

Internship Training (PG)–	PG INTERNSHIP TRAINING IN COUPLE THERAPY (CN 017)
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

C.S_01	Role of a Couple Therapist & Scope of Practice - Functions, limitations, boundaries, neutrality, ethical considerations.
C.S_02	Conducting a Couple Intake Interview - Joint session + individual sessions, exploring relationship history, expectations.
C.S_03	Assessing Relationship Dynamics - Patterns, cycles, communication styles, emotional climate.
C.S_04	Identifying Core Conflict Areas - Values, roles, communication patterns, unmet needs.
C.S_05	Working With Communication Patterns - Pursuer–withdrawer dynamics, demand–withdraw patterns.
C.S_06	Emotional Regulation for Couples - Helping partners identify triggers, de-escalation tools.
C.S_07	Attachment Theory Applied in Couple Work - Adult attachment styles, bonding, insecurity patterns.
C.S_08	Building Healthy Communication Skills - Active listening, validation, expressing needs without attack.
C.S_09	Conflict De-escalation Techniques - Time-outs, grounding, slowing the cycle
C.S_10	Case Formulation in Couple Therapy - Understanding relationship patterns using systemic lenses.
C.S_11	Ethical Issues in Couple Work - Confidentiality, secrets, alliance balancing, therapist neutrality.
C.S_12	Termination, Relapse Prevention & Follow-up Planning - Preparing couples for future conflict cycles & maintenance work.

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	Gottman Method – Core Concepts (Applied Level) - Four Horsemen, love maps, repair attempts, rituals of connection.
O.S_14	Emotion-Focused Therapy (EFT) for Couples – Applied Basics - Primary/secondary emotions, bonding events, cycle de-escalation.
O.S_15	Behavioural Couple Therapy (BCT) Techniques - Behaviour exchange, couple contracts, positive interactions.
O.S_16	Solutions-Focused Work with Couples - Exception finding, scaling, desired future mapping.
O.S_17	Working With High-Conflict Couples - Anger cycles, blame patterns, de-escalation scripts.
O.S_18	Infidelity & Trust Repair Work - Disclosure handling, rebuilding trust, boundaries.
O.S_19	Intimacy Issues & Emotional Distance - Understanding avoidance, vulnerability work.
O.S_20	Pre-Marital Counselling Modules - Expectations, communication, role negotiation, future planning.
O.S_21	Parenting Stress & Couple Dynamics - Role transition, shared responsibility, conflict triggers.
O.S_22	Financial Conflict & Decision-Making Styles - Money scripts, budgeting conversations.
O.S_23	Cultural & Family Influences on Couple Relationships - Indian family norms, in-laws, joint-family stressors.
O.S_24	Working With Separation or Divorce-Oriented Couples - Clarification process, emotional disentangling, co-parenting dialogues.
O.S_25	Sexual Health & Couple Communication - Consent, comfort, dysfunction psychoeducation (ethically framed).
O.S_26	Substance Use & Its Impact on Couple Functioning - Patterns, codependency, boundaries, referral pathways.
O.S_27	Domestic Violence Screening & Safety Planning - Red flags, risk assessment, ethical referral protocols.
O.S_28	LGBTQIA+ Couples – Inclusive Practice - Affirmative language, family acceptance, identity conflicts
O.S_29	Mixed-Culture or Long-Distance Relationship Challenges - Negotiation, expectations, communication templates.
O.S_30	Designing Couple Workshops - Communication bootcamps, relationship hygiene modules.
O.S_31	Documentation & Couple Case Notes - Writing balanced, non-blaming, systemic notes.
O.S_32	Therapist Self-Management in Couple Work - Dealing with reactivity, neutrality, burnout prevention.

O.S_33	Case Conference: Couple Case Presentation Skills - How to present dynamics, formulation, intervention plan.	
O.S_34	Case Conference – Testing the learner with various cases / vignettes on learnt expertise	
Course Fee	Learners from India	Learners from other countries
1:1 Guided Orientation via G Meet/Zoom with supporting learning materials	For 12 Sessions – ₹26,800 (India) From 13th session onward (if req) – ₹1,800/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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