

Internship Training (UG)–	UG INTERNSHIP TRAINING IN COUNSELLING SKILLS (CN 007)
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 Skills - What counselling skills are, purpose, limits of student competence.
C.S_02	Characteristics of an Effective Helper - Empathy, genuineness, acceptance, self-awareness.
C.S_03	The Counselling Process: Stages & Flow - Rapport → exploration → insight → action → closure.
C.S_04	Attending Skills & Active Listening - SOLER, verbal & non-verbal presence.
C.S_05	Basic Communication Skills in Counselling - Minimal encouragers, paraphrasing, summarising.
C.S_06	Questioning Skills - Open vs closed questions, probing, clarifying.
C.S_07	Reflection of Feelings & Meanings - Understanding emotional content and deeper layers.
C.S_08	Building Empathy: Theory & Demonstrations - Affective vs cognitive empathy, barriers to empathy.
C.S_09	Goal Setting in Counselling Conversations - Realistic, collaborative, SMART approach.
C.S_10	Ethical Foundations of Counselling Skills - Confidentiality, safety boundaries, appropriate conduct.
C.S_11	Managing Resistance & Silence - Why clients withdraw, handling pauses respectfully.
C.S_12	Self-Awareness & Reflective Practice for Student Counsellors - Biases, triggers, introspection 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	Rapport Building Techniques - Warmth, trust, joining, mirroring.
O.S_14	Non-Verbal Communication in Counselling - Eye contact, posture, gestures, tone.
O.S_15	Working With Emotions - Identifying primary/secondary emotions.
O.S_16	Structuring a Helping Conversation - Opening lines, agenda setting, closure.
O.S_17	Strength-Based Communication - Identifying strengths, reinforcing progress.
O.S_18	Motivational Interviewing – Beginner Concepts - Readiness to change, simple affirmations.
O.S_19	Solution-Focused Conversational Skills - Scaling, exception-finding, future focus
O.S_20	Psychoeducation Skills - How counsellors teach coping tools without therapy.
O.S_21	Boundaries & Professional Conduct - Dual relationships, digital boundaries, time limits.
O.S_22	Cultural Sensitivity in Counselling Interactions - Language, cultural norms, inclusive behaviour.
O.S_23	Communicating With Children & Adolescents - Building rapport at different developmental levels.
O.S_24	Crisis Communication Basics - Staying calm, grounding, immediate support
O.S_25	Managing Difficult Conversations - Anger, crying, abrupt withdrawal—do's & don'ts.
O.S_26	Ethics in Note Taking & Documentation - Professional writing, objectivity, confidentiality.
O.S_27	Communicating About Mental Health - Reducing stigma, simplifying psychoeducation
O.S_28	Understanding Client Narratives - Story listening, patterns, emotional themes
O.S_29	Working With Families (Basic Communication) - Do's and don'ts when parents join meetings.
O.S_30	Digital Counselling Etiquette - Online boundaries, video call professionalism.
O.S_31	Diversity & Inclusive Communication Skills - Gender, disability, socioeconomic factors.
O.S_32	Referral Skills for Student Counsellors - Recognising risk, directing clients to appropriate help..
O.S_33	Self-Care Skills for Student Counsellors - Preventing burnout, reflective journaling.
O.S_34	Learning Styles in Counselling
O.S_35	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

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