

Internship Training (PG)–	PG INTERNSHIP TRAINING IN FAMILY THERAPY (CN 029)
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 Family Therapy (Applied View) - What family therapy is, what it is not, etc.,
C.S_02	Family Systems Basics - Subsystems, triangles, roles, boundaries explained simply.
C.S_03	Conducting a Family Intake Session - How to talk to multiple family members, manage voices, stay neutral.
C.S_04	Mapping Family Dynamics - Genograms, relationship charts, communication patterns.
C.S_05	Understanding Common Family Issues - Parenting disagreements, in-law issues, sibling conflict, financial stress.
C.S_06	Communication Patterns in Families - Criticism, silence, indirect communication, role expectations.
C.S_07	Structuring a Family Therapy Session - Opening, exploring, organising voices, summarising.
C.S_08	Conflict De-escalation in Families - Ground rules, pausing, separating people from problems.
C.S_09	Basic Techniques from Family Therapy Models - Mirroring, circular questioning, reframing (simple demonstrations).
C.S_10	Cultural Influence in Family Therapy (Indian Context) - Joint families, caste/class differences, gender expectations.
C.S_11	Ethics, Boundaries & Neutrality in Family Work - Avoiding triangulation, fairness, confidentiality.
C.S_12	Documentation for Family Sessions - Session notes, communication mapping, progress overview.

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	Structural Family Therapy Basics - Enactment, strengthening boundaries, role realignment (safe-level).
O.S_14	Bowen Family Systems Micro-Skills - Differentiation, emotional cut-off, patterns across generations.
O.S_15	Solution-Focused Techniques for Families - Scaling, exceptions, future planning.
O.S_16	Communication Skills Training for Families - I-statements, reflective listening, turn-taking.
O.S_17	Parenting Conflicts & Co-Parenting Tools - Consistent discipline, expectations, united communication.
O.S_18	Emotional Regulation for Families - Understanding anger, anxiety, emotional flooding
O.S_19	Working With Adolescents in Family Therapy - Identity issues, privacy, communication with parents.
O.S_20	Managing In-Law Expectations & Joint Family Issues - Boundaries, roles, fairness, cultural sensitivity.
O.S_21	Stepfamily / Blended Family Adjustments - Loyalty conflicts, bonding, expectation management.
O.S_22	Family Therapy for Behaviour Issues in Children - Parent coaching, routines, reinforcement systems.
O.S_23	Financial Stress & Family Conflict - Budget conflicts, expectations, communication around money.
O.S_24	Addiction-Related Family Stress - Patterns, enabling, boundaries (safe-level discussion).
O.S_25	Dealing With Family Trauma or Crisis - Loss, illness, relocation—creating stability and safety.
O.S_26	Intergenerational Patterns & Belief Systems - How beliefs, rules, values are passed down.
O.S_27	Culturally Adapted Family Interventions - Using stories, metaphors, culturally familiar examples.
O.S_28	Family Therapy for Relationship Breakdowns - Breaks in communication, emotional withdrawal.
O.S_29	Working With Families Facing Mental Health Issues
O.S_30	Short-Term Family Interventions (3–5 Sessions) - Session goals, structure, activities, expected outcomes.
O.S_31	Play & Art Techniques in Family Work - Genogram drawing, family collage, shared activities.
O.S_32	Family Psychoeducation Modules - Stress, emotional expression, communication patterns, routines.
O.S_33	Case Presentation in Family Therapy Format - Structure: family background → dynamics → intervention → follow-up
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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