

Internship Training (UG)–	UG INTERNSHIP TRAINING IN FAMILY PSYCHOLOGY (CN 011)
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 Family Psychology - Definition, scope, why family matters in human development.
C.S_02	Functions & Roles of the Family - Emotional, economic, socialisation, cultural functions.
C.S_03	Theories of Family Development - Family lifecycle, developmental stages, transitions.
C.S_04	Family Structures & Types - Nuclear, joint, single-parent, blended families.
C.S_05	Parenting Styles & Their Impact - Authoritative, authoritarian, permissive, uninvolved.
C.S_06	Communication Patterns Within Families - Healthy vs unhealthy communication.
C.S_07	Attachment & Early Family Experiences - Secure/insecure attachment, long-term outcomes
C.S_08	Sibling Relationships & Birth Order - Roles, rivalry, cooperation.
C.S_09	Family Stress & Coping Mechanisms - Life changes, conflict management.
C.S_10	Culture & Family Dynamics (Indian Context) - Collectivism, joint family norms, traditions.
C.S_11	Marital Relationships: Basics of Couple Dynamics - Conflict patterns, bonding, expectations.
C.S_12	Ethics and Boundaries When Studying Families - Privacy, consent, observation do’s and don’ts.

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	Family Systems Theory - Subsystems, boundaries, homeostasis.
O.S_14	Roles in Dysfunctional Families - Scapegoat, hero, lost child, mascot.
O.S_15	Parenting in Adolescence - Challenges, negotiation, autonomy.
O.S_16	Family Conflict: Causes & Patterns - Escalation, withdrawal, triangulation.
O.S_17	Divorce & Separation: Effects on Children - Adjustment factors, behavioural change
O.S_18	Single-Parent Families: Strengths & Challenges - Social and emotional aspects.
O.S_19	Stepfamilies & Blended Families - Adjustment, loyalty conflicts, bonding
O.S_20	Intergenerational Influence & Family Scripts - Values, roles, belief systems passed through generations.
O.S_21	Domestic Violence – Psychological Understanding - Power, control, impact on children.
O.S_22	Mental Health in the Family System - How one member's issue affects the whole system.
O.S_23	Family Rituals, Traditions & Identity - Festivals, routines, cultural continuity.
O.S_24	Parenting Stress & Burnout - Causes, signs, practical examples.
O.S_25	Family & Gender Roles - Expectations, stereotypes, changing norms
O.S_26	Communication Barriers in Families - Misunderstandings, criticism, silence, assumptions.
O.S_27	Family Adjustment to Illness or Disability - Coping, support systems.
O.S_28	Technology & Family Relationships - Screen time, digital distance, online conflict.
O.S_29	Grandparents & Extended Family Roles - Caregiving, emotional support, intergenerational bonding.
O.S_30	Emotional Needs of Children in Different Family Contexts - Understanding diverse childhood experiences.
O.S_31	Family Financial Stress & Psychological Impact - Conflict, insecurity, resilience.
O.S_32	Work–Family Balance - Role strain, dual-earner families.
O.S_33	Healthy Family Practices & Strength-Based Perspectives - Resilience, communication, togetherness.
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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