

Level 1

Skill Activation

Skill-Based Training Cum Internship
Program **Starting 20th June 2025**



Start your journey into psychology with 60 hours of powerful learning — theory, activities, and hands-on practice — all in just 1 month

30 hrs : Core Concepts
10 hrs : Assessments

10 hrs : Practical Activities
10 hrs : Real –World Exposure

➔ Skills You'll Learn — For the Real Work of Psychology

Module	What You'll Be Able to Do
Uncovering the Mind (Through Psychodynamic Tools)	Use psychodynamic tools to identify root patterns, defense mechanisms, and unconscious drives in clients.
Thought Mapping & Visual Planning	Master mind mapping to simplify complex client concerns and organize case information like a pro.
Cracking the Code of Personality	Use practical tools to assess and understand different personality styles and how they affect everyday behavior.
Facilitating Growth-Centered Conversations	Apply humanistic tools to foster trust, emotional safety, and personal growth in sessions.
Behavior-Based Interventions	Practice using reinforcement and behavior-tracking techniques to shape client habits and responses.
Pattern Recognition & Awareness Building	Use Gestalt-inspired activities to enhance client self-awareness through body, thoughts, and actions.
Mental Fitness & Strength-Based Tools	Guide clients using positive psychology exercises for resilience, gratitude, and motivation.
Emotional Release & EFT Practice	Learn and use tapping techniques to support emotional regulation and reduce client distress.
Trauma Tools in Practice	Work with trauma-informed approaches including EMDR basics, body-based healing, and somatic practices.
Communication Hacks for Healing (TA)	Use Transactional Analysis to decode communication patterns and create healthier interpersonal dynamics.
From Theory to Practice: Case Simulations	Participate in guided simulations, build your case-writing skills, and experience mock sessions that prepare you for real-world therapy scenarios.

ENROLL TODAY TO ACTIVATE YOUR SKILLS!



➔ Meet the Trainers



Kinjal Mukesh Jain

- Phd Scholar, Clinical Psychologist, Psychotherapist, Alternative Medicine Practitioner
- Experience- 7+ years of experience.



Prachi Kaushik

- M.A. with Clinical Psychology Specialization in- Art Therapy and Adolescent Population
- Experience- 1 year



Pranali Acharya

- M.A. Clinical Psychology
- Specialisation in- CBT,DBT,Gestalt therapist, mental health first aider, certified EQ coach
- Total years of experience: 6 years



Chinmay Palsodkar

- M.A. with Clinical Psychology, recently applied for PhD
- Specialisation in -REBT & Indian Psychology
- Total years of experience - 7.5 years

➔ Special Add - Ons

➤ Guest Expert Sessions

Hear from seasoned professionals across the field.

➤ Midway Reflection with Our Founder

Sit down for a heart-to-heart with the founder — reflect on your growth, questions, and intentions

➤ 2 Soft Skills Workshops

Confidence, clarity, communication — build the skills no textbook teaches.

➤ Your Workbook, Delivered Home

Get our personalized designed, printed workbook packed with worksheets, templates, and real-world case tools — **delivered to your doorstep** before the course begins!

➤ Expert-Led Training

Learn from practicing therapists and trainers with real-world experience in counseling and psychology.

➤ Comprehensive Online Learning Experience

Live weekly classes + full access to recordings on the Mending Mind App. Plan ahead with a shared schedule and learn at your pace.

Flexible Certifications & Academic Support

Need IGNOU-style certificates? We've got you. Custom formats, hour logs, and documents tailored to your academic needs.

Ready-to-Use Resources

Interactive workbooks, real-case templates, and pre/post learning guides to prep you for real therapy work.

Investment in Your Learning

Enrollment Fee: **₹5,000**

Early Bird Fee **₹4,500** (limited period)

Group Discount **₹4,000 per person for a group of 3 or more**

Beyond Classroom Support

Supervised Practice	Work as a pro-bono therapist under expert guidance*
Real opportunities	Lead or assist in therapy camps and events.
1-on-1 Mentorship	Personalized support for dedicated learners (75%+ attendance).

Level 1 Skill Activation begins on 20th June, 2025!

REGISTER NOW >

P.S.: If you have any doubts or queries, feel free to reach out to us at **prachi@mendingmind.org / +91 9950134709**