



Level 2 Skill Enhancement

Skill-Based Training Cum Internship Program



Level 2 is designed to refine and apply psychological techniques through case-based learning, supervised practice, and interactive sessions. It consists of **120 hours** of structured learning, including **60 hours of theory**, **15 hours of activities**, **20 hours of assessments**, and **25 hours of practical exposure**, spanning over **1.5 months**.

✔ Build Proficiency in Psychological Techniques

	Chapter Name	What's in It
1	Developmental Psychology	Understanding human growth and behavior across the lifespan.
2	Special Education	Working with neurodiverse populations and learning disabilities.
3	Educational Psychology	Exploring learning processes, pedagogy, and cognitive development.
4	Organizational Psychology	Applying psychology in workplaces to enhance well-being and productivity.
5	Cognitive Psychology	Understanding mental processes like memory, attention, and problem-solving.
6	Assessment	Learning psychological testing, diagnosis, and evaluation techniques.
7	Family Therapy	Understanding family dynamics and their impact on mental health.
8	DBT (Dialectical Behavior Therapy)	Mastering emotional regulation and distress tolerance techniques.
9	CBT (Cognitive Behavioral Therapy)	Using structured interventions to reshape thoughts and behaviors.
10	Research	Exploring methodologies for conducting psychological studies.
11	Workbook Building (Practical Work)	Applying knowledge through case-based learning and resource development.

ENROLL TODAY TO ENHANCE YOUR SKILLS!



✔ Expert-Led Training

Our program is led by experienced practicing professionals with expertise in therapy, counseling, and psychological training.



✔ Comprehensive Online Learning Experience

Live classes are conducted weekly online via Microsoft Teams, and a pre-set schedule will be shared in advance to help you plan ahead. Additionally, all recorded sessions and resource materials will be available on the Mending Mind app for continued learning and reference. All you need is a mobile device or laptop with a stable internet connection to join in!

✔ Customizable Certifications & Academic Support

We recognize that institutions like IGNOU have unique requirements for internships — from certification formats to specific hour logs and documentation. Our program offers flexibility to tailor certificates and support materials to align with your academic needs, ensuring a smooth and hassle-free experience.

✔ Resources & Study Materials

Thoughtfully Designed Interactive Workbook Worksheets and Templates for Real-world Therapy Settings and Future Practice Pre and Post Learning Manuals

✔ The Role of Assessment

Assessment follows foundational subjects like Developmental, Special Education, and Educational Psychology since evaluation is essential across these areas. Placing it before therapy-focused topics (DBT, CBT) ensures learners grasp diagnostic methods first, creating a clear path from understanding to intervention.



Investment in Your Learning

Enrollment Fee: ₹8,000

Early Bird Fee: ₹6,500 (limited period)

Group Discount: ₹6,000 per person for a group of 3 or more



Beyond the Classroom Assistance

Supervised Therapy Support

Qualified students can register as pro-bono therapists with supervision from our experts

Get to Work with Us

Participate in therapy sessions at camps and workshops, with potential leadership roles.

Exclusive Community

Access Lifetime membership in the Mending Mind Community

1-on-1 Mentorship

Learners with 75% attendance get personalized support from trainers.

Level 2 Kicks Off Soon—Stay Tuned for the Date!

[REGISTER NOW](#)



P.S.: If you have any doubts or queries, feel free to reach out to us at

[**prachi@mendingmind.org**](mailto:prachi@mendingmind.org)

[**Contact us!**](#)