scholar, brings 5+ years of hands-on experience, With a strong foundation in both teaching and training, Vikas is also recognized as an industry expert. His extensive knowledge and practical experience in the field enable him to provide students with a well-rounded understanding of counseling techniques, preparing them for real-world challenges in the psychology domain.

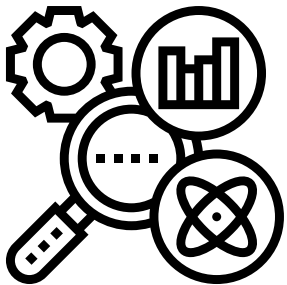
ADDITIONAL SUPPORT FROM APEX PSYCHOLOGICAL SOLUTION



**Free
Resources**



**Guidance
Support**



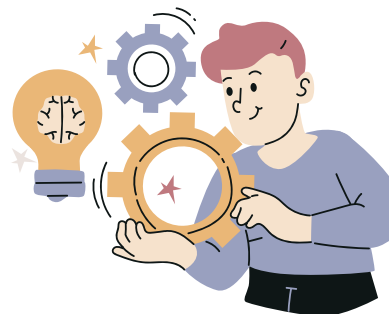
**Research
Oppotunity**



**Career
Guidance**



**Support group
access**



**Practical
Exposure**

WHY SHOULD YOU JOIN US

Expert Faculty - Our program is led by qualified faculty, who bring a wealth of knowledge and practical insights to the training sessions.

Comprehensive Curriculum - Covers diverse topics, providing a comprehensive understanding of interventions and practical skills.

Hands-On Training - Emphasis is placed on hands-on training, allowing participants to apply theoretical concepts in practical scenarios.

Career Advancement - Gain a competitive edge in your career with our training program

Small group classes and Individual attention

Professional Development And Networking Opportunities

WHO CAN JOIN US

Psychology Graduates

Psychology Postgraduates

Other Psychology Enthusiasts

OFFLINE/HYBRID MODE



FLEXIBLE TIMINGS



DA7, First floor, Nirman Vihar



12th Jan 2026

PROGRAM CERTIFICATES

