



Join us!

FOR TEENS
AGED 15 – 18

CLINICAL PSYCHOLOGY IMMERSION PROGRAM

A 25-Hour Pre-Professional Experience for Students 15–18

You don't have to guess whether psychology is right for you.

You can find out – from the people who do it.

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 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:

1. **Insight into the day-to-day work** of psychologists and psychiatrists, while exploring whether a future in psychology might be right for them.
2. Combination of **interactive learning, role-plays, clinical discussions, and reflective activities** (no direct client contact).
3. Includes the **Teen-to-Teen Mental Health First Aid** training (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 (aged 15–18 years)**
- High school students interested in psychology or mental health
- Students interested in counseling, social work, or helping professions
- Students 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

PROGRAM TIMINGS:

Mon. 12th – Fri. 16th October
9am – 2pm daily

INVESTMENT:

3,500 AED + 5% VAT per person

LOCATION:

The LightHouse Arabia
821 Al Wasl Rd, Al Safa 2

REGISTER AT:

lighthousearabia.com/events

Spaces are limited and fill quickly.

Previous session filled before the deadline, so early registration is recommended.

Program Features

Interactive & Practical Learning

Role-plays, case discussions, and guided reflection

Professional Clinical Environment

Guided by licensed clinicians in a structured setting

Participants will Receive

Certificate of Attendance (25 hrs)

Teen-to-Teen Mental Health First Aid Certification

Recognition of participation in a structured clinical shadow

POWERED BY



THE LiGHTHOUSE
CENTER FOR WELLBEING

lighthousearabia.com



A YOUTH INITIATIVE



Program Updates

YOU ASKED, WE'VE LISTENED:

- We've **lengthened the training by 25%**, for a total of 25 contact hours, in order to allow even more time for hands-on practice – role-play, live clinician demonstrations, case work, and peer exchange.
- We've **deepened the case-based ethical dilemma work, clinician storytelling and career narratives, and coached role-play practice** in *Teen-to-Teen* Mental Health First Aid – the elements past participants told us they found most useful and engaging.

WATCH OUR VIDEO RECAP FROM THE LAST COHORT



Student Reflections

“This experience was so much more insightful than I expected.”

I learned so much about psychology that I didn't even know existed, and it pushed me even further toward the career I already wanted to pursue.”

“The program really solidified what I want to do with psychology and my future.”

Hearing from so many different clinicians showed me just how broad psychology can be – and how different the journeys into the profession can be.”

“This experience at The LightHouse Arabia opened my eyes to possible career opportunities in psychology.”

I've always been interested in sports psychology, and that became one of the most interesting parts of the entire course for me.”

“What I really appreciated was the variety of what we learned –

not just the different fields within psychology, but also the practical advice on how to get into psychology after high school and what classes to take.”

“What I really liked about the program was that it showed us what it's actually like to be a psychologist –

the day-to-day experience, and it introduced us to different therapeutic models and different ways of approaching therapy.”

5 PROGRAM DAYS

- Day 1** Discovering Psychology
- Day 2** *Teen-to-Teen* Mental Health First Aid (certification training)
- Day 3** Understanding Clients
- Day 4** Therapist Toolkit
- Day 5** Building a Future in Psychology