

Internship Training (PG)–	PG INTERNSHIP TRAINING IN COUNSELLING PRACTICE (CN 026)
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 Counselling Practice - Scope, limits, settings, competencies required to start practice.
C.S_02	Setting Up a Counselling Space - Environment, privacy, materials, basic setup for online & offline practice
C.S_03	Intake Process & First Session Structure - Collecting client information, rapport building, expectations.
C.S_04	Assessment Tools Used in Counselling Practice - Stress scales, anxiety checklists, mood logs, behavioural forms.
C.S_05	CBT Technique Foundations for Practice - Thought diary, ABC model, identifying distortions
C.S_06	DBT Skills – Practical Safe-Level Tools - STOP skill, grounding, distress tolerance basics.
C.S_07	ACT Micro-Interventions - Defusion, values exploration, acceptance metaphors.
C.S_08	Mindfulness Techniques for Sessions - Breathing, grounding, 5-sense exercises.
C.S_09	Solution-Focused Brief Techniques - Scaling, exceptions, future-oriented questioning.
C.S_10	Case Handling Basics - Understanding presenting concerns, goal setting, session planning.
C.S_11	Ethics, Confidentiality & Legal Basics for Practice - Client rights, documentation rules, when to refer.
C.S_12	Documentation for Private Practice - Case notes, session summaries, consent forms, progress tracking.

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	Working With Anxiety Cases (Safe-Level) - Worry cycles, grounding, CBT tools, coping routines.
O.S_14	Working With Stress & Burnout Cases - Lifestyle mapping, routines, psychoeducation.
O.S_15	Working With Low-Motivation / Mild Depression Cases - Behavioural activation, small-goals planning.
O.S_16	Working With Anger & Emotion Regulation - Triggers, journaling, opposite-action, breathwork.
O.S_17	Relationship & Interpersonal Issues - Communication skills, conflict patterns, boundaries.
O.S_18	Parenting-Related Counselling Cases - Behaviour charts, routines, communication guidelines.
O.S_19	Confidence, Self-Esteem & Identity Cases - Strengths-based tools, affirmations, values mapping.
O.S_20	Art Therapy Techniques for Counselling Practice - Emotions drawing, collage, mandala, symbolic expression
O.S_21	Play & Expressive Activities (Adolescents & Adults) - Story completion, sand-tray basics (safe-level).
O.S_22	Journaling, Worksheets & Tools for Counselling - Mood logs, worry journals, gratitude logs, daily routines.
O.S_23	Career/Academic Counselling Cases (Non-clinical) - Goal mapping, interest profiles, motivation planning.
O.S_24	Habit Change Counselling - Habit loop, triggers, replacements, habit diary.
O.S_25	Crisis Support Skills (Safe-Intervention Only) - Grounding, calming communication, safety checklist, when to refer.
O.S_26	Building a 4–6 Week Counselling Plan - Step-by-step planning using CBT + Mindfulness + Behaviour tools.
O.S_27	Running Online Counselling Sessions - Platforms, etiquette, documentation, boundaries.
O.S_28	Working With Diverse Clients - Cultural sensitivity, gender awareness, multilingual considerations.
O.S_29	Professional Boundaries & Preventing Burnout in Practitioners - Self-care plan, emotional boundaries, supervision.
O.S_30	Marketing & Growing a Counselling Practice (Ethical) - Creating visibility, social media ethics, referrals, networking.
O.S_31	Pricing, Client Policies & Appointment Systems - Session charges, cancellation policy, payment modes.

O.S_32	Case Presentation & Review for Counselling Professionals - Simple formulation + intervention + progress summary.	
O.S_33	Building Your Own Counselling Toolkit - Worksheets, exercises, scripts, session templates.	
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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