

Internship Training (PG)–	PG INTERNSHIP TRAINING IN PSYCHOTHERAPY TECHNIQUES (CN 024)
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 Psychotherapy Techniques (Applied View) - What techniques are, why they’re used, difference between technique and full therapy.
C.S_02	Building Therapeutic Alliance Skills - Rapport, trust, empathy, validation—demonstrations & small exercises.
C.S_03	Basic Structure of a Psychotherapy Session - Opening, exploring, intervention, closing—sample session flow.
C.S_04	Psychoeducation as a Core Technique - Educating clients about emotions, stress, behaviour—simple scripts.
C.S_05	Cognitive Behaviour Therapy (CBT) – Technique Overview - Identifying thoughts, behaviours, simple ABC model demonstration.
C.S_06	Behavioural Techniques – Case Work - Exposure basics (safe level), behaviour activation, reinforcement.
C.S_07	Relaxation & Grounding Techniques - Breathing, grounding, muscle relaxation—applied practice.
C.S_08	Emotion Regulation Techniques - Labelling emotions, pause techniques, coping steps.
C.S_09	Motivational Interviewing – Key Technique Elements - Open questions, affirmations, reflections, summarising (OARS).
C.S_10	Solution-Focused Brief Therapy – Scaling questions, miracle question (case work examples).
C.S_11	Ethics & Boundaries in Using Techniques - Scope, limits, avoiding harm, red flags.
C.S_12	Documentation: Writing Notes About Techniques Used - Technique logs, progress notes, simple case documentation

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	Cognitive Restructuring (Simplified Practice) - Identifying distortions, generating alternate thoughts.
O.S_14	Behaviour Modification Tools - Tokens, shaping, prompting (safe-level applications).
O.S_15	Exposure Techniques – Theory + Case Work - Imaginal exposure, hierarchy building etc.,
O.S_16	Problem-Solving Therapy – Step-by-Step Method - Defining problems, brainstorming solutions, selecting actions.
O.S_17	Habit Reversal Basics - Awareness training, competing response (safe models).
O.S_18	Interpersonal Skills Training Techniques - Assertiveness scripts, communication exercises.
O.S_19	Journaling Techniques - Thought logs, mood charts, gratitude logs.
O.S_20	Mindfulness Techniques - Breathing, body scan, mindful observation activities.
O.S_21	Emotion-Focused Techniques (Introduction) - Primary vs secondary emotion, chair work etc.,
O.S_22	Positive Psychology Interventions - Strength spotting, gratitude tasks, values work.
O.S_23	DBT-Inspired Practical Tools (Safe-Level) - STOP skill, grounding, distress tolerance basics (no trauma work).
O.S_24	Acceptance & Commitment Therapy – Beginner Techniques - Defusion exercises, values exploration, small metaphors.
O.S_25	Self-Compassion Techniques - Self-kindness scripts, compassionate imagery.
O.S_26	Behavioural Activation for Low Motivation - Activity scheduling, mood tracking.
O.S_27	Relapse Prevention Techniques (General) - Identifying triggers, coping plans (non-addiction specific).
O.S_28	Working With Resistance - Understanding resistance, communication tools.
O.S_29	Crisis Stabilisation Techniques (Safe-Level) - Immediate grounding, calming communication, when to refer.
O.S_30	Using Worksheets & Tools in Psychotherapy - CBT worksheets, behaviour charts, mood logs—how to use effectively.
O.S_31	Building a 4–6 Week Technique-Based Intervention Plan - Planning sessions, structuring techniques sequentially.
O.S_32	Cultural Sensitivity in Applying Techniques - Adapting techniques to Indian cultural contexts.
O.S_33	Case Presentation: Demonstrating Technique Use - Simple formulation + technique mapping + roleplay demonstration.
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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