

Internship Training (UG)–	UG INTERNSHIP TRAINING IN ABNORMAL PSYCHOLOGY (CN 001)
Course Duration	– Customizable Online 12–30 Modules (as per learners' choice) Highly Interactive
Course Mode	– Online fixed scheduled interactive sessions with supporting learning materials
Course Structure	– 12–30 Modules – Fully Customizable – Trainer-Led Sessions – Daily / Weekly
Eligibility	– For Graduate students or Graduate degree holders (psy/msw/hd/allied/related)
Interactive Sessions	– 60min session/module (12–30 modules), scheduled weekly/daily as per learner's choice

- ✓ The internship course includes 12 mandatory modules and an additional set of 18+ optional modules. The prescribed course fee covers only the 12 mandatory modules.
- ✓ If you wish, you may choose any number of optional modules by paying the corresponding additional fee per module.
- ✓ Selecting optional modules is completely voluntary — you may also choose to complete only the 12 mandatory modules by paying just the standard course fee.

MANDATORY INTERNSHIP MODULE NAMES & SESSION BRIEF
ONE SESSION PER MODULE WITH REQUIRED LEARNING MATERIALS – SESSIONS SCHEDULED ON DAILY BASIS
OR WEEKLY OR AS PER LEARNER NEEDS

C.S_01	Introduction to Abnormal Psychology - What makes a behaviour “abnormal”? Cultural context, dysfunction, distress, deviance, danger.
C.S_02	History of Mental Illness & Changing Perspectives - From supernatural to medical to biopsychosocial models.
C.S_03	The DSM-5-TR Framework: Understanding Diagnosis - How disorders are categorized, structure, specifiers, and practical relevance.
C.S_04	Clinical Assessment: Types, Tools & Purposes - Interviews, observations, self-reports, mental status exam.
C.S_05	Etiological Models of Psychopathology - Biological, psychological, sociocultural, diathesis–stress model.
C.S_06	Anxiety Disorders: Classification & Theoretical Explanations - Understanding panic, phobias, GAD, cultural relevance. Includes - Cases from day-to-day life – Discussion. Learning to Differentiate & Case Work - Testing
C.S_07	Mood Disorders: Symptoms, Course & Risk Factors - Unipolar depression and bipolar disorders. Includes - Cases from day-to-day life – Discussion. Learning to Differentiate & Case Work - Testing
C.S_08	Psychotic Disorders: Core Features & Theories - Delusions, hallucinations, thought disturbances, onset factors. Includes - Cases from day-to-day life – Discussion. Learning to Differentiate & Case Work - Testing
C.S_09	Personality Disorders: Cluster A, B, C Framework - Understanding maladaptive patterns using practical examples. Includes - Cases from day-to-day life – Discussion. Learning to Differentiate & Case Work – Testing

C.S_10	Neurodevelopmental Disorders Basics - ADHD, ASD, learning disorders—early indicators & assessment approach. Includes - Cases from day-to-day life – Discussion. Learning to Differentiate & Case Work – Testing
C.S_11	Obsessive–Compulsive & Related Disorders - Core symptoms, misconceptions, real-life examples. Includes - Cases from day-to-day life – Discussion. Learning to Differentiate & Case Work - Testing
C.S_12	Case Formulation Basics (Theory to Practice) - How to read a case, identify symptoms, and match them to theoretical models.
OPTIONAL INTERNSHIP MODULE NAMES & SESSION BRIEF If required, learners can opt for any or all these listed modules at an additional cost, apart from the course fee that includes the mandatory internship modules.	
O.S_13	Trauma- and Stressor-Related Disorders - PTSD, acute stress disorder, adaptation issues. Includes - Cases from day-to-day life – Discussion. Learning to Differentiate & Case Work – Testing
O.S_14	Somatic Symptom & Conversion Disorders - Mind–body connection explained simply. Includes - Cases from day-to-day life – Discussion. Learning to Differentiate & Case Work – Testing
O.S_15	Dissociative Disorders - Depersonalisation, dissociative identity disorder. Includes - Cases from day-to-day life – Discussion. Learning to Differentiate & Case Work – Testing
O.S_16	Eating Disorders & Body Image Issues - Anorexia, bulimia, binge eating—media influence. Includes - Cases from day-to-day life – Discussion. Learning to Differentiate & Case Work – Testing
O.S_17	Sexual Dysfunctions & Paraphilic Disorders - Includes - Cases from day-to-day life – Discussion. Learning to Differentiate & Case Work – Testing
O.S_18	Substance-Related & Addictive Disorders - Dependence, withdrawal, behavioural addictions. Includes - Cases from day-to-day life – Discussion. Learning to Differentiate & Case Work – Testing
O.S_19	Sleep–Wake Disorders - Insomnia, hypersomnia, parasomnias. Includes - Cases from day-to-day life – Discussion. Learning to Differentiate & Case Work – Testing
O.S_20	Impulse-Control & Disruptive Behaviour Disorders - ODD, Conduct Disorder, Intermittent Explosive Disorder. Includes - Cases from day-to-day life – Discussion. Learning to Differentiate & Case Work – Testing
O.S_21	Neurocognitive Disorders - Dementia, delirium—causes, symptoms, caregiver concerns. Includes - Cases from day-to-day life – Discussion. Learning to Differentiate & Case Work – Testing
O.S_22	Learning to Differentiate Disorders through Case Work & Vignettes. A session to test the understanding of the learners about all the disorders taught in previous sessions.
O.S_23	Cultural Concepts of Distress - How culture shapes illness expression (India-specific examples).
O.S_24	Behavioural Observations & MSE Practice - How to observe behaviour: affect, thought, cognition.
O.S_25	Introduction to Psychometric Screening Tools - BDI, HAM-A, MMSE—purpose, limitations, ethical use.

O.S_26	Case Vignettes: Identifying Symptoms - Students practice spotting symptoms from short stories.
O.S_27	Red Flags for Severe Mental Illness in Community Settings - Recognizing early signs safely and responsibly.
O.S_28	Suicide Risk: Warning Signs & Immediate Steps - Understanding ideation, intent, protective factors.
O.S_29	Stigma, Myths & Media Misrepresentation - How films, news, digital content distort mental illness.
O.S_30	Referral Pathways & Mental Health Services in India - Who to refer to, types of professionals, available institutions.
O.S_31	Introduction to Evidence-Based Treatments - Very basic overview of CBT, DBT, medication—not a therapy session.
O.S_32	Understanding Stress & Coping Styles - Connection to onset of disorders.
O.S_33	Childhood vs Adult Manifestation of Disorders - Symptom variation across lifespan.
O.S_34	Technology & Mental Health Disorders - Gaming disorder, social media impact, digital addictions.
O.S_35	Working with Families: Psychoeducation Basics - What students can and cannot do ethically.
O.S_36	Ethical Issues in Understanding Mental Disorders - Diagnosis, stigma, confidentiality, labelling theory, rights of clients.
O.S_37	Case Conference – Testing the learner with various cases / vignettes on learnt disorders
O.S_38	Movies based on Disorders – Discussion

Course Fee	Learners from India	Learners from other countries
1:1 Guided Orientation via G Meet/Zoom with supporting learning materials	For 12 Sessions – ₹24,800 (India) From 13th session onward (if req) – ₹1800/session (up to 30 sessions)	For 12 Sessions – \$600 (Int'l) From 13th session onward (if req) – \$30/session (up to 30 sessions)
Email and Whats App Based	For 12 Sessions – ₹12,800 (India) From 13th session onward (if req) – ₹1,400/session (up to 30 sessions)	For 12 Sessions – \$400 (Int'l) From 13th session onward (if req) – \$20/session (up to 30 sessions)
For group registrations, whether from individual learners or via college departments, fees will be significantly reduced to make the course student-friendly		

For Admissions - To Know about Course details and Commencement dates, Text or WhatsApp Course No and Your Email ID to 0091 979 00 88 002 or email us at info@ihmh.in / info@ihmh.org