

Internship Training (PG) –	PG INTERNSHIP TRAINING IN COUNSELLING PROCESS (CN 028)
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 the Counselling Process (Applied View) - From first contact → intake → exploration → intervention → termination.
C.S_02	Pre-Session Preparation & Ethical Setup - Consent, confidentiality, expectations, setting boundaries.
C.S_03	Structuring the First Session - Rapport, purpose, presenting concerns, early hypotheses.
C.S_04	Conducting an Intake Interview - Gathering history, identifying themes, session flow demonstration.
C.S_05	Understanding the Client's Narrative - Story listening, patterns, problems, emotions.
C.S_06	Problem Identification & Prioritisation - Clarifying concerns, narrowing focus, deciding what to work on.
C.S_07	Goal Setting in Counselling - Collaborative goal mapping, micro-goals, measurable progress.
C.S_08	Middle-Stage Counselling: Exploration & Insight Building - Helping clients identify patterns, emotions, beliefs.
C.S_09	Action-Stage Counselling: Supporting Change - Planning small actions, rehearsing skills, simple behaviour tasks.
C.S_10	Managing Challenges in the Counselling Process - Resistance, silence, emotional blocks, session ruptures
C.S_11	Ending, Termination & Relapse Prevention - Reviewing progress, closure, maintaining changes.
C.S_12	Documentation Throughout the Process - Intake notes, session notes, progress summaries.

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	Conducting Follow-Up Sessions - Tracking progress, adjusting goals, reviewing homework.
O.S_14	Micro-Skills Within the Counselling Process - Listening, paraphrasing, reflecting, summarising at each stage.
O.S_15	Using Worksheets & Tools in the Counselling Process - Emotion charts, thought logs, behaviour sheets.
O.S_16	Using CBT Elements Within the Counselling Process - ABC model, distortion spotting, behaviour tasks (safe-level).
O.S_17	Using DBT Skills Within the Counselling Process - Grounding, STOP skill, distress tolerance—where they fit.
O.S_18	Using ACT Elements in Counselling - Values mapping, defusion, acceptance conversations.
O.S_19	Incorporating Mindfulness into the Process - Breathing, grounding, mindful awareness.
O.S_20	Using Solution-Focused Tools in the Process - Scaling, exceptions, future-oriented questions.
O.S_21	Working With Emotional Blocks - Crying, shutdown, shame, fear—gentle supportive techniques.
O.S_22	Managing Client Expectations - Clarifying what counselling can/cannot do.
O.S_23	Handling Ambivalence & Mixed Feelings - Exploring both sides, reflective dialogue.
O.S_24	Supporting Clients Through Setbacks - Normalising setbacks, re-planning, reducing self-blame
O.S_25	Counselling Process for Stress & Anxiety Cases - Flow of sessions, grounding before exploration.
O.S_26	Counselling Process for Relationship & Communication Issues - Mapping communication cycles, roles, expectations.
O.S_27	Counselling Process for Self-Esteem Issues - Internal dialogue, strengths mapping, identity work.
O.S_28	Counselling With Adolescents – Process Adaptations - Shorter focus, rapport styles, parent involvement
O.S_29	Counselling With Adults – Process Adaptations - Independence, work pressure, roles, responsibilities.
O.S_30	Cultural Sensitivity in the Counselling Process - Family expectations, gender norms, language, respect.
O.S_31	Crisis Handling Within the Counselling Process (Safe-Level) - Immediate calming, stabilisation, knowing when to refer.
O.S_32	Integrating Techniques Without Breaking Process Flow - When to insert CBT/DBT/mindfulness techniques.
O.S_33	Process-Based Case Presentation - Describe a case using intake → goals → progress → closure.
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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