

Internship Training (UG)–	UG INTERNSHIP TRAINING IN COUNSELLING PSYCHOLOGY (CN 003B)
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 Counselling Psychology - Definition, goals, scope, differences from guidance/clinical psychology.
C.S_02	Core Counselling Values & Ethics - Confidentiality, boundaries, informed consent, non-maleficence.
C.S_03	The Helping Relationship & Counselling Stages - Rapport-building, exploration, insight, action.
C.S_04	Basic Counselling Skills – Attending & Active Listening - SOLER, presence, making clients feel heard.
C.S_05	Basic Counselling Skills – Questioning & Probing - Open/closed questions, clarifying, gentle probing.
C.S_06	Basic Counselling Skills – Empathy & Reflection - Feeling reflections, paraphrasing, summarising.
C.S_07	Introduction to Major Counselling Theories - Humanistic, Cognitive-behavioural, Psychodynamic – simplified overview.
C.S_08	Client Assessment & Case History Taking - Collecting background, understanding presenting concerns.
C.S_09	Understanding Emotions & Emotional Processes - Affect, regulation, expression in the counselling space.
C.S_10	Goal Setting & Collaborative Work in Counselling - SMART goals, shared decision-making.
C.S_11	Working with Resistance in Counselling - What resistance looks like and why it happens.

C.S_12	Self-awareness & Reflective Practice for Counsellors - Johari window, biases, personal triggers.
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	Boundaries & Professionalism in Counselling - Dual roles, over-involvement, digital boundaries.
O.S_14	Counselling Microskills Practice – Demonstrations- Short roleplay-based practice (safe, non-therapeutic)
O.S_15	Counselling Process Documentation - Progress notes, session summaries, do's and don'ts.
O.S_16	Person-Centered Counselling Basics - Unconditional positive regard, congruence, empathy.
O.S_17	Introduction to CBT Techniques - Cognitive distortions, basic thought–emotion–behaviour model.
O.S_18	Behaviour Modification Principles - Reinforcement, shaping, modelling.
O.S_19	Motivational Interviewing – Beginner Concepts - Ambivalence, open dialogue, readiness to change.
O.S_20	Crisis Counselling Basics - Immediate response principles
O.S_21	Ethics in Digital & Tele-Counselling - Privacy, communication boundaries, safety.
O.S_22	Working with Children & Adolescents – Basics - Building rapport with younger clients.
O.S_23	Counselling Diverse Populations - Cultural sensitivity, inclusive communication.
O.S_24	Stress & Coping Psychoeducation for Clients - Teaching basic coping frameworks.
O.S_25	Building Emotional Regulation Skills in Clients - Grounding, breathing, labelling emotions
O.S_26	Counselling for Academic & Career Issues - Performance anxiety, motivation, future planning.
O.S_27	Relationship & Interpersonal Counselling Basics - Communication issues, conflict basics.
O.S_28	Group Counselling: Roles & Process - Advantages, stages, basic dynamics.
O.S_29	Working with Parents: Psychoeducation Basics - Communication, developmental expectations.
O.S_30	Documentation Ethics & Data Security - Storing files, confidentiality breaches.
O.S_31	Case Formulation – Understanding presenting problems through simple frameworks.
O.S_32	Self-care & Burnout Prevention for Student Counsellors - Understanding compassion fatigue early.
O.S_33	Counselling / Therapy Process
O.S_34	Case Conference – Testing the learner with various cases / vignettes on learnt disorders

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

INSTITUTE OF HOLISTIC MENTAL HEALTH @www.imh.in @www.psychologyonline.in