

## Internship Outline

**Qualifications:** Bachelors/Masters in Psychology (Clinical/Counselling)

**Duration:** 3 months

**Location:** Manipal Hospitals

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### Areas of Training

1. Administering age-appropriate interventions for distraction and wellbeing in pediatric settings
  - PICU, wards, ER, Oncology, BMT, etc.
  - Grounding, Distraction and Mindfulness Techniques.
  - Procedure Preparation
  - Comfort Positioning
  - Play based Interventions.
2. Observing and reporting signs of developmental delay, abuse, and psychological distress
3. Providing counselling support to hospitalized children and their families under supervision
  - Brief counseling.
  - Trauma informed care
  - Grief and bereavement counseling
  - Emergency interventions (Suicide and self-harm)
  - Support for Psychosomatic symptoms
4. Administering, scoring, and interpreting screening assessments:
  - a. Anxiety-related disorders
  - b. Depression
  - c. Caregiver's Burden/Burnout
  - d. Personality and Behavioral
  - e. Stress, Coping, and Resilience
5. Observing Out-Patient child counselling and parent training sessions (intake sessions and counselling sessions)
  - Behavioral issues
  - Stress, Anxiety and Depression
  - Bullying, Assertiveness Training, and Self Esteem
  - Self-harm

- Social emotional learning
  - School adjustment
  - Trauma and Abuse
  - Individual counselling sessions for hospital staff
6. Participating in research projects (optional, depends on the intern's interest in research)
  7. Peer learning through academic sessions: weekly presentations done by interns for knowledge sharing
  8. Delivering presentations and workshops
    - Mental Health awareness workshops for hospital employees
    - Organizing Group counseling sessions for nurses and staff.
    - Delivering Webinars and seminars for external organizations
    - Participating in Community Outreach Programs and Mental Health Screening Programs
  9. Case discussions and situation analysis
  10. Psychological support for adult and geriatric populations
    - Normalize fear, anxiety, grief, and trauma in medical settings.
    - Offer coping strategies for patients undergoing surgery, chronic illness, or life-altering diagnoses.
    - Provide 1:1 support for patients during procedures, recovery, or long hospital stays
    - Screening Assessments for Stress, Anxiety, Depression, etc.
    - Using therapeutic conversation, music, or relaxation techniques.
    - Individual Counselling sessions for adults and geriatric populations