

Internship Training (PG)–	<b>PG INTERNSHIP TRAINING IN WORK BASE COUNSELLING (CN 017)</b>
Course Duration	– Customizable   Online   12–30 Module (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 Postgraduate learners or Postgraduate degree holders (psy/msw/hd/allied)
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>	Role of a Workplace Counsellor - Functions, limits, organisational boundaries, EAP structure.
<b>C.S_02</b>	Employee Intake & Initial Assessment - Collecting concerns, psychosocial history, work context analysis.
<b>C.S_03</b>	Understanding Workplace Stressors - Job demands, conflict, burnout, organisational culture factors
<b>C.S_04</b>	Supportive Counselling Skills for the Workplace - Active listening, empathy, problem-focused conversation.
<b>C.S_05</b>	Conducting Workplace Needs Assessment - Identifying stress points through surveys, interviews, observation.
<b>C.S_06</b>	Goal Setting with Employees - Performance-related goals, emotional goals, SMART planning.
<b>C.S_07</b>	Addressing Work–Life Balance Issues - Role conflict, personal demands, lifestyle adjustments
<b>C.S_08</b>	Designing Employee Wellbeing Interventions - Stress reduction modules, emotional regulation activities.
<b>C.S_09</b>	Handling Workplace Conflict Cases - Mediation basics, communication repair, conflict mapping.
<b>C.S_10</b>	Documentation, Case Notes & Reporting - Professional reports for HR, boundaries in documentation.
<b>C.S_11</b>	Ethical Practice in Workplace Counselling - Confidentiality vs organisational transparency, informed consent.
<b>C.S_12</b>	Crisis Management at Work - Handling panic attacks, emotional breakdowns, conflict escalations.

**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.

<b>O.S_13</b>	Psychological First Aid for Workplace Situations - Immediate supportive strategies for shock, stress, incidents.
<b>O.S_14</b>	Burnout Identification & Support Planning - Energy monitoring, workload patterns, recovery strategies.
<b>O.S_15</b>	Time & Productivity Counselling - Procrastination, prioritisation tools, focus strategies.
<b>O.S_16</b>	Motivation & Performance Counselling - Goal alignment, intrinsic vs extrinsic motivation.
<b>O.S_17</b>	Employee Relationship Issues at Work - Interpersonal patterns, boundaries, communication resets.
<b>O.S_18</b>	Emotional Regulation Tools for Employees - Breathing, grounding, reframing, situation analysis.
<b>O.S_19</b>	Counselling for Career Transitions - Promotions, job change, skill mismatch, stagnation.
<b>O.S_20</b>	Conflict Mediation Between Employees - Neutrality, structure, communication rebuilding.
<b>O.S_21</b>	Managing Difficult Employees / Clients - Hostility, withdrawal, passive-aggressiveness—interaction strategies.
<b>O.S_22</b>	Grief & Loss Support at Workplace - Bereavement, trauma response, compassionate communication.
<b>O.S_23</b>	Counselling on Harassment & Discrimination Concerns - Psychological support, documentation, referral pathway.
<b>O.S_24</b>	Mental Health Awareness for Teams - Designing and conducting short workshops.
<b>O.S_25</b>	Building Employee Resilience Programs - Resilience skills, optimism, coping routines.
<b>O.S_26</b>	Handling Team Dynamics Issues - Roles, conflict cycles, cohesion challenges.
<b>O.S_27</b>	Work Stress Audits & Organisational Diagnostics - Checklists, interviews, environmental stress mapping.
<b>O.S_28</b>	Counselling for Remote & Hybrid Employees - Isolation, digital fatigue, engagement issues.
<b>O.S_29</b>	Strength-Based Counselling in Organisations - Using strengths to solve work and personal concerns.
<b>O.S_30</b>	Cultural Sensitivity in Workplace Counselling - Diversity, gender, hierarchy, cultural conflicts.
<b>O.S_31</b>	Designing Employee Support Workshops - Stress, communication, emotional health, burnout prevention.
<b>O.S_32</b>	Reporting to HR With Ethical Boundaries - How to communicate risk, patterns, recommendations safely.
<b>O.S_33</b>	Case Conference Pitching & Review Meetings - Presenting findings professionally to HR/management.
<b>O.S_34</b>	Case Conference – Testing the learner with various cases / vignettes on learnt expertise

<b>O.S_35</b>	Working Modality – Larger Organisation (Larger Work base – Eg., Mills)	
<b>O.S_36</b>	Working Modality – Smaller Organisation (Smaller Work base – Eg., Water Treatment Plant)	
<b>O.S_37</b>	Working Modality – Corporates (Larger/ smaller Work base – Eg., IT Companies / Banks)	
<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 – ₹26,800 (India) From 13th session onward (if req) – ₹1,800/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](mailto:info@ihmh.in) / [info@ihmh.org](mailto:info@ihmh.org)

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