

Internship Training (PG)–	PG INTERNSHIP TRAINING IN FAMILY COUNSELLING (CN 023)
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 Family Counselling (Applied View) - Roles, boundaries, purpose; difference from couple/child counselling.
C.S_02	Understanding Family Systems (Simple Framework) - Subsystems, roles, communication patterns in Indian families.
C.S_03	Conducting a Family Intake Interview - Talking to multiple members; understanding relationships; identifying concerns.
C.S_04	Mapping Family Dynamics - Using simple tools: genograms, interaction maps.
C.S_05	Communication Patterns in Families - Blaming, criticism, silence, indirect messages.
C.S_06	Understanding Common Family Problems - Financial stress, parenting issues, in-law conflict, sibling rivalry.
C.S_07	Basic Conflict Resolution Skills for Families - Identifying problem areas, setting ground rules, calm conversation techniques.
C.S_08	Supporting Parents with Behaviour Issues in Children - Explaining issues, giving strategies, clarifying expectations.
C.S_09	Emotional Support & Empathy in Family Settings - Managing emotional outburst, maintaining neutrality.
C.S_10	Joint vs Nuclear Family Dynamics - Strengths, stressors, expectations, cultural influences.
C.S_11	Ethics & Professional Boundaries in Family Counselling - Confidentiality, neutrality, favouritism, triangulation.
C.S_12	Documentation & Case Notes in Family Work - Summaries, progress notes, recommendations

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	Understanding Marital Stress Within Family Context - Work stress, parenting load, communication gaps.
O.S_14	Parenting Conflicts Between Partners - Different parenting styles, inconsistent discipline.
O.S_15	Family Financial Stress Counselling - Debt, unemployment, budgeting, expectations.
O.S_16	Sibling Conflict & Rivalry Management - Fairness issues, communication coaching.
O.S_17	Family Communication Skills Training - Listening, expressing needs logically, avoiding blame cycles
O.S_18	Handling In-Law Conflicts - Boundaries, expectations, role clarity.
O.S_19	Supporting Families with Adolescents - Identity issues, technology conflicts, emotional changes.
O.S_20	Cultural & Generational Conflicts - Tradition vs modern lifestyle, gender roles, autonomy.
O.S_21	Family Stress During Illness or Caregiving - Caregiver burden, emotional support, role distribution.
O.S_22	Blended & Step - Family Adjustment - Loyalty issues, bonding, expectations.
O.S_23	Managing Family Anger & Emotional Outbursts - Calming steps, time-out rules, expressing without harm.
O.S_24	Family Decision-Making Styles - Authoritarian, democratic, consultative.
O.S_25	Communication With Children & Teens in Family Sessions - Age-appropriate conversations, managing silence/withdrawal.
O.S_26	Supporting Families After Major Life Events - Loss, relocation, job change, retirement.
O.S_27	Domestic Violence Awareness & Safety Protocols - Spotting red flags, ethical referral pathways
O.S_28	Addiction-Related Family Stress - Alcohol/drugs/gambling—supportive conversation & boundaries.
O.S_29	Joint Family Boundary Issues - Shared living, privacy, roles, conflict triggers.
O.S_30	Family Wellbeing & Routine Building - Daily structure, rituals, shared activities.
O.S_31	Preparing Family Psychoeducation Modules - Stress, communication, parenting, emotional understanding.
O.S_32	Group Counselling with Families (Multi-Family Groups) - Simple activities, shared experiences, discussion rules.
O.S_33	Creating a Family Support Plan - Short-term steps to improve communication, routines, roles.
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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