

Internship Training (PG)–	<b>PG INTERNSHIP TRAINING IN DIALECTICAL BEHAVIOUR THERAPY (CN 031)</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 DBT (Applied View) - Origin, purpose, DBT structure, difference between DBT therapy vs DBT skills.
<b>C.S_02</b>	DBT Philosophy: Dialectics & Validation - Balance of acceptance + change; simple examples and demonstrations.
<b>C.S_03</b>	DBT Skills System Overview - Mindfulness → Distress Tolerance → Emotion Regulation → Interpersonal Effectiveness.
<b>C.S_04</b>	DBT Mindfulness Skills (Basics) - Wise mind, “what” + “how” skills, noticing exercises.
<b>C.S_05</b>	Distress Tolerance – Immediate Coping Skills - STOP skill, TIPP basics (safe), grounding tools.
<b>C.S_06</b>	Emotion Regulation – Foundations - Identifying emotions, ABC PLEASE (non-clinical version).
<b>C.S_07</b>	Interpersonal Effectiveness – Basic Skills - DEAR MAN (adapted), GIVE, FAST—safe practice level.
<b>C.S_08</b>	Behaviour Change Basics in DBT - Understanding behaviour chains, small change planning.
<b>C.S_09</b>	Validation Strategies - Levels of validation, responding with validation statements.
<b>C.S_10</b>	Structuring a DBT Skills Session - Check-in, skill teaching, practice, homework
<b>C.S_11</b>	Ethics & Safety in DBT Practice - Boundaries, not managing high-risk cases, when to refer.
<b>C.S_12</b>	Documentation in DBT Skills Work - Diary cards (simplified), session summaries, skill logs.

<b>OPTIONAL INTERNSHIP MODULE NAMES &amp; SESSION BRIEF</b>	
<b>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>	
<b>O.S_13</b>	Mindfulness – Advanced Practice (Safe-Level) - 5-senses mindfulness, mindful walking, mindful eating.
<b>O.S_14</b>	Distress Tolerance – Grounding Toolkit - 5-4-3-2-1, paced breathing, sensory items.
<b>O.S_15</b>	Reality Acceptance Skills - Radical acceptance (basic), turning the mind (safe demonstration).
<b>O.S_16</b>	Pros & Cons Technique - Decision making and crisis planning (non-clinical).
<b>O.S_17</b>	Emotion Regulation – ABC Skills - Accumulating positives, building mastery, coping ahead
<b>O.S_18</b>	Reducing Vulnerability to Emotions - Sleep, nutrition, movement, daily routine (PLEASE basics).
<b>O.S_19</b>	Opposite Action Technique - Understanding patterns, safe applications, practice scenarios.
<b>O.S_20</b>	Interpersonal Effectiveness – Assertiveness Skills - DEAR MAN practice with mild workplace/family scenarios.
<b>O.S_21</b>	Interpersonal Effectiveness – Relationship Maintenance - GIVE skills applied to friendships, family, peers.
<b>O.S_22</b>	Interpersonal Effectiveness – Self-Respect Skills - FAST skills practice in roleplay.
<b>O.S_23</b>	Behaviour Chain Analysis (Safe-Level) - Identifying triggers, links, consequences (non-self-harm cases).
<b>O.S_24</b>	Problem Solving Using DBT Lens - Practical steps, worksheet use, small behaviour tasks.
<b>O.S_25</b>	DBT for Anxiety/Stress (Safe-Level) - Grounding, breathing, opposite action for avoidance.
<b>O.S_26</b>	DBT for Anger Regulation - Understanding cues, urge surfing, opposite action for anger.
<b>O.S_27</b>	DBT for Motivation & Routine Building - Mastery tasks, micro-goal planning.
<b>O.S_28</b>	Combining DBT With Mindfulness-Based Tools - Breathwork, observation, grounding blends
<b>O.S_29</b>	DBT in School/College/Workplace Context - Adapted tools for common stressors
<b>O.S_30</b>	Cultural Adaptation of DBT (Indian Context) - Using family values, cultural metaphors, communication patterns.
<b>O.S_31</b>	DBT Psychoeducation Module Design - How to teach DBT skills in groups (students, parents, employees).
<b>O.S_32</b>	Creating a 4–6 Week DBT Skills Plan - Sequencing skills: mindfulness → distress tolerance → emotion regulation → interpersonal skills.
<b>O.S_33</b>	Case Presentation Using DBT Framework - Case → skill applied → practice → progress → next steps.
<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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