

AREMAS

PROGRAM STRUCTURE

THERAPIST REFLECT & PRACTICE PROGRAM



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AREMAS ONLINE TRAINING PROGRAMS

At Aremas, our Online Training Programs are designed as immersive, conversation-driven learning spaces for aspiring and practicing mental health professionals. Instead of traditional lectures, our sessions feel like professional round-table circles—where real-life cases are explored, ideas are exchanged, and skills are strengthened through guided practice. Each program includes expert-led classes, guest lectures, reading materials, reflective activities, and assessments to deepen understanding. Whether you're a psychology student or a developing therapist, our trainings offer a collaborative environment to grow, question, practice, and evolve.

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THERAPIST REFLECT & TRAINING PROGRAM

The Therapist Reflective & Practice Program is an immersive training designed for emerging mental health professionals who want to deepen their understanding of psychotherapy and strengthen real-world therapeutic skills. This program bridges academic knowledge with hands-on practice, offering a space where students learn, reflect, and grow as confident practitioners.

Participants will explore the foundational principles of psychotherapy, understand the role and responsibilities of a therapist, and learn how to build strong, ethical, and attuned therapeutic alliances. Emphasis is placed on essential clinical skills such as effective questioning, active listening, and maintaining professional boundaries.

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The curriculum also covers key presenting concerns seen in therapy, including anxiety, depression, identity and self issues, relationship challenges, addiction, emotional regulation, and more. Students are introduced to major psychotherapy approaches, helping them build a flexible and integrative therapeutic style.

A significant part of the program involves real-life case discussions, role-plays, guided assessments, and practice-based sessions that simulate the realities of clinical work. This allows trainees to navigate the complexities of therapy, make informed decisions, and develop confidence in their therapeutic voice.

By the end of the program, participants leave with enhanced clinical competence, a clearer professional identity, and the readiness to enter therapeutic spaces with grounding, empathy, and clarity.

THERAPIST REFLECT & PRACTICE PROGRAM — MODULAR FORMAT

To make the Therapist Reflect & Practice Program more accessible and flexible for students and early-career therapists, the training is now divided into three carefully curated learning paths. Each option allows learners to choose exactly what they need—whether that’s strengthening their foundational skills, deepening their understanding of therapeutic approaches, or completing the full immersive training for a fully rounded practice-readiness.

All tracks follow Aremas’ signature model:

interactive round-table learning, real case discussions, supervised practice sessions, continuous assignments, and reflective exercises.

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FOUNDATIONS & CORE PRACTICE PROGRAM

This track is designed for psychology students and beginner therapists who want to build a strong, practice-ready foundation in psychotherapy. It teaches the essentials of what therapy truly is, how to conduct sessions ethically and confidently, and how to work with common psychological concerns.

You will learn how to build therapeutic alliances, apply core counselling skills, navigate emotional intensity, and respond to real-life challenges therapists face inside the room. This option also covers major therapeutic concerns like anxiety, stress, grief, identity, burnout, and more—giving you the clinical awareness needed for early-stage practice.

Ideal for:

- Students exploring therapy for the first time
- Therapists-in-training wanting to improve real-life session skills
- Anyone wanting grounded, practical clinical readiness

Module 1: Foundations of Psychotherapy Practice

This module introduces participants to the essential building blocks of therapeutic work. Students will explore what psychotherapy truly is, how it functions, and the guiding principles that shape ethical and effective practice. The module clarifies the role and responsibilities of a therapist, focusing on the qualities, attitudes, and professional stance needed to create a safe and grounded healing space.

A core component includes understanding transference and countertransference—how client–therapist dynamics emerge in sessions, how to recognize them, and how to respond with awareness rather than reactivity. Participants will also learn to set realistic therapeutic expectations, including clarifying goals, boundaries, and the scope of practice, especially for early-career mental health professionals.

By the end of this module, students will have a solid grasp of:

- What therapy is (and what it is not)
- The evolving role of a therapist
- How therapeutic relationships take shape
- The impact of transference and countertransference
- How to set expectations and define scope with confidence

Module 02: Role of a Therapist & Building the Therapeutic Alliance

This module focuses on the heart of effective psychotherapy—the therapeutic relationship. Participants learn how to step into the role of a facilitator rather than a fixer, creating a space where clients feel seen, heard, and safe enough to explore their inner world.

The module emphasizes the relational and interpersonal skills that define competent clinical work. Trainees will explore how their own inner dynamics influence therapy, how to maintain neutrality without losing warmth, and how to hold boundaries with compassion and clarity.

Key Concepts & Skills Covered

- Being a facilitator, not a fixer: Supporting clients' self-discovery rather than directing outcomes.
- Holding space with presence: Creating a grounded, emotionally attuned environment.
- Understanding personal triggers: Developing self-awareness to prevent counterproductive reactions.
- Therapist neutrality: Balancing empathy with professional objectivity.
- Empathy & Unconditional Positive Regard: Core relational attitudes that encourage openness and trust.
- Active listening vs. Therapeutic listening: Deepening from listening for content to listening for emotion, patterns, and meaning.
- Safety & rapport building: Establishing psychological safety and consistent trustworthiness.
- Structure of the first session: Setting tone, boundaries, expectations, and therapeutic direction.
- Building trust through consistency and authenticity: Understanding trust as a co-created, ongoing process.

Module 3: Core Counselling Skills

This module strengthens the essential therapeutic skills that every developing therapist relies on in real-world practice.

Students will learn how to communicate with intention, respond with psychological depth, and hold emotional complexity with confidence. The aim is to help participants move beyond theoretical understanding and cultivate the practical skills required in live sessions.

Topics Covered

- Therapeutic Questioning Skills
- Learn how to frame open-ended, exploratory, and reflective questions that deepen client insight without leading, overwhelming, or invalidating their experience.
- Summarising & Paraphrasing
- Develop the ability to reflect client narratives accurately and meaningfully, helping them feel heard while clarifying themes and patterns.
- Holding Emotional Intensity
- Build capacity to stay grounded when clients express strong emotions—grief, anger, shame, confusion—without rescuing, shutting down, or disconnecting.
- Managing Dissociation in Sessions
- Understand early signs of dissociation and learn grounding tools to safely bring clients back into the window of tolerance.
- Professional Boundaries
- Explore boundary-setting across multiple domains—emotional, financial, and time-based—to maintain ethical, sustainable, and healthy therapeutic relationships.
- Dual Relationships & Ethical Decision-Making
- Learn how to identify, navigate, and avoid dual roles that may compromise objectivity, rapport, or client safety.

Module 4: Therapeutic Concerns

This module introduces trainees to the wide spectrum of concerns commonly brought into therapy, helping them recognize presentations, patterns, and therapeutic entry points. Students will learn how to approach each concern with psychological sensitivity, clinical clarity, and ethical grounding—without overstepping their scope as early practitioners.

We explore how emotional, cognitive, behavioral, and relational factors shape each concern, and how a therapist can support clients through stabilizing, insight-oriented, or skills-based approaches. Case vignettes and real-life examples will be used to help participants understand the complexity behind each issue and learn how to co-create goals with clients.

Topics include:

- Anxiety, Stress, Panic Attack
- Depression and Emotional Numbness
- Grief and Loss
- Self Esteem, Identity, and Inner Critic
- Boundaries and Assertiveness
- Work Burnout, Career
- Modern Stressors
- Guilt
- Body Image
- Substance Use

Module 5: Handling Real-Life Therapy Challenges

This highly practical module prepares students for the complex human experiences that unfold inside the therapy room. Participants learn how to work with clients who speak very little, speak excessively, or repeatedly seek direct advice. The module explores managing emotional overwhelm, navigating stuck moments as a therapist, responding to ethical dilemmas, and working safely with suicidal ideation. Students also examine the impact of social media-driven mental health trends on client expectations and self-diagnosis. This module strengthens the therapist's ability to stay grounded, think clinically, and maintain professionalism even in unpredictable situations.

Program Requirements, Assignments & Supervised Practice

Throughout the three-month journey, participants engage in continuous, hands-on learning designed to strengthen real-world therapeutic competence. Each module includes short reflective assignments, guided worksheets, and practice-based tasks that encourage you to apply concepts directly to mock or real clinical scenarios. Curated reading materials accompany every section so learners build a strong theoretical foundation alongside practical skills.

You will complete periodic assessments to track your growth, culminating in the submission of one detailed case report, demonstrating your understanding of therapeutic formulation, ethics, intervention planning, and self-reflection as a clinician. The program also includes supervised practice sessions, where small groups work through live or simulated cases under the guidance of experienced therapists. This structure ensures not just knowledge, but genuine readiness to step into therapeutic spaces with confidence, clarity, and professional grounding.