

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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THERAPEUTIC APPROACHES DEEP DIVE

This intensive 4-week track focuses exclusively on different psychotherapy approaches used in modern practice. Learn how to apply CBT, ACT, SFBT, Couple Therapy, Somatic & Trauma-informed methods, Mindfulness-based frameworks, and more.

This is a highly practise-oriented module where every approach is introduced with:

- Case examples
- Sample interventions
- When to use it (and when not to)
- Misconceptions
 - How therapists combine approaches in real practice

Ideal for:

- Students wanting clarity on therapy modalities
 - Therapists who want a structured overview of multiple approaches
- Anyone who already knows the basics but wants modality exposure

Module 6: Therapeutic Approaches

This module introduces learners to the major psychotherapy frameworks used in contemporary clinical practice. The focus is not just on theory but on how to think like a therapist—how to choose an approach, adapt it to the client's context, and integrate multiple modalities with ethical and clinical clarity.

What This Module Covers:

- 1.Cognitive Behavioural Therapy
- 2.Trauma and Somatic -Mindfulness Therapy
- 3.Couple Therapy
- 4.Sex Therapy
- 5.Expressive Arts Therapy
- 6.Acceptance and Commitment Therapy
- 7.Solution Focused Therapy
- 8.Career Counselling

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.