

|                            |                                                                                      |
|----------------------------|--------------------------------------------------------------------------------------|
| Internship Training (PG) – | <b>PG INTERNSHIP TRAINING IN SCHOOL PLAY THERAPY (CN 036B)</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**

|               |                                                                                                            |
|---------------|------------------------------------------------------------------------------------------------------------|
| <b>C.S_01</b> | Introduction to Play Therapy (Safe & Applied) - What play therapy is, its uses, limits, & ethics.          |
| <b>C.S_02</b> | Understanding How Children Communicate Through Play - Symbolic play, imagination, storytelling, roleplay.  |
| <b>C.S_03</b> | Therapeutic Relationship in Play Therapy - Warmth, safety, acceptance, consistency.                        |
| <b>C.S_04</b> | Setting Up a Play Therapy Room - Toys, materials, safety protocols, observation corner.                    |
| <b>C.S_05</b> | Types of Play in Sessions - Free play, structured play, fantasy play, projective play.                     |
| <b>C.S_06</b> | Play Observation Techniques - Anecdotal notes, ABC approach, behaviour cues.                               |
| <b>C.S_07</b> | Child-Centred Play Therapy Basics - Reflecting feelings, tracking behaviour, limit-setting.                |
| <b>C.S_08</b> | Directive Play Therapy (Simple Tools) - Storytelling, puppet play, drawing, therapeutic games.             |
| <b>C.S_09</b> | Integrating Play with Counselling Conversation - Gentle prompts, emotion naming, storytelling exploration. |
| <b>C.S_10</b> | Managing Emotions in Play Sessions - Handling anger, frustration, sadness, excitement safely.              |
| <b>C.S_11</b> | Cultural Sensitivity in Play Therapy - Indian family norms, gender roles, home/play interactions.          |
| <b>C.S_12</b> | Documentation in Play Therapy - Play themes, behaviours, emotional patterns, 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.

|               |                                                                                                              |
|---------------|--------------------------------------------------------------------------------------------------------------|
| <b>O.S_13</b> | Sand Tray (Safe-Level Introduction) - Figurines, scenes, symbolic exploration (non-clinical).                |
| <b>O.S_14</b> | Puppet Play for Emotional Expression. - Dialogue, storytelling, problem-solving.                             |
| <b>O.S_15</b> | Therapeutic Games for Emotional Skills - Board games, feeling cards, emotion dice.                           |
| <b>O.S_16</b> | Art + Play Integration - Drawing emotions, doll design, story art                                            |
| <b>O.S_17</b> | Play for Behavioural Skills - Turn-taking, sharing, responsibility, routine skills.                          |
| <b>O.S_18</b> | Play Therapy for Anxiety (Safe-Level) - Worry monster, bravery games, grounding through play.                |
| <b>O.S_19</b> | Play for Anger Management - Clay, pounding games, safe-release activities.                                   |
| <b>O.S_20</b> | Play for Social Skills Training - Cooperative games, roleplay of social situations.                          |
| <b>O.S_21</b> | Play for Self-Esteem & Confidence - Hero stories, strength puppets, achievement charts.                      |
| <b>O.S_22</b> | Communication Skills Through Play - Emotion cards, feeling puppets, character dialogues.                     |
| <b>O.S_23</b> | Storytelling & Narrative Play - Story completion, fantasy stories, conflict-resolution stories.              |
| <b>O.S_24</b> | Play for Attention & Focus Building - Sorting games, memory games, sequence tasks.                           |
| <b>O.S_25</b> | Movement-Based Play Therapy - Action games, dance play, rhythm, body awareness                               |
| <b>O.S_26</b> | Parental Involvement in Play Therapy - Co-play, parent guidance, behavioural routines.                       |
| <b>O.S_27</b> | Group Play Sessions - Team games, cooperative art, group storytelling.                                       |
| <b>O.S_28</b> | Play Therapy with Adolescents (Adapted) - Symbolic games, expressive art-play, metaphors.                    |
| <b>O.S_29</b> | Using Sensory Play in Sessions - Sand, water, textures, sensory bins.                                        |
| <b>O.S_30</b> | Trauma-Informed Play Principles (Safe-Level Only) - Stabilisation, safety, grounding — NO trauma processing. |
| <b>O.S_31</b> | Behaviour Reinforcement Through Play - Reward charts, token games, positive reinforcement.                   |
| <b>O.S_32</b> | Creating a 4–6 Week Play Therapy Plan - Weekly themes: emotions → behaviour → social skills → strengths.     |
| <b>O.S_33</b> | Case Presentation in Play Therapy Format - Play behaviour → themes → interpretation (safe) → plan.           |
| <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)

**INSTITUTE OF HOLISTIC MENTAL HEALTH @[www.imh.in](http://www.imh.in) @[www.psychologyonline.in](http://www.psychologyonline.in)**