

Internship Training (PG) –	PG INTERNSHIP TRAINING IN COGNITIVE BEHAVIOURAL THERAPY (CN 034)
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 CBT (Applied View) - What CBT is, core principles, how CBT sessions work.
C.S_02	CBT Model: Thoughts–Feelings–Behaviours - Simple case examples + diagrams.
C.S_03	Identifying Negative Automatic Thoughts (NATs) - Spotting common thinking errors; guided practice.
C.S_04	Cognitive Distortions – Practical Understanding - Overgeneralisation, catastrophising, filtering, etc.
C.S_05	Thought Records / Thought Diary - How to teach, fill, and review worksheets.
C.S_06	Behavioural Activation Basics - Activity scheduling, mood–activity tracking.
C.S_07	Exposure Principles (Safe-Level) - Education + hierarchy building (NO trauma, NO phobia-level exposure).
C.S_08	Problem-Solving Skills (CBT Style) - Define → explore → generate → evaluate → choose.
C.S_09	CBT Session Structure - Agenda setting → review → intervention → homework → summary.
C.S_10	Case Formulation (Simple Version) - Trigger → thoughts → feelings → behaviours → consequences.
C.S_11	Ethics, Safety & Referral in CBT - What NOT to touch (trauma, severe cases); boundaries.
C.S_12	Documentation in CBT - Thought records, behaviour charts, 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	Advanced Cognitive Restructuring (Safe-Level) - Evidence for/against, alternative thoughts, balanced thinking.
O.S_14	Behavioural Experiments (Simple Version) - Planning small reality tests (safe topics only).
O.S_15	Exposure & Response Prevention (ERP) – Educational Only - Basic understanding; simulated roleplays (no clinical exposure).
O.S_16	Socratic Questioning Skills - Curious, open-ended, guiding questions.
O.S_17	Relaxation Training for CBT - Breathing, grounding, progressive muscle relaxation.
O.S_18	Mindfulness in CBT (MBCT Basics) - 5-senses grounding, mindful breathing.
O.S_19	CBT for Anxiety (Safe-Level) - Worry cycles, grounding, restructuring.
O.S_20	CBT for Stress Management - Identifying stress triggers, coping planning.
O.S_21	CBT for Low Mood & Motivation - Behaviour activation, small-goal planning.
O.S_22	CBT for Anger Management - Trigger chain, cognitive reframing, coping responses.
O.S_23	CBT for Self-Esteem & Confidence - Positive data logs, strengths-based CBT.
O.S_24	CBT for Sleep Issues - Sleep hygiene, stimulus control basics.
O.S_25	CBT for Relationships/Communication Issues - Cognitive reframing, thought checking, behaviour tasks.
O.S_26	Using Worksheets Effectively in Sessions - Reviewing homework, correcting errors, stepwise teaching.
O.S_27	Thought Stopping & Cognitive Shifting Tools - Visual stops, rubber band, switching attentional focus.
O.S_28	Core Beliefs – Simple Exploration - Identifying patterns (NO deep schema work).
O.S_29	Integrating CBT With Counselling Skills - Validation + cognitive tools + behaviour tasks.
O.S_30	Cycles Analysis (CBT Behaviour Chain) - Trigger → thought → feeling → behaviour → outcome.
O.S_31	Short-Term CBT Planning (4–6 Weeks) - Theme-based plans using cognitive + behavioural tools.
O.S_32	Cultural Adaptation of CBT (Indian Context) - Societal expectations, family beliefs, cultural norms.
O.S_33	CBT Case Presentation Format - Problem → thoughts → feelings → behaviours → intervention → progress.
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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