

Internship Training (PG)–	<b>PG INTERNSHIP TRAINING IN COUNSELLING INTERVENTIONS (CN 025)</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 Counselling Interventions (Applied View) - Difference between therapy models vs techniques; safe scope for interns.
<b>C.S_02</b>	Building the Foundation: Therapeutic Alliance Skills - Empathy, validation, genuineness, unconditional positive regard (PCT).
<b>C.S_03</b>	Psychoeducation Techniques - Explaining symptoms, stress, coping, behaviour patterns in simple language.
<b>C.S_04</b>	CBT – Core Intervention Tools - Thought diary, ABC model, identifying distortions.
<b>C.S_05</b>	Behavioural Techniques – Basics - Reinforcement, exposure hierarchy (educational), activation scheduling.
<b>C.S_06</b>	DBT – Practical Skills (Safe-Level) - STOP skill, grounding, distress tolerance basics.
<b>C.S_07</b>	ACT – Beginner Interventions - Defusion techniques, values exploration, acceptance metaphors.
<b>C.S_08</b>	Mindfulness-Based Interventions - Breathing, body scan, mindful observation exercises.
<b>C.S_09</b>	Solution-Focused Techniques (SFBT) - Scaling, exception finding, miracle question (roleplay).
<b>C.S_10</b>	Psychodynamic Micro-Level Tools - Understanding defence mechanisms, free association demonstration.
<b>C.S_11</b>	Art & Creative Expression Techniques - Emotion drawing, symbol work, colour therapy basics.
<b>C.S_12</b>	Documentation of Interventions - Worksheet use, progress notes, technique logs.

**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>	Cognitive Restructuring (CBT) - Replacing unhelpful thoughts; rational responses.
<b>O.S_14</b>	Behavioural Activation Plans - Activity scheduling, energy mapping.
<b>O.S_15</b>	Habit Reversal Strategies - Awareness training + competing response.
<b>O.S_16</b>	Problem-Solving Therapy Steps - Defining the problem, brainstorming, decision steps.
<b>O.S_17</b>	Relaxation Techniques - PMR, guided imagery, grounding exercises.
<b>O.S_18</b>	DBT Emotion Regulation Skills - Name-to-tame, opposite action, wave surfing (safe-level).
<b>O.S_19</b>	ACT Values & Committed Action Planning - Values card sort, values-to-goals mapping
<b>O.S_20</b>	ACT Defusion Techniques - Leaves on a stream, silly voice technique
<b>O.S_21</b>	Mindfulness for Anxiety & Stress - 5–4–3–2–1 grounding, mindful breathing with counts.
<b>O.S_22</b>	Person-Centred Interventions - Reflective statements, empathy accuracy practice.
<b>O.S_23</b>	Psychodynamic Mini-Interventions - Identifying patterns, gentle interpretation etc.,
<b>O.S_24</b>	Play Therapy Tools for Adults & Adolescents - Sand tray basics, metaphor games, story completion.
<b>O.S_25</b>	Art-Based Counselling Activities - Mask-making, timeline drawings, feelings collage.
<b>O.S_26</b>	Dance & Movement Techniques (Safe-Level) - Movement mirroring, rhythm-based emotional expression.
<b>O.S_27</b>	Journaling Techniques - Gratitude journal, mood logs, worry journaling.
<b>O.S_28</b>	Strengths-Based Counselling Techniques - Strength spotting, resource mapping.
<b>O.S_29</b>	Positive Psychology Interventions - Gratitude letter, savoury moments, strengths-use plan.
<b>O.S_30</b>	Crisis Stabilisation Interventions - Grounding, safety planning (non-clinical), emergency boundaries.
<b>O.S_31</b>	Solution-Focused Mini-Workshop - Goal setting, preferred future exercise.
<b>O.S_32</b>	Trauma-Informed Micro-Skills - Safety, stabilisation, no deep trauma work.
<b>O.S_33</b>	Creating a 4–6 Week Intervention Plan - Combining CBT + mindfulness + behavioural tools safely.
<b>O.S_34</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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