



Date 03.07.2019

TO WHOM SO EVER IT MAY CONCERN

This is to certify that Ms. Aankhi Bose, Research Scholar, MSSW has completed her internship for 150 hours between March 25th 2019 and 10th June 2019 at the Revamp Hospital, Ambattur.

During her internship placement she has been exposed to the following -

Sessions & Workshops

During her internship with us she was exposed to the following sessions for a total of 12 hours-

1. *Psychosocial Assessment for Mental Health Professionals* by Ms. Anjana, Raju Hospital
2. *Child and Teen Abuse* By Dr. Saranya Jaikumar , Consultant Educational Psychologist.
3. *Yoga for Mental Health Professionals* by Mr. Jyoti Arumugam from My Holism Yoga Academy
4. *Basic Counseling Skills Understanding and Application* by Dr. Ganesh Kumar PHD. Psychologist and Yoga Therapist

Counselling & Psychotherapy - Aankhi has been exposed to Case History taking and conducting Assessments during various In-Patient and Out-Patient Treatment and Counselling procedures dealing with Anger Management issues, Psychosis Patients –with Paranoid Schizophrenia, Mood Disorder Issues, Depression with Anxiety, Bipolar Affect Disorder, Personality Disorders and Alcohol De addiction Cases under supervision of Senior Psychologists and later independently as well. She has handled the parent counselling sessions of the patients with due diligence. She contributed to Group Therapy techniques for In-house patients.

Independent Counselling Techniques - Aankhi has independently handled clients complaining of Parenting Issues as single mother, Marital - Relationship issues among young couples, Geriatric Issues associated Mood disorders, Paranoid Schizophrenia and Depression with Anxiety.

To

Dr.Vyjayanthi Mala

Head, Department of Counselling Psychology,

Madras School of Social Work, Chennai

Dear Madam,

This is an Internship Completion Letter for Ms.Somya Verma, pursuing her M.Phil in the Department of Counselling Psychology, Madras School of Social Work, Chennai.

It is my pleasure to report that Somya Verma has successfully completed her 180 hours of internship with Psycafe, Chennai.

In the short time, Somya involved herself with the various activities of Psycafe like development of modules, development of a questionnaire, organisation and conduction of an internship programme, case observation and case discussion.

Somya did a commendable work while pooling in items to develop a psychometric tool on "Relationship Break ups".

Somya conducted a half day session on "Case History Taking". Her depth of knowledge and style of delivery was highly appreciated by the interns who completed a 5 day intensive internship program conducted by Psycafe in April 2019.

She put her organizational skills to perfect usage when she single handedly organized the above said internship program. Her commitment and dedication in this regard deserves a special appreciation.

Somya worked on a module on "Motivation Enhancement Therapy for Adolescents" which was very much in detail and could be effectively used in a workshop.

Her inquisitiveness and thirst to knowledge was well brought out when she was observing cases in progression. She was very prompt in discussing about the case with questions on how theory could be linked to the case. A keen urge to understand the case in depth was seen in Somya.

She also worked on psychological games that could be used with couples in relationship enhancement workshops. She was innovative in developing this activity and the games were very interesting.

She helped Psycafe in preparing for a workshop on "Emotional Intelligence among work teams". It was evident that the PPTs were prepared after a lot of ground work. Her dedication is well appreciated.

She observed a number of assessments conducted by Psycafe and was trained to write reports on the same.

Throughout the internship, she was punctual and would report without any delay to work. She was found to be very sincere, hardworking and committed. She had a very cordial and professional relationship with all at Psycafe.

During her internship Somya successfully met the objectives that were set at the beginning of the internship. She shows a lot of promise in her field and Psycafe wishes her all the very best in all her future endeavours.

Dr. Sangeetha Makesh, M.A., M.Phil., Ph.D

Sangeetha Makesh
1/7/19
Consultant Counseling Psychologist



THE MIND CARE INDIA

Date:- 9/16/2020

TO WHOMSOEVER IT MAY CONCERN

This is to certify that **MR. MANISANKAR. S** has undergone **One - Month Internship program** at The Mind Care Centre for Mental Health from **1/08/20 – 31/08/20**. In the training period, Experience about collection of Data from the clients, Diagnosis of Various Disorders and a basic Management plan for the disorders were taught.

During the Internship Period he/she was found to be punctual, hardworking, inquisitive and has taken active participation in all the activities.

I wish him/her all success.



Dr. Lakshmi T Rajan
Director, Founder
The Mind Care India



R M Karthik Lakshmanan M.Sc. (Coun. Psy.), M.Phil. (Psy. Onc.), SET (Psy.)

Counselling Psychologist & Psycho-oncologist

Specialist in Career Guidance and Smoking Cessation

Visiting Counsellor, IIT-Madras

AIP Membership No.: 10000

+91 9840 92 4035

www.counselingchennai.com

karthik.psychologist@ymail.com

Date: 24/06/2018

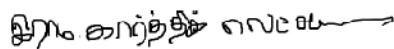
OBSERVERSHIP CERTIFICATE

To whom so ever it may concern

This is to certify that **Mr. Manisankar Sampath** has completed his counseling observership for 25 hours from March 16, 2018 to June 24, 2018.

Thanking you.

Sincerely,



Karthik Lakshmanan R M



THE MIND CARE INDIA

TO WHOM SO EVER IT MAY CONCERN

THIS IS TO CERTIFY THAT MR. PAUL JOHN KONAT HAS UNDERGONE ONE – MONTH ONLINE INTERNSHIP & 15 DAYS IN-CLINIC INTERNSHIP PROGRAM AT THE MIND CARE CENTRE FOR MENTAL HEALTH FROM 01/03/20 – 15/03/20 (IN-CLINIC) & 01/08/20 – 31/08/20 (ONLINE). IN THE TRAINING PERIOD, EXPERIENCE ABOUT COLLECTION OF DATA FROM THE CLIENTS, DIAGNOSIS OF VARIOUS DISORDERS AND A BASIC MANAGEMENT PLAN FOR THE DISORDERS WERE TAUGHT.

DURING THE INTERNSHIP PERIOD HE HAS SHOWN SELF INTEREST IN LEARNING AND DISCUSSION ON VARIOUS CASE STUDIES.

I WISH HIM ALL SUCCESS.



DR. LAKSHMI T RAJAN
DIRECTOR, FOUNDER
THE MIND CARE INDIA

