



# Experiential Training and Mentorship Program

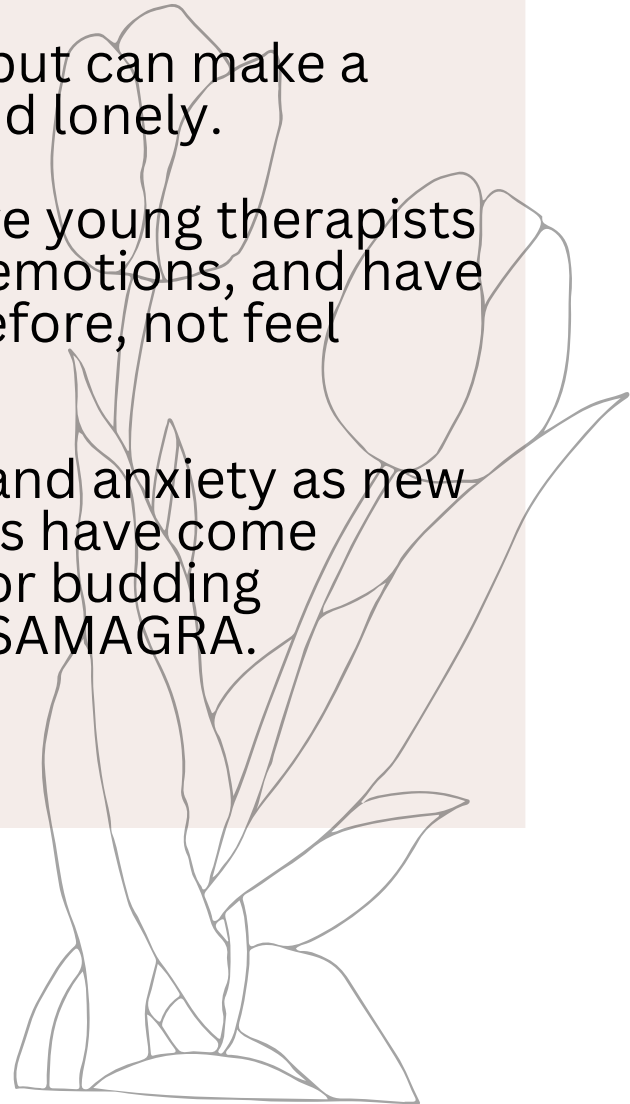
- What is mentorship? Why is it important?

The main purpose of a mentoring relationship is the continual development of the mentee. There are many benefits of mentoring, such as ability to self-respect, increased self-awareness, managing anxiety and asking right questions, being part of a safe space, to name a few. There is also research that suggests that mentoring can positively affect mentees' mental health.

Mental health is a rewarding field but can make a young professional feel anxious and lonely.

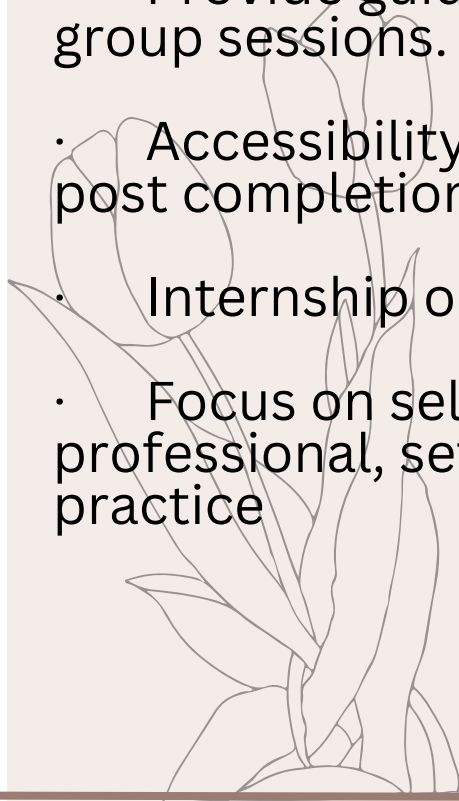
Mentorship provides a space where young therapists can feel supported, process their emotions, and have work on self-awareness, and, therefore, not feel isolated

Having experienced this isolation and anxiety as new professionals, a group of therapists have come together to provide a safe space for budding therapists with a program named SAMAGRA.



The aim of this program -

- To provide experiential training in a psychiatric hospital setup, under the supervision of the psychiatrist
- Supervision for administering psychological tests, scoring, and report writing.
- Opportunity to observe interactions with the patient's families, which will consist of history taking and communicating treatment plan and progress
- Introduction and application to some therapies
- Provide guidance to conduct workshops and group sessions.
- Accessibility to psychologist and psychiatrist post completion of the program
- Internship opportunity
- Focus on self-care as a mental health professional, setting boundaries, setting up a private practice



## Participants Eligibility – Masters in Clinical Psychology (Completed / Pursuing)

Address of Psychiatric Hospital for on field training – Anandvan Wellness Centre Ram Laxman Marg, Panchal Nagar, Lakshmiben Chedda Nagar, Nalasopara West, Nala Sopara, Maharashtra 401203.

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