

Internship Training (PG) –	PG INTERNSHIP TRAINING IN PSYCHOLOGICAL THERAPIES (CN 037)
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 Psychological Therapies (Applied Overview) - What therapy means, differences across models, where each fits.
C.S_02	Person-Centered Therapy (PCT) - Core conditions: empathy, genuineness, unconditional positive regard; warm-up practice.
C.S_03	Cognitive Behavioural Therapy (CBT) - ABC model, cognitive distortions, behavioural activation; small worksheet activity.
C.S_04	Behaviour Therapy (BT) - Reinforcement, shaping, modelling; simple behaviour plan
C.S_05	Dialectical Behaviour Therapy (DBT) - Mindfulness, distress tolerance, emotion regulation, interpersonal skills; one DBT skill practice.
C.S_06	Acceptance & Commitment Therapy (ACT) - Values, defusion, acceptance; "leaves on a stream" exercise.
C.S_07	Solution-Focused Brief Therapy (SFBT) - Scaling, exceptions, miracle question; future pacing task.
C.S_08	Psychodynamic Psychotherapy (Safe-Level) - Defense mechanisms, patterns, early influences; free-association demonstration.
C.S_09	Rational Emotive Behaviour Therapy (REBT) - ABCDE model; disputing irrational beliefs activity.
C.S_10	Mindfulness-Based Therapy (MBT/MBCT principles) - Breathing, grounding, present-moment exercises.
C.S_11	Motivational Interviewing (MI) - OARS skills, readiness ruler; short roleplay.
C.S_12	Ethics, Boundaries & Referral Across Therapies - What therapists can/cannot do; when to refer; safe practice.

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	Gestalt Therapy - Here-and-now, awareness, contact boundary; chair work demonstration (conceptual only).
O.S_14	Existential Therapy - Meaning, responsibility, choice; guided reflection exercise.
O.S_15	Narrative Therapy - Externalising problems, rewriting stories; story-mapping activity
O.S_16	Trauma-Informed Therapy (Safe-Level Only) - Safety, stabilisation, grounding; no trauma processing.
O.S_17	Interpersonal Therapy (IPT) - Role disputes, transitions, grief; communication scripts.
O.S_18	Positive Psychology Therapy - Strengths, gratitude, optimism; strengths mapping.
O.S_19	Art Therapy (Non-Clinical Expressive)- Collage, emotion colours, symbolic drawing.
O.S_20	Play Therapy (Safe-Level) - Non-directive and directive play methods, feeling cards & puppet work.
O.S_21	Expressive Arts Therapy (Integrated Without Instruments) - Story art, creative writing, movement-based drawing.
O.S_22	Adlerian Therapy - Early recollections, social interest, goals; lifestyle assessment basics.
O.S_23	Family Therapy (Systems Approach) - Subsystems, boundaries, communication patterns; genogram sketch.
O.S_24	Couples/Relationship Therapy (Non-Clinical) - Communication cycles, fairness, reflective listening; couple dialogue practice.
O.S_25	Behavioural Activation Therapy - Activity scheduling, mood monitoring; simple BA worksheet.
O.S_26	Grief & Loss Therapy (Non-Clinical) - Meaning making, support, rituals; memory symbol activity.
O.S_27	Strength-Based Therapy - Resource identification, resilience building; strengths circle.
O.S_28	Compassion-Focused Therapy (CFT) - Soothing rhythm breathing, self-kindness statements.
O.S_29	Schema Therapy (Intro Level) - Schemas, modes (education only); schema identification exercise.
O.S_30	Inner Child Work (Safe-Level Expressive) - Comfort imagery, symbolic drawings; no regression.
O.S_31	Reality Therapy (Choice Theory) - WDEP model—wants, doing, evaluation, plan .
O.S_32	Psychosocial Therapy - Social skills, problem solving, routine building; roleplay activity.
O.S_33	Integrative Therapy - Blending CBT + mindfulness + strengths + expressive methods.
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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