

Internship Training (PG)–	PG INTERNSHIP TRAINING IN COUNSELLING SKILLS (CN 027)
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	Foundations of Counselling Skills (Applied View) - What counselling skills are, scope, boundaries, setting expectations.
C.S_02	Building Rapport & Therapeutic Presence - Warmth, eye contact, posture, tone — live practice.
C.S_03	Active Listening & Attending Skills - Minimal encouragers, silence, presence, SOLER — demonstrations.
C.S_04	Open-Ended Questioning & Probing Skills - How to ask, when to ask, avoiding interrogation.
C.S_05	Reflection Skills (Feelings, Meanings, Content) - Practice identifying emotions and paraphrasing accurately.
C.S_06	Empathy Skills (Cognitive + Affective) - Empathy maps, empathic statements, validation.
C.S_07	Structuring a Counselling Session - Opening lines, exploring, summarising, closing session.
C.S_08	Goal Setting in Counselling - Collaborative goals, realistic expectations, mapping progress.
C.S_09	Managing Resistance & Difficult Conversations - Silence, withdrawal, denial, defensiveness—roleplay.
C.S_10	Emotional Regulation Skills for Counsellors - Staying grounded, managing countertransference, self-awareness.
C.S_11	Ethics & Boundaries in Counselling Skills - Confidentiality, dual relationships, when to refer.
C.S_12	Case Notes & Documentation Practice - Writing summaries, objective note style, progress 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.

O.S_13	Advanced Questioning Techniques - Depth questions, clarifying vs challenging, pacing.
O.S_14	Using Silence Effectively in Sessions - Pauses, reflective space, grounding moments.
O.S_15	Working With Strong Emotions - Handling crying, anger, panic, overwhelm safely.
O.S_16	Validation & Normalisation Skills - How to make clients feel heard without over-identifying.
O.S_17	Reframing & Perspective-Shifting - Helping clients see alternate meanings respectfully.
O.S_18	Strength-Based Counselling Conversations - Identifying strengths, resource mapping, empowerment language.
O.S_19	Counselling Skills with Children (Safe-Level) - Simple language, play elements, rapport building
O.S_20	Counselling Skills with Adolescents - Motivation, resistance, autonomy, engagement strategies.
O.S_21	Counselling Skills with Couples (Supportive Level) - Neutrality, balancing communication, fairness in speaking turns
O.S_22	Counselling Skills with Families - Managing multiple voices, setting ground rules.
O.S_23	Counselling Across Cultures - Sensitivity to language, religion, gender roles, family systems.
O.S_24	Working With Anxiety/Stress Cases (Counselling-Skill Focus) - Grounding, asking calm questions, mapping triggers.
O.S_25	Skills for Handling Low-Mood/Low-Motivation Cases - Validation, activation ideas, coping discussions.
O.S_26	Conflict Resolution Communication Skills - Mediation basics, reflective listening between parties.
O.S_27	Skills for Digital & Tele-Counselling - Camera etiquette, tone, boundaries, online presence
O.S_28	Using Worksheets in Counselling Practice - Emotion charts, goal maps, thought logs (skill-focused, not clinical).
O.S_29	Crisis Skill Basics (Non-Clinical) - Immediate support steps, grounding, staying calm, referral.
O.S_30	Giving Feedback to Clients - Supportive, collaborative, non-judgmental style.
O.S_31	Ending Sessions Gracefully - Closure, summarising, planning next steps.
O.S_32	Building Your Counselling Skill Toolkit - Scripts, worksheets, prompts, activities.
O.S_33	Case Presentation & Counselling Skill Demonstration - Roleplay + explanation of skills used.
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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