



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:

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** (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. 6<sup>th</sup> – Fri. 10<sup>th</sup> 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](http://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