



PSYCH RESIDENCY

Become the Therapist Clients can Trust

Batch Starts from 3rd September, 2026

AN 8-WEEK CLINICAL PRACTICE ACCELERATOR FOR EARLY-CAREER PSYCHOLOGISTS

Build the confidence, competence, and clinical judgment
to become the therapist clients trust.

Presented by Karishma Mehra and Facilitated by Purvi Balasaria

Duration 8 Weeks

Sessions 120-140 Minutes

Format Online Only

ABOUT THE PROGRAMME

BRIDGING THE GAP BETWEEN CLASSROOM LEARNING AND CLINICAL PRACTICE

Psychology training gives you theory, research, and diagnostic frameworks. But when you sit across from your first real client, a different set of questions arrives quietly, and often all at once.

How do I begin? What do I do when they cry? Am I helping, or just talking? How do I know if I'm doing this right?

Psych Residency is built for that moment.

WHAT PSYCH RESIDENCY IS

An 8-week developmental supervision experience, not another lecture course. It's designed to help psychology graduates and early-career psychologists transition from academic learning into confident, ethical, reflective clinical practice.

WHY PSYCH RESIDENCY STANDS APART

Formation, not information. We focus on who you're becoming as a therapist, your identity, presence, and internal stance.

Reflective, not scripted. You won't memorise ideal responses. You'll learn to think clinically in real time.

WHO IT'S FOR

- Psychology graduates preparing to begin client work
- Early-career psychologists in the first years of practice
- Counsellors seeking stronger clinical grounding
- Practitioners who feel theoretically prepared but emotionally uncertain in sessions



YOUR 8-WEEK ROADMAP

THE JOURNEY

Each week builds on the last. Together, they form a complete arc, from therapist identity to integrated clinical practice.



EVERY SESSION INCLUDES



FACILITATORS & OUTCOMES

LEARN FROM EXPERIENCED CLINICIANS

Gain practical insights from leading clinicians and industry experts.
Transform knowledge into meaningful outcomes through guided learning.

*Karishma
Mehra*

Programme Lead
& Supervisor



Karishma Mehra is a counselling psychologist, supervisor and founder of Happiness Quotient. She specialises in therapist development, supervision and reflective practice.

*Purvi
Balasaria*

Supervisor



Purvi Balasaria is a psychologist and facilitator who supports experiential learning through case discussions, skills practice and reflective supervision.

FORMAT, REGISTRATION & CONTACT

PROGRAMME DETAILS

Duration	8 weeks
Session Length	120-140 minutes
Frequency	One session per week
Format	Group supervision · Reflective practice · Case discussion · Role-play
Delivery	Online via Zoom
Cohort Size	Small group (limited seats)
Facilitators	Karishma Mehra & Purvi Balasaria
Certificate	Certificate of completion
Fee	INR 3,500 (original price: INR 4,500)

HOW TO REGISTER

STEP 1

Fill out the registration form at
Scan the QR code or contact
the admissions team

STEP 2

Fill out the application form
and complete the payment.

STEP 3

Show up, ready to grow.

WHY JOIN PSYCH RESIDENCY?

- Build confidence before independent practice.
- Receive structured supervision with personalised feedback.
- Develop clinical reasoning through real cases.
- Strengthen ethical decision-making.
- Join a supportive peer community.

APPLY NOW

Cohorts are small. Seats fill quickly.

Becoming a therapist requires more than academic knowledge. It requires supervised exposure to uncertainty, reflective skill, ethical thinking, and a gradual strengthening of professional identity.

Scan the code or click on the link tally.so/r/PdWKIQ

– Psych Residency

