

Internship Training (UG)–	<b>UG INTERNSHIP TRAINING IN ABNORMAL PSYCHOLOGY (CN 001)</b>
Course Duration –	Customizable   Online   12–30 Modules (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 Graduate students or Graduate degree holders (psy/msw/hd/allied/related)
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 Abnormal Psychology - What makes a behaviour “abnormal”? Cultural context, dysfunction, distress, deviance, danger.
<b>C.S_02</b>	History of Mental Illness & Changing Perspectives - From supernatural to medical to biopsychosocial models.
<b>C.S_03</b>	The DSM-5-TR Framework: Understanding Diagnosis - How disorders are categorized, structure, specifiers, and practical relevance.
<b>C.S_04</b>	Clinical Assessment: Types, Tools & Purposes - Interviews, observations, self-reports, mental status exam.
<b>C.S_05</b>	Etiological Models of Psychopathology - Biological, psychological, sociocultural, diathesis–stress model.
<b>C.S_06</b>	Anxiety Disorders: Classification & Theoretical Explanations - Understanding panic, phobias, GAD, cultural relevance. Includes - Cases from day-to-day life – Discussion. Learning to Differentiate & Case Work - Testing
<b>C.S_07</b>	Mood Disorders: Symptoms, Course & Risk Factors - Unipolar depression and bipolar disorders. Includes - Cases from day-to-day life – Discussion. Learning to Differentiate & Case Work - Testing
<b>C.S_08</b>	Psychotic Disorders: Core Features & Theories - Delusions, hallucinations, thought disturbances, onset factors. Includes - Cases from day-to-day life – Discussion. Learning to Differentiate & Case Work - Testing
<b>C.S_09</b>	Personality Disorders: Cluster A, B, C Framework - Understanding maladaptive patterns using practical examples. Includes - Cases from day-to-day life – Discussion. Learning to Differentiate & Case Work – Testing

<b>C.S_10</b>	Neurodevelopmental Disorders Basics - ADHD, ASD, learning disorders—early indicators & assessment approach. Includes - Cases from day-to-day life – Discussion. Learning to Differentiate & Case Work – Testing
<b>C.S_11</b>	Obsessive–Compulsive & Related Disorders - Core symptoms, misconceptions, real-life examples. Includes - Cases from day-to-day life – Discussion. Learning to Differentiate & Case Work - Testing
<b>C.S_12</b>	Case Formulation Basics (Theory to Practice) - How to read a case, identify symptoms, and match them to theoretical models.
<b>OPTIONAL INTERNSHIP MODULE NAMES &amp; SESSION BRIEF</b> <b>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>	
<b>O.S_13</b>	Trauma- and Stressor-Related Disorders - PTSD, acute stress disorder, adaptation issues. Includes - Cases from day-to-day life – Discussion. Learning to Differentiate & Case Work – Testing
<b>O.S_14</b>	Somatic Symptom & Conversion Disorders - Mind–body connection explained simply. Includes - Cases from day-to-day life – Discussion. Learning to Differentiate & Case Work – Testing
<b>O.S_15</b>	Dissociative Disorders - Depersonalisation, dissociative identity disorder. Includes - Cases from day-to-day life – Discussion. Learning to Differentiate & Case Work – Testing
<b>O.S_16</b>	Eating Disorders & Body Image Issues - Anorexia, bulimia, binge eating—media influence. Includes - Cases from day-to-day life – Discussion. Learning to Differentiate & Case Work – Testing
<b>O.S_17</b>	Sexual Dysfunctions & Paraphilic Disorders - Includes - Cases from day-to-day life – Discussion. Learning to Differentiate & Case Work – Testing
<b>O.S_18</b>	Substance-Related & Addictive Disorders - Dependence, withdrawal, behavioural addictions. Includes - Cases from day-to-day life – Discussion. Learning to Differentiate & Case Work – Testing
<b>O.S_19</b>	Sleep–Wake Disorders - Insomnia, hypersomnia, parasomnias. Includes - Cases from day-to-day life – Discussion. Learning to Differentiate & Case Work – Testing
<b>O.S_20</b>	Impulse-Control & Disruptive Behaviour Disorders - ODD, Conduct Disorder, Intermittent Explosive Disorder. Includes - Cases from day-to-day life – Discussion. Learning to Differentiate & Case Work – Testing
<b>O.S_21</b>	Neurocognitive Disorders - Dementia, delirium—causes, symptoms, caregiver concerns. Includes - Cases from day-to-day life – Discussion. Learning to Differentiate & Case Work – Testing
<b>O.S_22</b>	Learning to Differentiate Disorders through Case Work & Vignettes. A session to test the understanding of the learners about all the disorders taught in previous sessions.
<b>O.S_23</b>	Cultural Concepts of Distress - How culture shapes illness expression (India-specific examples).
<b>O.S_24</b>	Behavioural Observations & MSE Practice - How to observe behaviour: affect, thought, cognition.
<b>O.S_25</b>	Introduction to Psychometric Screening Tools - BDI, HAM-A, MMSE—purpose, limitations, ethical use.

<b>O.S_26</b>	Case Vignettes: Identifying Symptoms - Students practice spotting symptoms from short stories.
<b>O.S_27</b>	Red Flags for Severe Mental Illness in Community Settings - Recognizing early signs safely and responsibly.
<b>O.S_28</b>	Suicide Risk: Warning Signs & Immediate Steps - Understanding ideation, intent, protective factors.
<b>O.S_29</b>	Stigma, Myths & Media Misrepresentation - How films, news, digital content distort mental illness.
<b>O.S_30</b>	Referral Pathways & Mental Health Services in India - Who to refer to, types of professionals, available institutions.
<b>O.S_31</b>	Introduction to Evidence-Based Treatments - Very basic overview of CBT, DBT, medication—not a therapy session.
<b>O.S_32</b>	Understanding Stress & Coping Styles - Connection to onset of disorders.
<b>O.S_33</b>	Childhood vs Adult Manifestation of Disorders - Symptom variation across lifespan.
<b>O.S_34</b>	Technology & Mental Health Disorders - Gaming disorder, social media impact, digital addictions.
<b>O.S_35</b>	Working with Families: Psychoeducation Basics - What students can and cannot do ethically.
<b>O.S_36</b>	Ethical Issues in Understanding Mental Disorders - Diagnosis, stigma, confidentiality, labelling theory, rights of clients.
<b>O.S_37</b>	Case Conference – Testing the learner with various cases / vignettes on learnt disorders
<b>O.S_38</b>	Movies based on Disorders – Discussion

<b>Course Fee</b>	<b>Learners from India</b>	<b>Learners from other countries</b>
<b>1:1 Guided Orientation via G Meet/Zoom with supporting learning materials</b>	<b>For 12 Sessions – ₹16,800 (India) From 13th session onward (if req) – ₹1300/session (up to 30 sessions)</b>	<b>For 12 Sessions – \$400 (Int'l) From 13th session onward (if req)– \$30/session (up to 30 sessions)</b>
<b>For group registrations, whether from individual learners or via college departments, fees will be significantly reduced to make the course student-friendly</b>		

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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