

Internship Training (PG)–	<b>PG INTERNSHIP TRAINING IN ACCEPTANCE AND COMMITMENT THERAPY (CN 030)</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 ACT (Applied View) - What ACT is, core philosophy, difference from CBT. Six core processes overview (simple).
<b>C.S_02</b>	Understanding Psychological Flexibility - The ACT model, flexibility vs inflexibility patterns.
<b>C.S_03</b>	ACT Stance & Therapeutic Approach - Acceptance, compassion, curiosity, present-moment focus.
<b>C.S_04</b>	Creative Hopelessness (Safe-Level) - Exploring what hasn’t worked; opening space for new approaches.
<b>C.S_05</b>	Acceptance Skills (Practical Applications) - Noticing sensations, sitting with discomfort in small safe ways.
<b>C.S_06</b>	Cognitive Defusion – Basic Techniques - “Silly voice,” “thank your mind,” leaves on a stream.
<b>C.S_07</b>	Present-Moment Awareness - Simple mindfulness exercises tailored for ACT.
<b>C.S_08</b>	Self-as-Context (Beginner Exercises) - Observer self, noticing thoughts–feelings without fusion.
<b>C.S_09</b>	Values Exploration (Hands-On) - Values card sorts, life domains, reflective worksheets.
<b>C.S_10</b>	Committed Action Planning - Small steps, realistic behaviour goals, weekly values actions.
<b>C.S_11</b>	Integrating ACT Into Counselling Sessions - When and how to use ACT elements within sessions.
<b>C.S_12</b>	Documentation of ACT Work - Values worksheets, committed action logs, session notes.

**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>	ACT Metaphors – Practical Use - Passengers on the bus, tug-of-war, quicksand metaphor.
<b>O.S_14</b>	Cognitive Defusion Techniques (Advanced Safe-Level) - Word repetitions, noticing language, unhooking from thoughts.
<b>O.S_15</b>	Mindfulness for ACT - Body scan, mindful seeing/hearing, urge surfing (safe).
<b>O.S_16</b>	Acceptance for Emotional Discomfort - Allowing emotions, expanding space, gentle exposure-like practice (non-clinical).
<b>O.S_17</b>	Values-Based Decision Making - Choosing actions based on values vs avoidance.
<b>O.S_18</b>	Strengthening the Observer Self - Perspective-taking, noticing the thinker vs thoughts.
<b>O.S_19</b>	ACT for Stress & Anxiety (Safe-Level) - Grounding + defusion + values-based coping.
<b>O.S_20</b>	ACT for Low Motivation / Mild Depression - Behaviour activation with values, committed action
<b>O.S_21</b>	ACT for Rumination & Overthinking - Defusion, mindfulness of thoughts, values direction
<b>O.S_22</b>	ACT for Workplace/Academic Stress - Values at work, committed action, acceptance skills.
<b>O.S_23</b>	ACT with Adolescents (Adapted Tools) - Movement-based mindfulness, story-based values work.
<b>O.S_24</b>	ACT for Self-Esteem & Identity Concerns - Values container, defusion from self-judgments.
<b>O.S_25</b>	ACT in Relationships (Supportive Level) - Values clarification in interactions, mindful communication.
<b>O.S_26</b>	ACT for Habit Formation & Change - Values-driven behaviour change, acceptance of cravings.
<b>O.S_27</b>	Combining ACT with CBT/Mindfulness Tools - Safe integration for flexible counselling.
<b>O.S_28</b>	Working Through Avoidance Patterns - Gentle exploration, values-driven alternatives.
<b>O.S_29</b>	Case Handling Using ACT - Formulation: inflexibility → ACT process → action plan.
<b>O.S_30</b>	Designing a 4–6 Week ACT Intervention Plan - Week-wise structure, themes, worksheets.
<b>O.S_31</b>	ACT Psychoeducation Modules - Explaining acceptance, values, defusion in simple language
<b>O.S_32</b>	Cultural Adaptation of ACT (Indian Context) - Using familiar metaphors, values rooted in culture.
<b>O.S_33</b>	ACT Case Presentation Format - Client concern → ACT process used → progress → values action.
<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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