

Internship Training (PG)–	PG INTERNSHIP TRAINING IN CORPORATE COUNSELLING (CN 021)
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 Corporate Counselling - Role of counsellors in IT/banking/office setups, boundaries, expectations.
C.S_02	Understanding Corporate Work Culture - Hierarchy, work pressure, targets, deadlines, appraisal cycles.
C.S_03	Employee Intake & Issue Identification - Conducting supportive conversations; understanding stress sources.
C.S_04	Corporate Stress & Burnout - Common stressors in IT/banking; early signs; coping support.
C.S_05	Workplace Communication & Conflict Understanding - How communication breaks down; conflict triggers.
C.S_06	Work–Life Balance Support for Employees - Helping with routines, boundaries, lifestyle adjustments.
C.S_07	Emotional Support & Supportive Counselling Skills - Active listening, empathy, structured supportive talking.
C.S_08	Basic Corporate Counselling Tools - Stress checklists, coping forms, simple reflection worksheets.
C.S_09	Employee Motivation & Engagement Basics - Understanding disengagement and workplace dissatisfaction.
C.S_10	Handling Sensitive Corporate Cases - Burnout, isolation, performance anxiety, conflicts.
C.S_11	Ethics & Confidentiality in Corporate Settings - HR involvement, reporting boundaries, confidentiality limits.
C.S_12	Documentation & Employee Case Notes - Professional workplace-style note writing, confidentiality.

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	Time & Productivity Counselling - Helping employees plan work, overcome procrastination, prioritise.
O.S_14	Communication Skills Coaching - Assertiveness, clarity, reducing misunderstandings.
O.S_15	Workplace Relationship Issues - Conflicts with peers, managers; role clarity.
O.S_16	Supporting Employees with Anxiety or Overwhelm - Stress responses, grounding tools, coping exercises.
O.S_17	Supporting Employees Facing Performance Pressure - Appraisals, targets, fear of underperforming etc.,
O.S_18	Building Emotional Regulation Skills - Breathing, grounding, self-talk, reframing.
O.S_19	Conflict De-escalation in Corporate Settings - Listening, neutrality, step-back strategies.
O.S_20	Counselling for Workplace Transitions - New role, relocation, project change, job dissatisfaction.
O.S_21	Working With Managers & Leaders - Understanding leadership stress, communication styles.
O.S_22	Diversity & Inclusion Sensitivity (Corporate Context) - Gender, culture, disability—working respectfully.
O.S_23	Handling Team Dysfunction - Low morale, broken communication, role conflicts.
O.S_24	Sleep, Lifestyle & Corporate Performance - Stress–sleep cycle, sedentary issues, lifestyle fixes.
O.S_25	Financial Stress & Emotional Support - Loan pressure, EMIs, family expectations.
O.S_26	Supporting Remote/Hybrid Employees - Isolation, Zoom fatigue, boundaries, productivity issues.
O.S_27	Handling Harassment or Discrimination Concerns - Emotional support; referral pathway (POSH, HR protocols); Counselling.
O.S_28	Career Counselling in Corporate Settings - Skill identification, job satisfaction, growth mapping.
O.S_29	Managing Digital Overload - Screen fatigue, information overload, burnout.
O.S_30	Workplace Mental Health Awareness Activities - Designing small programs, wellbeing emails, posters.
O.S_31	Burnout Recovery Micro-Support Plans - Small behaviour changes, gradual improvements.
O.S_32	Observing Team Meetings & Office Dynamics - Notes on communication, leadership, morale.
O.S_33	Preparing a Simple Corporate Wellbeing Plan - Stress reduction + engagement + mental health focus.
O.S_34	Workforce Retention
O.S_35	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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