



TEEN

CLINICAL PSYCHOLOGY IMMERSION PROGRAM (20-Hour Pre-Professional Experience)

FOR TEENS INTERESTED IN PSYCHOLOGY & MENTAL HEALTH

This structured, observation-based learning experience gives teens a realistic, ethical, and engaging introduction to the field of clinical psychology within a professional clinical setting. Participants will learn directly from licensed clinicians about how psychology is practiced in real clinical settings — including ethics, assessment thinking, and mental health support skills.

PROGRAM HIGHLIGHTS:

- Insight into the day-to-day work** of psychologists and psychiatrists, while exploring whether a future in psychology, might be right for them.
- Combination of **interactive learning, role-plays, clinical discussions,** and **reflective activities** (no direct client contact).
- Includes the **Teen-to-Teen Mental Health First Aid training** (4.5 hours), with certification upon completion.

Led By Experienced Clinicians

INCLUDING SPECIALISTS IN:

- Adult Psychology
- Family & Couples Therapy
- Child & Adolescent Mental Health

THIS PROGRAM IS SUITABLE FOR:

- **Teens (ages 15–18 years)**
- High school students interested in:
 - Psychology or mental health
 - Counseling, social work, or helping professions
 - Considering a career in medicine, psychiatry, or healthcare
- Teens seeking meaningful academic and career exploration opportunities

WHAT STUDENTS WILL LEARN:

- Understanding of what psychologists and psychiatrists actually do
- Knowledge of the differences between therapy, counseling, coaching, and psychiatry
- Insight into ethics, confidentiality, and professional boundaries
- Exposure to real-life clinical processes including intake, assessment, and case formulation
- Skills to support peers through *Teen-to-Teen Mental Health First Aid*
- Awareness of university pathways and careers in psychology and related professions



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A YOUTH INITIATIVE

PROGRAM TIMINGS:

Mon. 6th – Fri. 10th July / 9am – 1pm

INVESTMENT:

2,500 AED + 5% VAT per person

LOCATION:

The Lighthouse Arabia
821 Al Wasl Rd, Al Safa 2

REGISTER AT:

lighthousearabia.com/events

4 Interactive Modules

Introduction to Clinical Psychology
 Inside the Work of a Psychologist
Teen-to-Teen Mental Health First Aid
 (4.5 hr training; includes certification)
 Career Pathways & University
 Guidance

Program Features

Interactive & Practical Learning
Role-plays, case discussions, and guided reflection

Small Group Experience
Max. 15 students (minimum 10) for meaningful engagement

Professional Clinical Environment
Guided by licensed clinicians in a structured setting

Participants Will Receive

Certificate of Attendance (20 hrs)
Teen-to-Teen Mental Health First Aid
Certification

Recognition of participation in a structured clinical shadow program