

Internship Training (PG)–	PG INTERNSHIP TRAINING IN HEALTH PSYCHOLOGY (CN 020)
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	Introduction to Health Psychology (Applied View) - Where health psychologists work, basic roles in hospitals/clinics.
C.S_02	Patient Communication Skills - Empathy, simple explanations, rapport-building with patients & families.
C.S_03	Bio-Psycho-Social Model in Real Cases - Understanding illness through physical, psychological, social factors.
C.S_04	Health Behaviours & Lifestyle Factors - Sleep, diet, exercise, addiction—real influence on health.
C.S_05	Stress & Health: Identifying Patient Stressors - Common stress patterns in patients; simple assessment.
C.S_06	Health Behaviour Change Basics - Motivation, ambivalence, readiness to change.
C.S_07	Psychoeducation for Patients & Families - Explaining illness, lifestyle changes, coping tips.
C.S_08	Emotional Reactions to Illness - Shock, denial, anger, fear—how to support safely.
C.S_09	Working With Patients with Chronic Illness - Diabetes, hypertension, asthma—simple counselling support.
C.S_10	Basic Pain Management Psychology - Distraction, relaxation, understanding pain behaviour.
C.S_11	Ethics, Boundaries & Confidentiality in Health Settings - Information sharing, patient dignity, family involvement.
C.S_12	Writing Patient Notes & Reports - Behaviour observations, session summaries, referral notes.

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	Mental Health Screening Tools (Simple Checklists) - Stress scales, lifestyle patterns, behaviour checklists.
O.S_14	Building Coping Skills in Patients - Relaxation, breathing, grounding, basic cognitive reframing.
O.S_15	Counselling for Lifestyle Modification - Helping patients adopt small step changes.
O.S_16	Adherence Issues in Medication & Treatment - Why patients don't follow prescriptions; how to encourage safely.
O.S_17	Working With Post-Surgery Patients - Emotional support, fear reduction, motivation for recovery.
O.S_18	Working With Families During Illness - Breaking routines, emotional strain, communication support.
O.S_19	Health Anxiety (Illness Worry) Support - Understanding symptoms, supportive conversation, psychoeducation.
O.S_20	Basic Mind–Body Techniques - Breathing, guided imagery, simple relaxation exercises.
O.S_21	Working With Terminal Illness Cases - End-of-life emotional support (non-therapeutic), presence, listening.
O.S_22	Eating Behaviour & Health Psychology - Emotional eating, appetite changes, simple behaviour tools.
O.S_23	Supporting Patients with Lifestyle Diseases - Hypertension, obesity, cholesterol—behavioural guidance.
O.S_24	Understanding Risk Behaviours - Smoking, substance use, unsafe health habits.
O.S_25	Community Health Psychology Applications - Awareness programs, behaviour change campaigns.
O.S_26	Health Promotion Activities - Workshops on sleep, stress, nutrition, mental wellbeing.
O.S_27	Communication With Medical Teams - Sharing patient concerns, collaborative care, simple updates.
O.S_28	Gender, Culture & Health Beliefs - Indian cultural beliefs about illness, stigma, family roles.
O.S_29	Digital Health Behaviours - Overuse of screens, health misinformation, online health anxiety.
O.S_30	Recovery Motivation for Long-Term Treatment - Encouraging follow-ups, routine building, realistic goal setting.
O.S_31	Observing Patient Behaviour in Wards/OPD - Patterns, emotions, patient flow, staff interactions.
O.S_32	Assessing Social Support Systems - Family network, caregiver burden, support mapping.
O.S_33	Designing a Simple Health Improvement Plan -1–4-week small action plan for a hypothetical patient.
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

INSTITUTE OF HOLISTIC MENTAL HEALTH @www.imh.in @www.psychologyonline.in