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| Internship Training (UG)– | <b>UG INTERNSHIP TRAINING IN COUNSELLING SKILLS (CN 007)</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**

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| <b>C.S_01</b> | Introduction to Counselling Skills - What counselling skills are, purpose, limits of student competence. |
| <b>C.S_02</b> | Characteristics of an Effective Helper - Empathy, genuineness, acceptance, self-awareness.               |
| <b>C.S_03</b> | The Counselling Process: Stages & Flow - Rapport → exploration → insight → action → closure.             |
| <b>C.S_04</b> | Attending Skills & Active Listening - SOLER, verbal & non-verbal presence.                               |
| <b>C.S_05</b> | Basic Communication Skills in Counselling - Minimal encouragers, paraphrasing, summarising.              |
| <b>C.S_06</b> | Questioning Skills - Open vs closed questions, probing, clarifying.                                      |
| <b>C.S_07</b> | Reflection of Feelings & Meanings - Understanding emotional content and deeper layers.                   |
| <b>C.S_08</b> | Building Empathy: Theory & Demonstrations - Affective vs cognitive empathy, barriers to empathy.         |
| <b>C.S_09</b> | Goal Setting in Counselling Conversations - Realistic, collaborative, SMART approach.                    |
| <b>C.S_10</b> | Ethical Foundations of Counselling Skills - Confidentiality, safety boundaries, appropriate conduct.     |
| <b>C.S_11</b> | Managing Resistance & Silence - Why clients withdraw, handling pauses respectfully.                      |
| <b>C.S_12</b> | Self-Awareness & Reflective Practice for Student Counsellors - Biases, triggers, introspection models.   |

**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.

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| <b>O.S_13</b> | Rapport Building Techniques - Warmth, trust, joining, mirroring.                                    |
| <b>O.S_14</b> | Non-Verbal Communication in Counselling - Eye contact, posture, gestures, tone.                     |
| <b>O.S_15</b> | Working With Emotions - Identifying primary/secondary emotions.                                     |
| <b>O.S_16</b> | Structuring a Helping Conversation - Opening lines, agenda setting, closure.                        |
| <b>O.S_17</b> | Strength-Based Communication - Identifying strengths, reinforcing progress.                         |
| <b>O.S_18</b> | Motivational Interviewing – Beginner Concepts - Readiness to change, simple affirmations.           |
| <b>O.S_19</b> | Solution-Focused Conversational Skills - Scaling, exception-finding, future focus                   |
| <b>O.S_20</b> | Psychoeducation Skills - How counsellors teach coping tools without therapy.                        |
| <b>O.S_21</b> | Boundaries & Professional Conduct - Dual relationships, digital boundaries, time limits.            |
| <b>O.S_22</b> | Cultural Sensitivity in Counselling Interactions - Language, cultural norms, inclusive behaviour.   |
| <b>O.S_23</b> | Communicating With Children & Adolescents - Building rapport at different developmental levels.     |
| <b>O.S_24</b> | Crisis Communication Basics - Staying calm, grounding, immediate support                            |
| <b>O.S_25</b> | Managing Difficult Conversations - Anger, crying, abrupt withdrawal—do's & don'ts.                  |
| <b>O.S_26</b> | Ethics in Note Taking & Documentation - Professional writing, objectivity, confidentiality.         |
| <b>O.S_27</b> | Communicating About Mental Health - Reducing stigma, simplifying psychoeducation                    |
| <b>O.S_28</b> | Understanding Client Narratives - Story listening, patterns, emotional themes                       |
| <b>O.S_29</b> | Working With Families (Basic Communication) - Do's and don'ts when parents join meetings.           |
| <b>O.S_30</b> | Digital Counselling Etiquette - Online boundaries, video call professionalism.                      |
| <b>O.S_31</b> | Diversity & Inclusive Communication Skills - Gender, disability, socioeconomic factors.             |
| <b>O.S_32</b> | Referral Skills for Student Counsellors - Recognising risk, directing clients to appropriate help.. |
| <b>O.S_33</b> | Self-Care Skills for Student Counsellors - Preventing burnout, reflective journaling.               |
| <b>O.S_34</b> | Learning Styles in Counselling  |
| <b>O.S_35</b> | Case Conference – Testing the learner with various cases / vignettes on learnt disorders            |

| Course Fee   | Learners from India  | Learners from other countries  |
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| 1:1 Guided Orientation via G Meet/Zoom with supporting learning materials  | For 12 Sessions – ₹16,800 (India)<br>From 13th session onward (if req) – ₹1300/session (up to 30 sessions) | For 12 Sessions – \$400 (Int'l)<br>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](mailto:info@ihmh.in) / [info@ihmh.org](mailto:info@ihmh.org)

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