

THE PRACTICA PROGRAM



An immersive 20 week learning experience of how to be a psychologist outside of the classroom.



SAT - SUN
9 AM - 12 NOON



SEPT 4 2021 -
FEB 28, 2022



PROGRAM FEE:
INR 50,000/-



EARLY BIRD FEE:
(JULY 27 - AUG 3)
INR 42,500/-



**HEART IT OUT INTERN/
EMPLOYEE FEE:**
INR 37,500/-

OPEN FOR:

**Graduates of Bachelors
in Psychology**

**Graduates of Masters
in Psychology**

**Practicing
Psychologists**

**Lay Counsellors
and Therapists**

** EMI Options Available*

**Held virtually on Zoom*

APPLY NOW!

Application Deadline: AUG 20, 2021

ABOUT

The Practica Program is a 20-week immersive course, which reintroduces theoretical psychology into the socio-cultural practices of urban India. Trainees will gain knowledge about practice-based approaches, through interactive and reflective courses.

The first cycle of The Practica was completed in February 2021, and we are now thrilled to present The Practica Program 2.0, launching on September 4, 2021!

Each course of The Practica will be conducted every weekend, for a total duration of 6 hours (3 per day). All trainers are subject matter experts, coming from specialized fields within psychology and beyond. At the end of the program, each trainee will have the opportunity to earn a job at Heart It Out!

[Click here to apply now.](#)

To enrich learning and develop expertise, each of our courses are also being offered as individual workshops that interested students and professionals can register for.

[For more details, please go through the course outline.](#)



VISION

Having studied psychology through the Western lens, we noticed a concerningly wide gap between what was taught, and what we saw in the field as practitioners.

Years of collective experience and community wisdom, has led us to slowly unravel the reality of the mental health field in India. At Heart It Out, we now un-learn, re-learn, and adapt our approach to the needs of our community as psychologists. Our vision is to practice from a mindset of cultural sensitivity, empathy, and kindness, aided by interdisciplinary insights and experiential learning.

OBJECTIVES



Enable psychology graduates to develop confidence as practicing psychotherapists



Bridge the gap between academic learning and practical knowledge



Provide insights into the reality of the mental health field in India



Engage in experiential and peer-driven learning



Introduce creative and reflective tools that can be used in therapy



Explore pertinent topics in the field of mental health and practice



CAREER OUTCOMES

- After graduating from college, trainees can kickstart their career with a pre-placement offer from us!
- Upon successful completion of The Practica Program, each trainee will be evaluated. Based on their performance, they will be offered one of the following jobs at Heart It Out -



PSYCHOLOGIST



*ASSISTANT
PSYCHOLOGIST*



*FIRST
RESPONDER/
CARE BUDDY*



COUNSELOR



FACILITATOR

How cool is that?

ELIGIBILITY CRITERIA

You are eligible to apply if you are,



A student of psychology at an undergraduate, postgraduate, or doctorate level



Committed to practicing as a psychotherapist in India



Willing to dedicate weekend mornings to The Practica



An open-minded, curious, kind, and respectful human

If you are not a student of psychology, but would like to enrol into the program, please reach out to shambhavi@heartitout.in.

HOW TO APPLY?

1

Go through the eligibility criteria. If you check all the boxes, then [click here to apply](#).

2

Ensure that you have your CV ready to upload. The form will take around 30 minutes to fill.

3

Check if you have entered the correct information before submitting the form.

4

Once submitted, check if you have received a confirmation email.

HOW TO APPLY?

5

You will hear from Heart It Out once your application has been processed.

6

If you are shortlisted for the interview, please join the link on time. It will last no longer than 15-20 minutes.

7

If you are selected, congratulations! All you need to do is follow the instructions sent to you via email.

8

Once your fee payment is confirmed, you will officially be a Practica Program 2.0 trainee. :D

Application Deadline: **August 20th, 2021**

COURSE OUTLINE

SEP

4, 5

Orientation & Welcome Week (for Full - Time Trainees)

- Get a glimpse into The Practica Program
- Meet the team!
- Chill with co-trainees

SEP

11 , 12

Schools of Thought in Psychology 101 & 201

- Explore the relevance and applicability of the various schools of thought in 21st Century India.
- Curate a personalized and eclectic mix of various schools of thought.
- Apply the tenets and perspectives learned through practice, efficiently.

SEP

18 , 19

Counselling Skills 101 & 201

- Modify patterns of attending behaviour to establish rapport with clients.
- Understand the role of various cues in attending behaviour.
- Practice refined questioning skills.

SEP

25 , 26

Counselling Skills 301 & 401

- Implement culturally-informed counselling skills.
- Strategise efficient approaches and tools for a well-informed practice.
- Integrate innate & acquired skills that are pertinent to psychotherapy.

COURSE OUTLINE

OCT
9 , 10

Psychiatry and Pharmacology

- Learn the introductory concepts of psychiatry.
- Understand the role of drugs in treatments.
- Explore the relationship between psychology and pharmacology based on the Diagnostic and Statistical Manual of Mental Disorders (DSM).

OCT
16 , 17

Self Work in Mental Health Professionals

- Understanding the risk of burnout.
- Explore extensive ways of self-care for mental health professionals.
- Learn and implement resources for practice.

OCT
30 , 31

Gender, Sex and Sexuality

- Get introduced to the etiology of gender, sex, and sexuality
- Learn about paraphilic disorders, sexual motivation and criminality, and Prevention of Sexual Harassment (PoSH).
- Learn about Hormone Replacement Therapy (HRT), mental health disparities, and gender-inclusive vocabulary.

COURSE OUTLINE

NOV
13 , 14

Substance Use and Behavioural Addictions

- Understand the role of a psychotherapist while treatment treating addictive behaviours.
- Learn efficient therapeutic techniques for substance use treatment.
- Identify and understand behavioural, physiological, and emotional components of addiction.

NOV
20 , 21

Assessments and Tools in Therapy Settings

- Explore the purpose and variety of tests and assessments.
- Implement tests and measurements into practice.
- Learn about the personal, professional, and cultural implications of test results

NOV
27 , 28

Research and Development in Psychology

- Learn about efficient data collection and management techniques
- Explore research methodologies & statistics.
- Learn how to carry out quantitative and qualitative studies.

COURSE OUTLINE

DEC
4, 5

Alternative Healing and Medicine

- Explore alternative healing practices- reiki, reflexology, hypnotherapy, naturopathy, mindfulness, etc.
- Explore methods to incorporate alternative healing techniques.
- Understand the modern value of traditional practices.

DEC
11, 12

Group Work and Supervision

- Attend supervised therapy sessions & get feedback.
- Understand the importance of peer support & community building.
- Learn the skills and methods of facilitation.

DEC
18, 19

Family and Couples Therapy

- Explore approaches to devise an objective set of presenting problems.
- Explore interventions to strengthen interpersonal relationships, and consequently improve quality of life.
- Learn the skills needed to facilitate family and couples therapy.

COURSE OUTLINE

JAN

8 , 9

Child and Adolescent Care

- Explore evidence-based approaches to provide the support needed for healthy growth and development of young people.
- Examine potential gaps in child and adolescent care, and how they can be bridged based on the reality of the 21st century.
- Adapt mindsets to cultural influences on child & adolescent development.

JAN

15 , 16

Geriatric Care & Death, Loss and Grief

- Understand geriatric mental health, and how to improve quality of life.
- Explore strategies to support clients with processing and coping with loss.
- Understand the various dimensions of geriatric care.

JAN

22 , 23

Mental Health Law & Emergency Care

- Inculcate lawful responsibility for mental health practice.
- Learn the protocol for emergency psychological interventions.
- Incorporate an ethically-informed practice.

COURSE OUTLINE

JAN
29 , 30

Community Well-being

- Gain insights into fostering and nurturing a diverse community.
- Unravel the needs of the community.
- Recognise and mobilize digital resources.

FEB
5 , 6

Technology in Mental Health & Practice

- Explore the influence of technology in driving mental healthcare.
- Apply technological tools to improve efficiency, track processes, and maintain records.
- Adapt to the digital age as a mental health professional.

FEB
12, 13

Continuous Learning Processes

- Explore various avenues to build expertise.
- Discover ways to stay updated in the field of mental health.
- Inspect recommended resources for continued engagement.

FEB
26 - 28

Final Evaluation & Graduation (for Full-Time Trainees)

- Capstone Project
- Graduation
- Interview

HEAR FROM OUR 1.0 TRAINEES!

The Practica Program has turned out to be quite the therapeutic experience, where I look forward to waking up every weekend morning for class. The Practica Program has made me a better psychologist by helping me gain more confidence in what I already know, and also helping me identify and learn new skills and be a more empathetic person.



Ananya Mirji
PSYCHOLOGIST



**Namratha
Dinesh**
PSYCHOLOGIST

The beauty of this entire program was not only that I got to learn a plethora of eye-opening things, but the space given to me by my trainers to explore myself better and most importantly ask every "silly question" I had without making me feel any less of myself.

Finding one mentor who believes in you and gives you opportunities is rare. But at Heart It Out, all the mentors believe in you and give you opportunities, help you build skills if only you show them you are willing to be a better psychologist/person.



Satya Gopal

CONSULTANT COUNSELLING
PSYCHOLOGIST

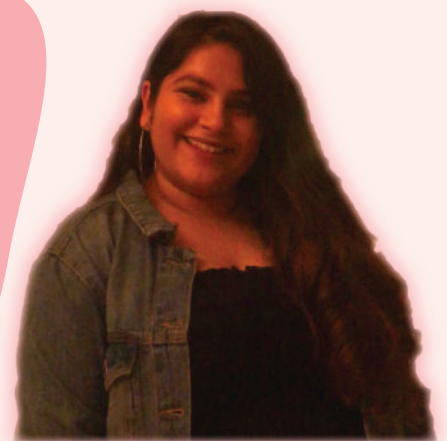


Divya Bhatia

PSYCHOLOGIST

[I learnt that] each technique can be used for each client or a problem, that figuring what works best for your client is a process in itself and this process is actually fun and you learn a lot about yourself as well.

I've gained more than just knowledge and experience here, I'm taking back some great peers that I know will do great things in life, I'm taking back so much anger for the political systems currently in place and I'm taking back so much love and empathy and kindness from all the mentors present that taught us. The mental health industry is exhausting, but it is JUST as gratifying- and this program showed me that.



Kareena Sajnani

ASSISTANT PSYCHOLOGIST

PAYMENT OPTIONS



FULL PROGRAM FEE:
INR 50,000/-



EARLY BIRD FEE FROM JULY 27 - AUG 3
INR 42,500/-



HEART IT OUT INTERN / EMPLOYEE FEE:
INR 37,500/-

EMI Options



FULL PROGRAM EMI FEE:
INR 8400 / MONTH FOR 6 MONTHS



EARLY BIRD FEE FROM JULY 27 - AUG 3
INR 7100 / MONTH FOR 6 MONTHS



HEART IT OUT INTERN / EMPLOYEE FEE:
INR 6250 / MONTH FOR 6 MONTHS

CONTACT INFORMATION

Heart It Out



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Head, The Practica Program



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(Psychologist, Heart It Out)



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