

Internship Training (UG)–	UG INTERNSHIP TRAINING IN PSYCHOTHERAPY (CN 005)
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

C.S_01	Introduction to Psychotherapy - Definition, aims, how therapy works, what it is not.
C.S_02	Historical Evolution of Psychotherapy - From psychoanalysis to modern evidence-based therapies.
C.S_03	Therapeutic Relationship: Core Conditions - Empathy, congruence, unconditional positive regard (Rogers).
C.S_04	Common Factors in Psychotherapy (Across All Approaches) - Alliance, expectations, techniques, therapist qualities.
C.S_05	Psychoanalytic & Psychodynamic Therapy – Core Concepts - Unconscious, defence mechanisms, transference (ug-friendly level).
C.S_06	Behaviour Therapy – Basic Principles - Classical conditioning, operant conditioning, exposure basics.
C.S_07	Cognitive Therapy – Core Ideas - Automatic thoughts, schemas, distortions
C.S_08	Humanistic Therapy – Approach & Strengths - Client-centred, Gestalt basics.
C.S_09	Family & Systems Perspective – Fundamentals - Patterns, roles, communication.
C.S_10	Multicultural & Ethical Issues in Psychotherapy - Boundaries, consent, role clarity, cultural sensitivity.
C.S_11	Stages of the Psychotherapy Process - Beginning, middle, termination phase (conceptual overview).
C.S_12	Understanding Change: How Clients Improve - Insight, behaviour change, emotional processing

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	Approaches to Crisis Intervention - Crisis theory, immediate needs, limits of student involvement.
O.S_14	Exposure, Reinforcement & Behavioural Techniques (Concept Level) - Phobia models, token economy, shaping.
O.S_15	Cognitive Restructuring – Beginner Theory - Identifying distortions, theory of changing thoughts.
O.S_16	Dialectical Behaviour Therapy (DBT) – Introduction - Mindfulness, emotion regulation concepts (no skills training).
O.S_17	Acceptance & Commitment Therapy (ACT) – Basics - Acceptance, defusion, values.
O.S_18	Positive Psychotherapy – Theory & Concepts - Strength-based interventions, wellbeing models.
O.S_19	Solution-Focused Therapy – Key Ideas - Exceptions, miracle question (theory only).
O.S_20	Motivational Enhancement Approaches - Ambivalence, readiness for change model.
O.S_21	Trauma-Informed Care – Foundations - Safety, empowerment, understanding trauma impact.
O.S_22	Group Therapy – Roles, Process & Stages - Group dynamics, norms, advantages.
O.S_23	Family Therapy Models – Structural, Bowenian, strategic (conceptual mapping).
O.S_24	Mindfulness-Based Interventions – Theoretical Base - Attention, awareness, non-judgment orientation.
O.S_25	Working with Emotions in Therapy - Emotion-focused concepts, primary/secondary emotions.
O.S_26	Psychotherapy Ethics & Boundary Situations - Dual relationships, confidentiality challenges.
O.S_27	Cross-Cultural Counselling & Psychotherapy - Culture in healing, Indian context examples.
O.S_28	Online Psychotherapy & Digital Considerations - Ethical concerns, limitations, emerging possibilities.
O.S_29	Psychotherapy Research & Evidence-Based Practice - What makes a therapy evidence-based? RCTs, meta-analyses.
O.S_30	Case Formulation Basics (Non-Clinical Level) - Understanding a problem using theory (no diagnosis).
O.S_31	Therapist Self-Development & Emotional Preparedness - Self-reflection, biases, personal boundaries
O.S_32	Limitations of Psychotherapy & When to Refer - Risk, suitability, multidisciplinary teams.
O.S_33	Mental Health Services & Referral Pathways in India
O.S_34	Case Conference – Testing the learner with various cases / vignettes on learnt disorders.

Course Fee	Learners from India	Learners from other countries
1:1 Guided Orientation via G Meet/Zoom with supporting learning materials	For 12 Sessions – ₹16,800 (India) From 13th session onward (if req) – ₹1300/session (up to 30 sessions)	For 12 Sessions – \$400 (Int'l) From 13th session onward (if req)– \$30/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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