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| Internship Training (PG) – | <b>PG INTERNSHIP TRAINING IN PSYCHOTHERAPY TECHNIQUES (CN 024)</b>                   |
| 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**

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|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>C.S_01</b> | Introduction to Psychotherapy Techniques (Applied View) - What techniques are, why they're used, difference between technique and full therapy. |
| <b>C.S_02</b> | Building Therapeutic Alliance Skills - Rapport, trust, empathy, validation—demonstrations & small exercises.                                    |
| <b>C.S_03</b> | Basic Structure of a Psychotherapy Session - Opening, exploring, intervention, closing—sample session flow.                                     |
| <b>C.S_04</b> | Psychoeducation as a Core Technique - Educating clients about emotions, stress, behaviour—simple scripts.                                       |
| <b>C.S_05</b> | Cognitive Behaviour Therapy (CBT) – Technique Overview - Identifying thoughts, behaviours, simple ABC model demonstration.                      |
| <b>C.S_06</b> | Behavioural Techniques – Case Work - Exposure basics (safe level), behaviour activation, reinforcement.                                         |
| <b>C.S_07</b> | Relaxation & Grounding Techniques - Breathing, grounding, muscle relaxation—applied practice.                                                   |
| <b>C.S_08</b> | Emotion Regulation Techniques - Labelling emotions, pause techniques, coping steps.                                                             |
| <b>C.S_09</b> | Motivational Interviewing – Key Technique Elements - Open questions, affirmations, reflections, summarising (OARS).                             |
| <b>C.S_10</b> | Solution-Focused Brief Therapy – Scaling questions, miracle question (case work examples).                                                      |
| <b>C.S_11</b> | Ethics & Boundaries in Using Techniques - Scope, limits, avoiding harm, red flags.                                                              |
| <b>C.S_12</b> | Documentation: Writing Notes About Techniques Used - Technique logs, progress notes, simple case documentation                                  |

**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.

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|---------------|-------------------------------------------------------------------------------------------------------------------|
| <b>O.S_13</b> | Cognitive Restructuring (Simplified Practice) - Identifying distortions, generating alternate thoughts.           |
| <b>O.S_14</b> | Behaviour Modification Tools - Tokens, shaping, prompting (safe-level applications).                              |
| <b>O.S_15</b> | Exposure Techniques – Theory + Case Work - Imaginal exposure, hierarchy building etc.,                            |
| <b>O.S_16</b> | Problem-Solving Therapy – Step-by-Step Method - Defining problems, brainstorming solutions, selecting actions.    |
| <b>O.S_17</b> | Habit Reversal Basics - Awareness training, competing response (safe models).                                     |
| <b>O.S_18</b> | Interpersonal Skills Training Techniques - Assertiveness scripts, communication exercises.                        |
| <b>O.S_19</b> | Journaling Techniques - Thought logs, mood charts, gratitude logs.                                                |
| <b>O.S_20</b> | Mindfulness Techniques - Breathing, body scan, mindful observation activities.                                    |
| <b>O.S_21</b> | Emotion-Focused Techniques (Introduction) - Primary vs secondary emotion, chair work etc.,                        |
| <b>O.S_22</b> | Positive Psychology Interventions - Strength spotting, gratitude tasks, values work.                              |
| <b>O.S_23</b> | DBT-Inspired Practical Tools (Safe-Level) - STOP skill, grounding, distress tolerance basics (no trauma work).    |
| <b>O.S_24</b> | Acceptance & Commitment Therapy – Beginner Techniques - Defusion exercises, values exploration, small metaphors.  |
| <b>O.S_25</b> | Self-Compassion Techniques - Self-kindness scripts, compassionate imagery.                                        |
| <b>O.S_26</b> | Behavioural Activation for Low Motivation - Activity scheduling, mood tracking.                                   |
| <b>O.S_27</b> | Relapse Prevention Techniques (General) - Identifying triggers, coping plans (non-addiction specific).            |
| <b>O.S_28</b> | Working With Resistance - Understanding resistance, communication tools.                                          |
| <b>O.S_29</b> | Crisis Stabilisation Techniques (Safe-Level) - Immediate grounding, calming communication, when to refer.         |
| <b>O.S_30</b> | Using Worksheets & Tools in Psychotherapy - CBT worksheets, behaviour charts, mood logs—how to use effectively.   |
| <b>O.S_31</b> | Building a 4–6 Week Technique-Based Intervention Plan - Planning sessions, structuring techniques sequentially.   |
| <b>O.S_32</b> | Cultural Sensitivity in Applying Techniques - Adapting techniques to Indian cultural contexts.                    |
| <b>O.S_33</b> | Case Presentation: Demonstrating Technique Use - Simple formulation + technique mapping + roleplay demonstration. |
| <b>O.S_34</b> | 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)<br>From 13th session onward (if req) – ₹2000/session (up to 30 sessions)  | For 12 Sessions – \$800 (Int'l)<br>From 13th session onward (if req) – \$35/session (up to 30 sessions) |
| Email and Whats App Based                                                                                                                                    | For 12 Sessions – ₹16,800 (India)<br>From 13th session onward (if req) – ₹1,600/session (up to 30 sessions) | For 12 Sessions – \$600 (Int'l)<br>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](mailto:info@ihmh.in) / [info@ihmh.org](mailto:info@ihmh.org)

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