

Internship Training (PG) –	PG INTERNSHIP TRAINING IN COUNSELLING INTERVENTIONS (CN 025)
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 Counselling Interventions (Applied View) - Difference between therapy models vs techniques; safe scope for interns.
C.S_02	Building the Foundation: Therapeutic Alliance Skills - Empathy, validation, genuineness, unconditional positive regard (PCT).
C.S_03	Psychoeducation Techniques - Explaining symptoms, stress, coping, behaviour patterns in simple language.
C.S_04	CBT – Core Intervention Tools - Thought diary, ABC model, identifying distortions.
C.S_05	Behavioural Techniques – Basics - Reinforcement, exposure hierarchy (educational), activation scheduling.
C.S_06	DBT – Practical Skills (Safe-Level) - STOP skill, grounding, distress tolerance basics.
C.S_07	ACT – Beginner Interventions - Defusion techniques, values exploration, acceptance metaphors.
C.S_08	Mindfulness-Based Interventions - Breathing, body scan, mindful observation exercises.
C.S_09	Solution-Focused Techniques (SFBT) - Scaling, exception finding, miracle question (roleplay).
C.S_10	Psychodynamic Micro-Level Tools - Understanding defence mechanisms, free association demonstration.
C.S_11	Art & Creative Expression Techniques - Emotion drawing, symbol work, colour therapy basics.
C.S_12	Documentation of Interventions - Worksheet use, progress notes, technique logs.

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	Cognitive Restructuring (CBT) - Replacing unhelpful thoughts; rational responses.
O.S_14	Behavioural Activation Plans - Activity scheduling, energy mapping.
O.S_15	Habit Reversal Strategies - Awareness training + competing response.
O.S_16	Problem-Solving Therapy Steps - Defining the problem, brainstorming, decision steps.
O.S_17	Relaxation Techniques - PMR, guided imagery, grounding exercises.
O.S_18	DBT Emotion Regulation Skills - Name-to-tame, opposite action, wave surfing (safe-level).
O.S_19	ACT Values & Committed Action Planning - Values card sort, values-to-goals mapping
O.S_20	ACT Defusion Techniques - Leaves on a stream, silly voice technique
O.S_21	Mindfulness for Anxiety & Stress - 5–4–3–2–1 grounding, mindful breathing with counts.
O.S_22	Person-Centred Interventions - Reflective statements, empathy accuracy practice.
O.S_23	Psychodynamic Mini-Interventions - Identifying patterns, gentle interpretation etc.,
O.S_24	Play Therapy Tools for Adults & Adolescents - Sand tray basics, metaphor games, story completion.
O.S_25	Art-Based Counselling Activities - Mask-making, timeline drawings, feelings collage.
O.S_26	Dance & Movement Techniques (Safe-Level) - Movement mirroring, rhythm-based emotional expression.
O.S_27	Journaling Techniques - Gratitude journal, mood logs, worry journaling.
O.S_28	Strengths-Based Counselling Techniques - Strength spotting, resource mapping.
O.S_29	Positive Psychology Interventions - Gratitude letter, savoury moments, strengths-use plan.
O.S_30	Crisis Stabilisation Interventions - Grounding, safety planning (non-clinical), emergency boundaries.
O.S_31	Solution-Focused Mini-Workshop - Goal setting, preferred future exercise.
O.S_32	Trauma-Informed Micro-Skills - Safety, stabilisation, no deep trauma work.
O.S_33	Creating a 4–6 Week Intervention Plan - Combining CBT + mindfulness + behavioural tools safely.
O.S_34	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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