



SUJAV FOUNDATION

(A Charitable trust Registered under The Indian Trust Act, 1882)

Registration number: 229008080

Online Internship Programme in Clinical & Counselling Psychology

About the Organisation

Sujav Foundation is a registered charitable trust under the Indian Trust Act, 1882, (Reg. No. 229008080), which provides a platform to psychology aspirants to learn and enhance their skills. The organisation has been working in the field of Psychology for the past three years and we have conducted many internships in the past two years. Various training programs were also organised by the organisation. The organisation also takes pride in running free classes for the underprivileged children.

Team Members

Sujav Team comprising Psychiatrists, RCI Licensed Clinical Psychologists, Counselling Psychologists, Industrial Psychologist, Forensic Psychologist, Educational Psychologist and Educationists.

The organisation works under the supervision of **Mrs. Seema Rahman**. She is the Founder and Director of Sujav Foundation. She has done masters Psychology with specialization in Clinical Psychology. She is a Gold Medalist. Since 2003 she has been working in the field of Psychology, providing counselling services to children, parents, adolescents and the general population. She has been working extensively in the area of mental health and her passion is to promote Self-awareness and emotional wellbeing. She has been associated with schools, hospitals and also with Asmita, A Centre for Slow Learners since 2002, as a volunteer. She is part of Add Value Consultants and Kohai as a Psychologist and Counselor.

Dr. Naghma Javed, M.A. and Ph. D in Psychology is the co-founder of the organisation. She has an academic record of teaching undergraduate and postgraduate students for over 18 years. For the past 5 yrs. She has stepped into the field of counselling. She is also working with HCL as a Psychologist. Her expertise is in general counselling. She is also academic counsellor at IGNOU, RC Lucknow

Dr. Akshay Singh, MBBS, MD, Practicing consultant in Lucknow, Ex-faculty, Mayo Medical College, Public Speaker and an avid reader who believes in the integration of a practical approach and integration of psychological concepts with medicine.

Dr. Neerja Pandey, Ph .D Professor of Psychology at Amity University, Lucknow Campus. She is a Rehabilitation Psychologist (registered with Rehabilitation Council of India). She is a Psychotherapist, Integrated Clinical Hypnotherapist, and a trained Counsellor. She is a very hard working and focused professional, and is passionate about helping people who are facing any kind of mental health issues and distress.

The organisation consists of a team of psychologists specializing in various fields of Psychology like Counselling, Clinical, Organisational, Applied Psychology, Psychotherapy, Drug Dependency, Forensic & Positive Psychology etc. It has been rendering its services under the supervision of RCI licensed & eminent psychologists. They provide assessment and early intervention for learning disabilities & other psychological problems. They specialize in IQ testing, aptitude testing, educational testing, and career counselling.

Sujav foundation, registered under state law, an Act certified organisation, provides various courses through online and offline mode.

Training Outcomes

- Practicum with Skill Building as a Psychologist
- Skill Development as a Mental Health Professional
- Understanding Etiology and Psychopathology of Mental Disorders
- Understanding predisposing, precipitating, and perpetuating factors of Mental Disorders
- Prognostic factors and Intervention in various Mental Disorders
- E-certificates of Completion
- Best Case Presentation award in Case Conference
- Study Materials

Website and Registration Link

Organisation Website: sujavfoundation.com

Link to Register for Internship

https://docs.google.com/forms/d/e/1FAIpQLSetDEnJnqEQdhkxs3pxRfOEalPbrhQDtVaU00zPFslRc_36OA/viewform?usp=pp_url&entry.385923085=n

Fee Payable Options

Account Holder Name: Naghma Javed
Bank: Punjab National Bank (BBD Branch)
Account No.: 6027000400025192
IFSC Code: PUNB0602700

OR

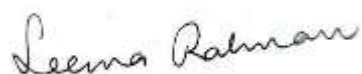
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Duration of Internship

One Week Fees - ₹1000
Two Weeks Fees - ₹2000
One Month (120 hrs) Fees - ₹3700
Two Month (240 hrs) Fees - ₹5000

(Group Discount Available)*

**Fresh Batch for IGNOU
Students from
30 January, 2022**



Seema Rahman

Director, Sujav Foundation, Lucknow, Uttar Pradesh

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Phone: +91 9415081381, 9415291712

Date: 23 Jan., 2022

Curricula for IGNOU MAPC Students

Duration: 2 Months

240 hours of Online Internship (including case study, role plays, group discussions, psychological tests, Counselling sessions, report writing and case presentations)

Counselling Psychology (MPCE 025)

- Ethical Practices in Psychology
- Mental Healthcare Act, 2017
- Symptomatology and Psychopathology of Mental Disorders
- Clinical Interview/Case History Taking
- Psychological Assessments: Administration, Scoring and Interpretation
- Different Therapies: Concept, Application, Role Play
- Stress and Stress Management Techniques
- Conflict and Conflict Resolution Techniques
- Counselling Skills- Rapport Building, Listening, Empathy
- Planning Counselling Sessions, Goals for Counselling
- Supervised Counselling Sessions
- Rapport Building
- Practical Implications of Session Planning
- Ten Online Sessions with Clients (Clinical Interview and Counselling Sessions) with informed consent from client as per guidelines issued by RCI for Online Counselling
- Report Writing
- Case Submission and Case Presentation by Students

Clinical Psychology (MPCE 015)

- ICD 10 and DCM V Overview
- Ethical Clinical Practice
- Mental Health Care Act, 2017
- Symptomatology and Psychopathology of Mental Disorders
- Clinical Interview/ Case History Taking
- MSE: Mental Status Examination
- Psychological Testing and Assessment (Administration, Scoring and Interpretation)
- Report Writing
- Case Conceptualization
- Case Study
- Discussion and Role Plays
- Group Discussion
- Therapies: Overview and Role Plays using Different Therapies
- Supervised Training Sessions on Clinical Interview
- Interactive Sessions with Patients, Rapport Building, Listening, Empathy
- Practical Implications of Session Planning
- Ten Online Cases (Clinical Interview, MSE, Assessment and Planning with informed consent of Clients As per guidelines issued by RCI for Online Counselling)
- Case Submission and Case Presentation by Interns



SUJAV
FOUNDATION



Winter Internship

Soft Skills |
Integrative Therapies

PROVIDING

Material, Books, PPTs, Case studies, Recorded sessions, Scale, Assessments, Activities related to topic, Assignments.

CORE TOPICS:



Integrative Therapies:

- Neuro - Linguistic Programming
- Mindfulness based stress reduction
- Gestalt Therapy
- Essential counselling skills
- Public speaking skills



Soft Skills:

- Stress management
- Anger management
- Body language
- Brainstorming - Problem Solving
- Conflict management

JOIN US!

Inviting psychology students, parents, teachers, professionals and social work-

- Clinical Psychology
- Counselling Psychology
- Community Mental Health

ABOUT :

1 Month, 2 months
IGNOU Curriculum
(240 hours)



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Mode : Online