



Tranquil Counselling Services

Counselling and Career Guidance

8056069507 / 7603828093
tranquilocounselingservices@gmail.com
47/49,F1,Exotic Blossoms,
Anjugam Nagar, Kolathur,
Chennai- 600 099

Greetings from **Tranquil Counselling Services**.

We are pleased to present a proposal to offer a “**1-Month Certificate Internship in Counselling Psychology**” .This program is thoughtfully designed to bridge the gap between academic learning and practical psychological skills, equipping students with essential competencies required in the mental health field.

About Tranquil Counselling Services

Tranquil Counselling Services is dedicated to promoting mental well-being through professional counselling, psychological training, and student development programs. Our focus is on creating emotionally resilient individuals through structured, ethical, and skill-based interventions.

Program Overview

- **Title:** Certificate Internship in Counselling Psychology
- **Duration:** 1 Month (4 Weeks)
- **Total Hours:** 36 Hours

Schedule: 3 Days per Week | 3 Hours per Day (10am-1pm)

- **Mode:** Online / Hybrid

Objectives of the Internship

- To provide foundational knowledge in counselling psychology
- To develop essential communication and interpersonal skills
- To introduce students to real-life case understanding
- To build awareness on mental health issues among students



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- To prepare students for advanced training and professional roles

Curriculum Structure

Week 1: Foundations of Counselling

- Introduction to Counselling Psychology
- Ethics, Confidentiality & Professional Boundaries
- Types of Counselling

Week 2: Core Counselling Skills

- Communication Skills
- Active Listening Techniques
- Empathy & Rapport Building

Week 3: Understanding Clients

- Case History Taking
- Problem Identification
- Mental Health Basics (Stress, Anxiety, Depression)

Week 4: Practical Application

- Introduction to Basic Counselling Techniques (CBT approach)
- Life Skills Training (Stress & Time Management, Assertiveness)
- Observation of Sessions & Case Discussions
- Final Presentation & Reflection



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Training Methodology

- Interactive lectures
- Role plays and simulations
- Case study discussions
- Worksheets and reflective journaling
- Demonstration and observation sessions

Learning Outcomes

By the end of the internship, students will:

- Understand the fundamentals of counselling psychology
- Demonstrate basic counselling communication skills
- Identify common psychological issues in students
- Apply introductory counselling techniques under supervision
- Develop self-awareness and reflective thinking

Certification

Participants will receive:

- Internship Completion Certificate – Hard copy(36 Hours)
- Performance Evaluation Report

Ethical Standards

The program strictly adheres to professional counselling ethics:

- Client confidentiality will be maintained
- No independent counselling by interns
- All activities conducted under supervision



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Fee Structure

- **Per Student: ₹3000**
(Special pricing available for Early Bird Enrollment-Rs.2500 (Before April 20th 2026)

Warm Regards,

Dr.A.H.Vidhyalakshmi

Founder,Tranquil Counselling Services