

Internship Training (PG)–	<b>PG INTERNSHIP TRAINING IN INDUSTRIAL COUNSELLING (CN 022)</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>	Introduction to Industrial Counselling - Roles, responsibilities, difference from corporate counselling; working with labour force.
<b>C.S_02</b>	Understanding Industrial Work Culture - Shift work, fatigue, physical demands, safety rules, supervisor–worker dynamics.
<b>C.S_03</b>	Communication With Multilingual Workforce - Using simple language, visuals, translators; avoiding jargon.
<b>C.S_04</b>	Worker Intake & Issue Identification - Short conversations, rapport building, identifying stressors (money, health, family, workload).
<b>C.S_05</b>	Common Worker Concerns in Industrial Settings - Fatigue, safety fears, conflict, migration stress, home pressures, isolation.
<b>C.S_06</b>	Stress & Fatigue in Industrial Work - Shift cycles, sleep issues, overwork—how to offer basic support.
<b>C.S_07</b>	Emotional Support & Supportive Counselling Skills - Active listening, empathy, non-judgmental approach.
<b>C.S_08</b>	Work–Life & Money-Related Stress - Loan pressures, migration, separation from family—how to support.
<b>C.S_09</b>	Safety Behaviour & Counselling - Encouraging safe practices, understanding why workers take risks.
<b>C.S_10</b>	Group Counselling Basics for Large Workforce - Small groups, simple language, practical examples.
<b>C.S_11</b>	Documentation & Reporting in Industrial Environments - Simple case notes, verbal reports, escalation pathways.
<b>C.S_12</b>	Ethics, Confidentiality & Cultural Sensitivity - Working respectfully with diverse backgrounds; gender sensitivity.

**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>	Managing Worker Stress & Burnout - Grounding exercises, simple plans for rest and recovery.
<b>O.S_14</b>	Communication Skills for Workers - Assertiveness, clarity, reducing misunderstandings.
<b>O.S_15</b>	Counselling Workers Facing Family Problems - Separation, childcare, financial stress.
<b>O.S_16</b>	Counselling for Migrant Workers - Homesickness, cultural adjustment, loneliness.
<b>O.S_17</b>	Handling Workplace Conflicts in Industrial Settings - Worker-worker issues, supervisor-worker conflicts.
<b>O.S_18</b>	Supporting Workers After Accidents or Near Misses - Emotional support, fear reduction, safety reinforcement.
<b>O.S_19</b>	Sleep, Fatigue & Shift Work Support - Basic sleep hygiene guidance adapted to factory routines.
<b>O.S_20</b>	Alcohol, Tobacco & Substance Use Concerns - Talking sensitively about habits affecting work and health.
<b>O.S_21</b>	Supporting Workers with Chronic Health Conditions - Diabetes, hypertension, back pain—simple psychoeducation.
<b>O.S_22</b>	Small Group Sessions on Stress, Health & Safety - Designing short awareness modules.
<b>O.S_23</b>	Motivation & Morale in Low-Literacy Workforce - Appreciation, positive communication, achievable goals.
<b>O.S_24</b>	Building Trust with Labour Force - Overcoming fear, resistance, lack of familiarity with counselling.
<b>O.S_25</b>	Financial Stress Counselling (Simple Tools) - Budgeting basics, managing expenses, simple solutions.
<b>O.S_26</b>	Conflict De-escalation During Work Disputes - Calming techniques, non-threatening communication.
<b>O.S_27</b>	Supporting Female Workers in Factories - Safety, harassment concerns, gender sensitivity.
<b>O.S_28</b>	Handling Harassment, Bullying or Supervisor Misconduct - Supportive conversation, documentation, escalation.
<b>O.S_29</b>	Multilingual Group Interventions - Using translators, visuals, roleplay, symbols.
<b>O.S_30</b>	Designing Worker Wellbeing Programs - Stress camp days, health awareness, safety weeks.
<b>O.S_31</b>	Understanding Union-Management Dynamics - Navigating union workers' concerns professionally.
<b>O.S_32</b>	Community-Based Counselling for Industrial Areas - Hostels, shared rooms, community tension.
<b>O.S_33</b>	Preparing an Industrial Worker Support Plan - Simple 2-4-week plan for stress or behaviour improvement.

<b>O.S_34</b>	Workforce Retention	
<b>O.S_35</b>	Case Conference – Testing the learner with various cases / vignettes on learnt expertise	
<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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