

Internship Training (UG)–	UG INTERNSHIP TRAINING IN COUNSELLING PROCESS (CN 008)
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 the Counselling Process - What “process” means, components, boundaries.
C.S_02	Establishing the Therapeutic Relationship - Rapport, trust, presence, collaboration.
C.S_03	Structure of a Counselling Session - Opening → working → closing explained using simple examples.
C.S_04	Exploration Stage: Understanding the Client’s Narrative - Storytelling, listening, exploring concerns.
C.S_05	Assessment within the Counselling Process - Case history, presenting concerns, patterns (UG level).
C.S_06	Insight Stage: Identifying Themes & Patterns - Understanding deeper issues, beliefs, emotions
C.S_07	Action Stage: Supporting Behavioural/Emotional Change - Goal setting, simple planning (concept-only, non-therapeutic).
C.S_08	Managing Emotions in the Session - Understanding clients’ affect, staying grounded, UG theory.
C.S_09	Managing Resistance & Defensiveness - Why resistance appears; UG-friendly handling.
C.S_10	Termination & Closure in Counselling - When and how counselling ends; review and reflection.
C.S_11	Ethical Decision-Making Across the Process - Confidentiality, informed consent, professional role.
C.S_12	Documentation Across the Counselling Process - Session notes, progress tracking, ethical record-keeping.

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	First Sessions: Building Safety & Boundaries - Policies, expectations, clarity of roles.
O.S_14	Working Alliance: Components & Predictors of Success Bond, goals, tasks.
O.S_15	Identifying Presenting Problems Effectively - Clarity, prioritisation of concerns.
O.S_16	Use of Questions at Different Stages - Exploratory vs insight-focused vs action-oriented.
O.S_17	Reflection & Paraphrasing Across Stages - When and how reflections shift meaning.
O.S_18	Understanding Client Motivation - Ambivalence, readiness to engage.
O.S_19	Psychoeducation Within the Counselling Process - What, when, why, and limits of student counsellors.
O.S_20	Dealing With Silence & Emotional Pauses - Healthy silence, pacing, comfort.
O.S_21	Recognising Red Flags During the Process - Risk, severity, immediate referral.
O.S_22	Working With Diverse Clients Across the Process - Culture, gender, language barriers..
O.S_23	Counselling Process with Children & Adolescents - Modifications in exploration, insight, and action
O.S_24	Crisis Situations During Counselling - Containment, safety, immediate steps (non-intervention focused).
O.S_25	Boundaries & Professionalism in All Stages - Consistency, communication, role clarity.
O.S_26	Goal Adjustment Across Counselling - Revisiting goals as new information appears.
O.S_27	Transitions Between Stages - Moving from exploration → insight → action naturally.
O.S_28	Rupture & Repair in the Counselling Relationship - Understanding misunderstandings and restoring trust.
O.S_29	Client Resistance Across Stages - Different forms of resistance in exploration, insight, action.
O.S_30	Ending Counselling Abruptly – Process Considerations - Premature termination, missed sessions.
O.S_31	Follow-up & Reviewing Client Progress - Continuity, closure, post-counselling care
O.S_32	Cultural Expectations About Counselling Process in India - Stigma, family involvement, cultural narratives.
O.S_33	Introduction to Process-Based Therapy (PG concepts simplified for UG) - Process dimensions, psychological flexibility.
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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