

Internship Training (PG) –	PG INTERNSHIP TRAINING IN INDUSTRIAL COUNSELLING (CN 022)
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	Introduction to Industrial Counselling - Roles, responsibilities, difference from corporate counselling; working with labour force.
C.S_02	Understanding Industrial Work Culture - Shift work, fatigue, physical demands, safety rules, supervisor–worker dynamics.
C.S_03	Communication With Multilingual Workforce - Using simple language, visuals, translators; avoiding jargon.
C.S_04	Worker Intake & Issue Identification - Short conversations, rapport building, identifying stressors (money, health, family, workload).
C.S_05	Common Worker Concerns in Industrial Settings - Fatigue, safety fears, conflict, migration stress, home pressures, isolation.
C.S_06	Stress & Fatigue in Industrial Work - Shift cycles, sleep issues, overwork—how to offer basic support.
C.S_07	Emotional Support & Supportive Counselling Skills - Active listening, empathy, non-judgmental approach.
C.S_08	Work–Life & Money-Related Stress - Loan pressures, migration, separation from family—how to support.
C.S_09	Safety Behaviour & Counselling - Encouraging safe practices, understanding why workers take risks.
C.S_10	Group Counselling Basics for Large Workforce - Small groups, simple language, practical examples.
C.S_11	Documentation & Reporting in Industrial Environments - Simple case notes, verbal reports, escalation pathways.
C.S_12	Ethics, Confidentiality & Cultural Sensitivity - Working respectfully with diverse backgrounds; gender sensitivity.

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	Managing Worker Stress & Burnout - Grounding exercises, simple plans for rest and recovery.
O.S_14	Communication Skills for Workers - Assertiveness, clarity, reducing misunderstandings.
O.S_15	Counselling Workers Facing Family Problems - Separation, childcare, financial stress.
O.S_16	Counselling for Migrant Workers - Homesickness, cultural adjustment, loneliness.
O.S_17	Handling Workplace Conflicts in Industrial Settings - Worker-worker issues, supervisor-worker conflicts.
O.S_18	Supporting Workers After Accidents or Near Misses - Emotional support, fear reduction, safety reinforcement.
O.S_19	Sleep, Fatigue & Shift Work Support - Basic sleep hygiene guidance adapted to factory routines.
O.S_20	Alcohol, Tobacco & Substance Use Concerns - Talking sensitively about habits affecting work and health.
O.S_21	Supporting Workers with Chronic Health Conditions - Diabetes, hypertension, back pain—simple psychoeducation.
O.S_22	Small Group Sessions on Stress, Health & Safety - Designing short awareness modules.
O.S_23	Motivation & Morale in Low-Literacy Workforce - Appreciation, positive communication, achievable goals.
O.S_24	Building Trust with Labour Force - Overcoming fear, resistance, lack of familiarity with counselling.
O.S_25	Financial Stress Counselling (Simple Tools) - Budgeting basics, managing expenses, simple solutions.
O.S_26	Conflict De-escalation During Work Disputes - Calming techniques, non-threatening communication.
O.S_27	Supporting Female Workers in Factories - Safety, harassment concerns, gender sensitivity.
O.S_28	Handling Harassment, Bullying or Supervisor Misconduct - Supportive conversation, documentation, escalation.
O.S_29	Multilingual Group Interventions - Using translators, visuals, roleplay, symbols.
O.S_30	Designing Worker Wellbeing Programs - Stress camp days, health awareness, safety weeks.
O.S_31	Understanding Union-Management Dynamics - Navigating union workers' concerns professionally.
O.S_32	Community-Based Counselling for Industrial Areas - Hostels, shared rooms, community tension.
O.S_33	Preparing an Industrial Worker Support Plan - Simple 2-4-week plan for stress or behaviour improvement.

O.S_34	Workforce Retention	
O.S_35	Case Conference – Testing the learner with various cases / vignettes on learnt expertise	
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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