

Internship Training (PG)–	PG INTERNSHIP TRAINING IN PSYCHOTHERAPIES (CN 032)
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 Psychotherapies (Applied Overview) - Differences between counselling vs psychotherapy;
C.S_02	Therapeutic Relationship Basics - Alliance building, empathy, validation, boundaries.
C.S_03	Structure of a Psychotherapy Session - Opening → exploration → intervention → ending.
C.S_04	Cognitive Behaviour Therapy (CBT) – Foundations - Thoughts–feelings–behaviour model; simple worksheets.
C.S_05	Behavioural Therapy – Practical Techniques - Reinforcement, exposure (educational only), behaviour activation.
C.S_06	Person-Centered Therapy (PCT) – Core Conditions - Genuineness, empathy, unconditional acceptance—live practice.
C.S_07	Psychodynamic/Psychoanalytic Basics - Defence mechanisms, early patterns, free association demonstration.
C.S_08	Acceptance & Commitment Therapy (ACT) – Basics - Values, defusion, acceptance skills.
C.S_09	Dialectical Behaviour Therapy (DBT) – Core Skills - Mindfulness, distress tolerance, emotion regulation basics.
C.S_10	Mindfulness-Based Psychotherapies - Breathing, grounding, body scan—safe-level practices.
C.S_11	Solution-Focused Brief Therapy (SFBT) – Core Tools - Scaling, exceptions, goal setting.
C.S_12	Ethics, Safety & Referral in Psychotherapy - Confidentiality, boundaries, red flags, when NOT to proceed.

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	Cognitive Restructuring (CBT Tool) - Identifying distortions, alternate thoughts.	
O.S_14	Behavioural Activation for Low Motivation - Activity scheduling, mood logs.	
O.S_15	Exposure Principles (Educational Level) - Hierarchy building, small demonstrations.	
O.S_16	DBT Distress Tolerance Toolkit - STOP, grounding, paced breathing.	
O.S_17	ACT Defusion Techniques - Leaves on a stream, silly voice, word repetition.	
O.S_18	ACT Values Work - Values mapping, committed action planning.	
O.S_19	Psychodynamic Micro-Analysis - Patterns, transference awareness, themes (safe level).	
O.S_20	Narrative Therapy Basics - Externalising problems, story rewriting (safe-level practice).	
O.S_21	Motivational Interviewing (MI) Tools - Open questions, affirmations, reflections, summaries.	
O.S_22	Gestalt Techniques (Demonstration Only) - Empty chair (conceptual), "here and now" awareness.	
O.S_23	Supportive Art-Based Therapy Techniques - Emotion drawing, collage, symbol expression.	
O.S_24	Supportive Play & Creative Techniques (Safe-Level) - Story completion, sand tray basics.	
O.S_25	Solution-Focused Tools for Quick Wins - Exceptions, small-step planning.	
O.S_26	Mindfulness in Therapy - 5-sense grounding, mindful seeing/hearing.	
O.S_27	Therapy Adaptations for Adolescents - Rapport, resistance, development changes.	
O.S_28	Short-Term Therapy Planning (4–6 Weeks) - Blending CBT + mindfulness + behaviour tasks.	
O.S_29	Working With Mild Anxiety & Stress Cases - Mapping triggers, coping skills, reframing.	
O.S_30	Working With Low Self-Esteem Cases - Strengths-based tools, identity work.	
O.S_31	Working With Relationship/Communication Cases - Conflict patterns, reflective listening.	
O.S_32	Cultural Adaptation of Psychotherapies - Family norms, collectivism, gender expectations.	
O.S_33	Case Presentation Across Psychotherapy Models - Case → model → technique → progress → next steps.	
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

INSTITUTE OF HOLISTIC MENTAL HEALTH @www.imh.in @www.psychologyonline.in