

Internship Training (PG) –	PG INTERNSHIP TRAINING IN WORK BASE COUNSELLING (CN 017)
Course Duration –	Customizable Online 12–30 Module (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 Postgraduate learners or Postgraduate degree holders (psy/msw/hd/allied)
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	Role of a Workplace Counsellor - Functions, limits, organisational boundaries, EAP structure.
C.S_02	Employee Intake & Initial Assessment - Collecting concerns, psychosocial history, work context analysis.
C.S_03	Understanding Workplace Stressors - Job demands, conflict, burnout, organisational culture factors
C.S_04	Supportive Counselling Skills for the Workplace - Active listening, empathy, problem-focused conversation.
C.S_05	Conducting Workplace Needs Assessment - Identifying stress points through surveys, interviews, observation.
C.S_06	Goal Setting with Employees - Performance-related goals, emotional goals, SMART planning.
C.S_07	Addressing Work–Life Balance Issues - Role conflict, personal demands, lifestyle adjustments
C.S_08	Designing Employee Wellbeing Interventions - Stress reduction modules, emotional regulation activities.
C.S_09	Handling Workplace Conflict Cases - Mediation basics, communication repair, conflict mapping.
C.S_10	Documentation, Case Notes & Reporting - Professional reports for HR, boundaries in documentation.
C.S_11	Ethical Practice in Workplace Counselling - Confidentiality vs organisational transparency, informed consent.
C.S_12	Crisis Management at Work - Handling panic attacks, emotional breakdowns, conflict escalations.

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	Psychological First Aid for Workplace Situations - Immediate supportive strategies for shock, stress, incidents.
O.S_14	Burnout Identification & Support Planning - Energy monitoring, workload patterns, recovery strategies.
O.S_15	Time & Productivity Counselling - Procrastination, prioritisation tools, focus strategies.
O.S_16	Motivation & Performance Counselling - Goal alignment, intrinsic vs extrinsic motivation.
O.S_17	Employee Relationship Issues at Work - Interpersonal patterns, boundaries, communication resets.
O.S_18	Emotional Regulation Tools for Employees - Breathing, grounding, reframing, situation analysis.
O.S_19	Counselling for Career Transitions - Promotions, job change, skill mismatch, stagnation.
O.S_20	Conflict Mediation Between Employees - Neutrality, structure, communication rebuilding.
O.S_21	Managing Difficult Employees / Clients - Hostility, withdrawal, passive-aggressiveness—interaction strategies.
O.S_22	Grief & Loss Support at Workplace - Bereavement, trauma response, compassionate communication.
O.S_23	Counselling on Harassment & Discrimination Concerns - Psychological support, documentation, referral pathway.
O.S_24	Mental Health Awareness for Teams - Designing and conducting short workshops.
O.S_25	Building Employee Resilience Programs - Resilience skills, optimism, coping routines.
O.S_26	Handling Team Dynamics Issues - Roles, conflict cycles, cohesion challenges.
O.S_27	Work Stress Audits & Organisational Diagnostics - Checklists, interviews, environmental stress mapping.
O.S_28	Counselling for Remote & Hybrid Employees - Isolation, digital fatigue, engagement issues.
O.S_29	Strength-Based Counselling in Organisations - Using strengths to solve work and personal concerns.
O.S_30	Cultural Sensitivity in Workplace Counselling - Diversity, gender, hierarchy, cultural conflicts.
O.S_31	Designing Employee Support Workshops - Stress, communication, emotional health, burnout prevention.
O.S_32	Reporting to HR With Ethical Boundaries - How to communicate risk, patterns, recommendations safely.
O.S_33	Case Conference Pitching & Review Meetings - Presenting findings professionally to HR/management.
O.S_34	Case Conference – Testing the learner with various cases / vignettes on learnt expertise

O.S_35	Working Modality – Larger Organisation (Larger Work base – Eg., Mills)	
O.S_36	Working Modality – Smaller Organisation (Smaller Work base – Eg., Water Treatment Plant)	
O.S_37	Working Modality – Corporates (Larger/ smaller Work base – Eg., IT Companies / Banks)	
Course Fee	Learners from India	Learners from other countries
1:1 Guided Orientation via G Meet/Zoom with supporting learning materials	For 12 Sessions – ₹30,800 (India) From 13th session onward (if req) – ₹2000/session (up to 30 sessions)	For 12 Sessions – \$800 (Int'l) From 13th session onward (if req) – \$35/session (up to 30 sessions)
Email and Whats App Based	For 12 Sessions – ₹16,800 (India) From 13th session onward (if req) – ₹1,600/session (up to 30 sessions)	For 12 Sessions – \$600 (Int'l) From 13th session onward (if req) – \$25/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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