

Internship Training (PG) –	PG INTERNSHIP TRAINING IN ACCEPTANCE AND COMMITMENT THERAPY (CN 030)
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 ACT (Applied View) - What ACT is, core philosophy, difference from CBT. Six core processes overview (simple).
C.S_02	Understanding Psychological Flexibility - The ACT model, flexibility vs inflexibility patterns.
C.S_03	ACT Stance & Therapeutic Approach - Acceptance, compassion, curiosity, present-moment focus.
C.S_04	Creative Hopelessness (Safe-Level) - Exploring what hasn't worked; opening space for new approaches.
C.S_05	Acceptance Skills (Practical Applications) - Noticing sensations, sitting with discomfort in small safe ways.
C.S_06	Cognitive Defusion – Basic Techniques - "Silly voice," "thank your mind," leaves on a stream.
C.S_07	Present-Moment Awareness - Simple mindfulness exercises tailored for ACT.
C.S_08	Self-as-Context (Beginner Exercises) - Observer self, noticing thoughts–feelings without fusion.
C.S_09	Values Exploration (Hands-On) - Values card sorts, life domains, reflective worksheets.
C.S_10	Committed Action Planning - Small steps, realistic behaviour goals, weekly values actions.
C.S_11	Integrating ACT Into Counselling Sessions - When and how to use ACT elements within sessions.
C.S_12	Documentation of ACT Work - Values worksheets, committed action logs, session notes.

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	ACT Metaphors – Practical Use - Passengers on the bus, tug-of-war, quicksand metaphor.
O.S_14	Cognitive Defusion Techniques (Advanced Safe-Level) - Word repetitions, noticing language, unhooking from thoughts.
O.S_15	Mindfulness for ACT - Body scan, mindful seeing/hearing, urge surfing (safe).
O.S_16	Acceptance for Emotional Discomfort - Allowing emotions, expanding space, gentle exposure-like practice (non-clinical).
O.S_17	Values-Based Decision Making - Choosing actions based on values vs avoidance.
O.S_18	Strengthening the Observer Self - Perspective-taking, noticing the thinker vs thoughts.
O.S_19	ACT for Stress & Anxiety (Safe-Level) - Grounding + defusion + values-based coping.
O.S_20	ACT for Low Motivation / Mild Depression - Behaviour activation with values, committed action
O.S_21	ACT for Rumination & Overthinking - Defusion, mindfulness of thoughts, values direction
O.S_22	ACT for Workplace/Academic Stress - Values at work, committed action, acceptance skills.
O.S_23	ACT with Adolescents (Adapted Tools) - Movement-based mindfulness, story-based values work.
O.S_24	ACT for Self-Esteem & Identity Concerns - Values container, defusion from self-judgments.
O.S_25	ACT in Relationships (Supportive Level) - Values clarification in interactions, mindful communication.
O.S_26	ACT for Habit Formation & Change - Values-driven behaviour change, acceptance of cravings.
O.S_27	Combining ACT with CBT/Mindfulness Tools - Safe integration for flexible counselling.
O.S_28	Working Through Avoidance Patterns - Gentle exploration, values-driven alternatives.
O.S_29	Case Handling Using ACT - Formulation: inflexibility → ACT process → action plan.
O.S_30	Designing a 4–6 Week ACT Intervention Plan - Week-wise structure, themes, worksheets.
O.S_31	ACT Psychoeducation Modules - Explaining acceptance, values, defusion in simple language
O.S_32	Cultural Adaptation of ACT (Indian Context) - Using familiar metaphors, values rooted in culture.
O.S_33	ACT Case Presentation Format - Client concern → ACT process used → progress → values action.
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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