

Internship Training (PG) –	PG INTERNSHIP TRAINING IN DIALECTICAL BEHAVIOUR THERAPY (CN 031)
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 DBT (Applied View) - Origin, purpose, DBT structure, difference between DBT therapy vs DBT skills.
C.S_02	DBT Philosophy: Dialectics & Validation - Balance of acceptance + change; simple examples and demonstrations.
C.S_03	DBT Skills System Overview - Mindfulness → Distress Tolerance → Emotion Regulation → Interpersonal Effectiveness.
C.S_04	DBT Mindfulness Skills (Basics) - Wise mind, “what” + “how” skills, noticing exercises.
C.S_05	Distress Tolerance – Immediate Coping Skills - STOP skill, TIPP basics (safe), grounding tools.
C.S_06	Emotion Regulation – Foundations - Identifying emotions, ABC PLEASE (non-clinical version).
C.S_07	Interpersonal Effectiveness – Basic Skills - DEAR MAN (adapted), GIVE, FAST—safe practice level.
C.S_08	Behaviour Change Basics in DBT - Understanding behaviour chains, small change planning.
C.S_09	Validation Strategies - Levels of validation, responding with validation statements.
C.S_10	Structuring a DBT Skills Session - Check-in, skill teaching, practice, homework
C.S_11	Ethics & Safety in DBT Practice - Boundaries, not managing high-risk cases, when to refer.
C.S_12	Documentation in DBT Skills Work - Diary cards (simplified), session summaries, skill 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	Mindfulness – Advanced Practice (Safe-Level) - 5-senses mindfulness, mindful walking, mindful eating.
O.S_14	Distress Tolerance – Grounding Toolkit - 5-4-3-2-1, paced breathing, sensory items.
O.S_15	Reality Acceptance Skills - Radical acceptance (basic), turning the mind (safe demonstration).
O.S_16	Pros & Cons Technique - Decision making and crisis planning (non-clinical).
O.S_17	Emotion Regulation – ABC Skills - Accumulating positives, building mastery, coping ahead
O.S_18	Reducing Vulnerability to Emotions - Sleep, nutrition, movement, daily routine (PLEASE basics).
O.S_19	Opposite Action Technique - Understanding patterns, safe applications, practice scenarios.
O.S_20	Interpersonal Effectiveness – Assertiveness Skills - DEAR MAN practice with mild workplace/family scenarios.
O.S_21	Interpersonal Effectiveness – Relationship Maintenance - GIVE skills applied to friendships, family, peers.
O.S_22	Interpersonal Effectiveness – Self-Respect Skills - FAST skills practice in roleplay.
O.S_23	Behaviour Chain Analysis (Safe-Level) - Identifying triggers, links, consequences (non-self-harm cases).
O.S_24	Problem Solving Using DBT Lens - Practical steps, worksheet use, small behaviour tasks.
O.S_25	DBT for Anxiety/Stress (Safe-Level) - Grounding, breathing, opposite action for avoidance.
O.S_26	DBT for Anger Regulation - Understanding cues, urge surfing, opposite action for anger.
O.S_27	DBT for Motivation & Routine Building - Mastery tasks, micro-goal planning.
O.S_28	Combining DBT With Mindfulness-Based Tools - Breathwork, observation, grounding blends
O.S_29	DBT in School/College/Workplace Context - Adapted tools for common stressors
O.S_30	Cultural Adaptation of DBT (Indian Context) - Using family values, cultural metaphors, communication patterns.
O.S_31	DBT Psychoeducation Module Design - How to teach DBT skills in groups (students, parents, employees).
O.S_32	Creating a 4–6 Week DBT Skills Plan - Sequencing skills: mindfulness → distress tolerance → emotion regulation → interpersonal skills.
O.S_33	Case Presentation Using DBT Framework - Case → skill applied → practice → progress → next steps.
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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