MLC Health & Wellness Centre Pvt. Ltd.

A space to feel, to heal, to become

FOUNDING Group Supervision COHORT 2026

For Early Career Therapists
Starting their Journey as a Mental Health Professional.

Developing Reflective, Ethical & Confident Therapists

Highlights

- 12-Week Programme
- Live Online Sessions
- Weekly 90-Min Meetings
- Maximum 6 Therapists
- Interactive Small Cohort
- Evidence-Based Group Supervision

SCAN HERE

TO REGISTER!

APPLICATIONS NOW OPEN

@MLC Health & Wellness Centre Pvt. Ltd.

+91 9901619968 www.MLCHealth.in Therapy@mlchealth.in MLC_HealthandWellness

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ABOUT THE PROGRAMME

The Transition from Student to Therapist Isn't Easy

One of the biggest challenges psychologists face isn't learning theory, it's applying that knowledge confidently in real professional practice.

Many early-career therapists experience uncertainty when conducting assessments, conceptualising cases, choosing interventions, navigating complex client presentations, or making ethical decisions independently. While university provides a strong academic foundation, developing confidence and sound clinical judgement requires ongoing supervision and reflective practice.

At MLC, we believe supervision is where therapists truly grow. Beyond learning techniques, supervision helps psychologists strengthen their clinical reasoning, deepen self-awareness, and develop the confidence to make thoughtful, evidence-informed decisions in therapy.

Our supervision programme provides a structured, supportive, and collaborative learning environment where participants are encouraged to reflect, ask questions, discuss real clinical challenges, and continually refine their therapeutic skills.

WHO IS THIS PROGRAMME FOR?

Designed for:

- Early-career psychologists
- Newly qualified therapists
- Master's students completing internships
- Therapists beginning private practice
- Mental health professionals seeking structured supervision

ABOUT THE PROGRAMME CONT...

Why We Limit Each Cohort to Only Six Participants

Unlike traditional workshops or webinars, this programme is intentionally designed as a small-group supervision experience. Keeping cohorts small allows every participant to:

- Present and discuss their own cases
- Receive personalised feedback from the supervisor
- Participate in meaningful peer discussions
- Build supportive professional relationships
- Learn within a confidential and psychologically safe environment

This commitment to quality means places are intentionally limited.

ADMISSION PROCESS

To ensure the cohort remains collaborative and developmentally appropriate, all applications undergo a brief review.

The process includes:

1. **Submit Your Application:** Complete the online application form. Click here to apply.
2. **Application Review:** Applications are reviewed based on eligibility and suitability for the programme.
3. **Confirmation:** Successful applicants receive an offer of admission along with payment details.
4. **Secure Your Place:** Your place is confirmed once payment has been completed.

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MEET YOUR SUPERVISOR

Ahmed Asif

M.Sc. Psychology
Licensed Counselling Psychologist
Supervisor



Ahmed is a licensed Counselling Psychologist with **5+ years of experience as a therapist** working with older adolescents, adults, couples, and families across a wide range of psychological presentations.

Having conducted **1000+ hours of psychotherapy**, Ahmed integrates evidence-based approaches including Cognitive Behaviour Therapy (CBT), Dialectical Behaviour Therapy (DBT), Acceptance and Commitment Therapy (ACT), Solution-Focused Brief Therapy (SFBT), mindfulness-based interventions, and trauma-informed practice.

Alongside his Therapy work, Ahmed has extensive experience supervising and mentoring early-career psychologists and postgraduate trainees. His supervision focuses on strengthening clinical reasoning, reflective practice, ethical decision-making, therapist confidence, and professional identity.

Ahmed believes that exceptional therapists are developed through curiosity, reflection, and deliberate practice, not simply through years of experience. His supervision style is collaborative, supportive, and intellectually engaging, creating a psychologically safe space where therapists can openly discuss challenges, receive constructive feedback, and continue developing throughout their careers.

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PROGRAMME SNAPSHOT

Duration	12 Weeks
Sessions	Weekly
Session Length	90 Minutes
Delivery	Live Online
Cohort Size	Maximum 6 Participants

WHAT YOU'LL GAIN

What You'll Learn

Over twelve weeks, you will deepen your understanding of your therapeutic lens, strengthen your clinical thinking, build practical skills, and develop the professional confidence needed to provide ethical, evidence-informed psychological care.
The programme combines reflective supervision, case discussions, experiential learning, and reflective practice to support your growth as a competent, confident, and reflective therapist.

Build Confidence in Therapy

- Strengthen therapeutic alliance
- Improve active listening and empathy
- Learn evidence-based intervention planning
- Navigate challenging therapy sessions
- Develop confidence in clinical decision-making

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Strengthen Your Assessment

- Conduct comprehensive intake interviews
- Improve Mental Status Examinations (MSE)
- Recognise risk factors
- Develop stronger clinical formulations
- Translate assessment findings into treatment plans

Develop Clinical Reasoning

Rather than simply asking "Which technique should I use?", you'll learn to ask:

- Why is this intervention appropriate to my approach?
- When should it be used?
- What is maintaining the client's difficulties?
- What factors may influence treatment outcomes?

Grow as a Professional

Develop greater confidence in:

- Professional identity
- Ethical decision-making
- Professional boundaries
- Documentation
- Reflective practice
- Countertransference
- Therapist wellbeing

Learn Through Active Supervision

Every session combines:

✓ Clinical Teaching
✓ Real Case Discussions
✓ Case Conceptualisation
✓ Skills Practice
✓ Peer Learning
✓ Supervisor Feedback
✓ Reflection & Action Planning

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PROGRAMME CURRICULUM

Building Competent, Reflective & Ethical Practitioners

The MLC Group Supervision Programme is designed to bridge the gap between postgraduate education and independent clinical practice. Through reflective practice, experiential learning, supervisor feedback, clinical teaching, and case discussions. Each module will be covered across the 12 weeks, and builds progressively, helping therapists develop confidence in delivering evidence-based psychological care while fostering lifelong reflective practice.

Module 1

Transitioning into Professional Practice

Understanding the role of supervision, developing a professional identity, setting learning goals, and introducing reflective practice.

Module 2

Intake Assessment

Conducting comprehensive intake interviews, Mental Status Examinations (MSE), biopsychosocial assessments, and recognising clinical risk.

Module 3

Case Conceptualisation

Developing CBT, 5 Ps, and biopsychosocial formulations to guide evidence-based treatment planning and strengthen clinical reasoning.

Module 4

Building the Therapeutic Relationship

Strengthening therapeutic alliance, empathy, validation, boundaries, rupture repair, and managing challenging therapeutic dynamics.

Module 5

Treatment Planning

Setting collaborative goals, prioritising interventions, measuring progress, and adapting treatment plans to client needs.

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PROGRAMME CURRICULUM

Module 6

Working with Anxiety Disorders

Evidence-based approaches to Generalised Anxiety Disorder, Panic Disorder, Social Anxiety, OCD, and Health Anxiety using CBT-informed interventions.

Module 7

Depression & Emotional Dysregulation

Behavioural Activation, cognitive interventions, DBT-informed emotion regulation, self-esteem, and compassion-focused approaches.

Module 8

Trauma-Informed Practice

Understanding trauma responses, stabilisation, grounding, Window of Tolerance, dissociation, safety planning, and appropriate referral.

Module 9

Personality Difficulties & Complex Presentations

Working with personality disorders, attachment patterns, therapy-interfering behaviours, validation, and maintaining therapeutic boundaries.

Module 10

Risk Assessment & Crisis Management

Suicide and self-harm assessment, violence risk, crisis intervention, safety planning, documentation, and ethical responsibilities.

Module 11

The Therapist as an Instrument of Change

Countertransference, therapist blind spots, burnout prevention, compassion fatigue, cultural humility, and reflective practice.

Module 12

Integration & Professional Development

Consolidating clinical learning through final case discussions, professional identity development, ethical practice, and planning continued growth beyond the programme.

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FEE DETAILS

Founding Cohort

Only ₹12,999

(Only ₹1083/session, Making it more cost effective than 90% of Available supervision options in India)

All Future Cohorts

~~₹14,999~~

Save ₹2,000 as a Founding Cohort Participant

Flexible Payment Options

We believe quality supervision should be accessible to psychologists at different stages of their careers.

- Full Payment Available
- No-Cost EMI Options Available
- Secure Online Payment

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