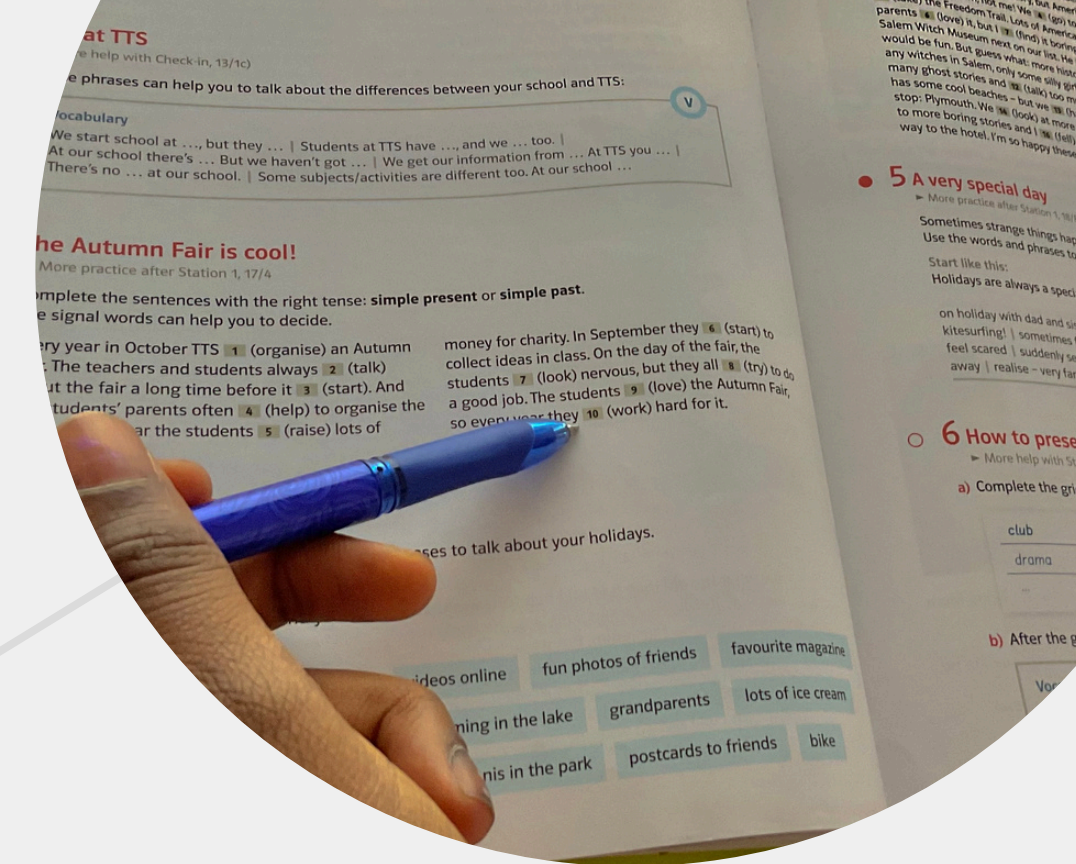


Presented By
Mindscope International

Psychology Internship Program

**150 Hours | 1 Month
Industry-Ready Intensive Training**





Why This Internship

In today's competitive landscape, theoretical knowledge is not enough. Bridge the gap between textbook psychology and real-world application with clinical, counseling, and corporate tools.



The 150-Hour Breakdown

150

Total Core Hours



Curriculum Structure



Week 1



Foundation & Observation

Emotional awareness and behavior analysis.

Week 2



Stress & Anxiety

Understanding responses and regulation techniques.

Week 3



Mindfulness & Cognition

Reshaping thought patterns for wellness

Week 4



Psychological Disorders

Real-life presentations and risk factors

Week 1: Behavioral Observation Lab

Focus: Patterns & Awareness



Body language analysis & interpretation



Emotional recognition training



Communication pattern tracking

Deliverable: Behavior Observation Journal



Week 2: Anxiety Intervention Lab

Focus: Regulation & Response



Grounding & breathing techniques



Panic attack response simulation



Stress trigger mapping exercises

Deliverable: Anxiety Cycle Worksheet

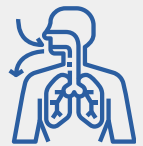


Week 3: Mindfulness Training Lab

Focus: Mental Resilience



Cognitive restructuring techniques



Mindful breathing & body scans



Thought observation exercises

Deliverable: Cognitive Restructuring Worksheet



Week 4: Disorders Simulation Lab

Focus: Clinical Presentation



Real-life case discussions



Symptom recognition exercises

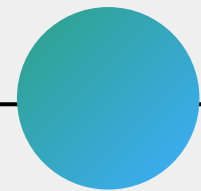


Differentiating stress vs. disorder

Deliverable: Disorder Case Analysis Report

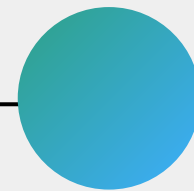


Project & Professional Simulation



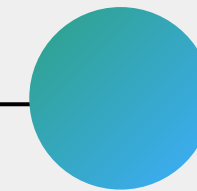
Capstone Project

Design a structured intervention.
Themes include Anxiety Programs, Student Mindfulness, or Workplace Stress Toolkits.



Role Play Phase

28 hours practicing as "Psychologist" vs "Client" tackling scenarios like panic attacks, burnout, and social anxiety.



Certification

Receive a CV-worthy certificate highlighting clinical skills, case conceptualization, and intervention design.



Core Skills Developed

Psychological Observation

Expertly analyzing behavioral cues and body language

Clinical Interventions

Applying anxiety management and mindfulness techniques

Counseling Micro-Skills

Developing active listening and communication patterns

Case Conceptualization

Creating structured intervention reports and analyses



Join the Program

Transform your theoretical knowledge into clinical mastery.

Starting from 15th May



contact us

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