

Area of Focus	Covered in Internship	Not Covered in Internship
Counselling and Psychotherapy	Practical skills in counselling, relationship dynamics, and family systems	Clinical pathology and diagnosis-focused training
Therapeutic Approaches	Cognitive Behavior Therapy (CBT), Choice Theory-Based Reality Therapy (CTBRT), Transactional Analysis (TA), Mindfulness	Pharmacotherapy, medical interventions, and advanced psychiatric treatments
Client Interactions	Active listening, empathetic communication, mindful interventions, and session management	Crisis interventions for severe psychiatric conditions, involuntary commitments
Case Management and Documentation	Case conceptualization, progress tracking, confidentiality protocols	Medical charting, insurance coding and billing
Ethics and Professional Boundaries	Counseling ethics, maintaining boundaries, confidentiality best practices	Legal proceedings, forensic psychology, legal advocacy
Focus on Well-Being	Holistic methods for self-awareness, resilience, and healthy relationships	Symptom-based clinical diagnostics and pathology
Practical Exposure	Hands-on experience with real-world, supervised cases in a supportive environment	Independent, unsupervised case handling, prescribing treatments
Skill Development	Developing skills in communication, intervention planning, and therapeutic techniques	Advanced medical or psychiatric training
Assesment	Self-taking psychometric assessments with psychologists' validation for therapeutic framework	Clinical diagnosis and certification purposes