

Internship Training (PG) –	<b>PG INTERNSHIP TRAINING IN NEURO-LINGUISTIC PROGRAMMING (CN 033)</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 NLP (Applied View) - What NLP is, where it is used, myths vs reality, ethical use.
<b>C.S_02</b>	NLP Communication Model - Internal maps, filters, sensory experience—simple practice.
<b>C.S_03</b>	Building Rapport Using NLP - Matching—mirroring posture, tone, breathing, verbal rapport.
<b>C.S_04</b>	Representational Systems - Visual—Auditory—Kinesthetic styles; recognizing patterns.
<b>C.S_05</b>	Sensory Acuity & Observation Skills - Noticing subtle cues, micro-behaviours, language patterns.
<b>C.S_06</b>	Anchoring Basics (Safe-Level) - Creating a positive anchor; collapsing anchors (simple demonstration).
<b>C.S_07</b>	Reframing Techniques - Content reframing, context reframing with examples.
<b>C.S_08</b>	Well-Formed Outcomes (NLP Goal Setting) - Clear goal structure: positive, sensory-based, achievable.
<b>C.S_09</b>	NLP Language Patterns (Intro) - Meta-model basics, Milton model basics (safe level).
<b>C.S_10</b>	Changing State Using NLP Tools - Breath, imagery, posture, attention shifts.
<b>C.S_11</b>	Using NLP in Counselling Conversations - Enhancing clarity, helping clients shift perspective (non-clinical).
<b>C.S_12</b>	Ethics, Boundaries & Safety in NLP Use - Avoiding manipulation, respecting autonomy, appropriate contexts.

**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>	Submodalities – Simple Techniques - Brightness, distance, sound variations—state change through sensory tweaks.
<b>O.S_14</b>	Swish Pattern (Safe-Level) - For behaviour reinforcement—not for trauma or clinical use.
<b>O.S_15</b>	Timeline Basics (Non-Clinical) - Future pacing, motivation enhancement exercises.
<b>O.S_16</b>	Perceptual Positions Technique - 1st, 2nd, 3rd position—understanding perspective in conflicts.
<b>O.S_17</b>	Parts Integration (Intro Version) - Resolving inner conflicts safely (light-level application).
<b>O.S_18</b>	Meta-Model Questioning (Beginner) - Clarifying vague language—who, what, how, according to whom.
<b>O.S_19</b>	Milton Model Patterns (Simplified) - Softening language, flexible communication.
<b>O.S_20</b>	NLP for Stress & Confidence Building - Anchors, visualisation, reframing.
<b>O.S_21</b>	NLP for Communication & Public Speaking - State control, voice anchoring, confidence posture.
<b>O.S_22</b>	NLP in Coaching Conversations - Goal setting, future pacing, removing limiting beliefs (safe-level).
<b>O.S_23</b>	NLP for Workplace Performance - Motivation mapping, representational system matching.
<b>O.S_24</b>	NLP for Academic Performance - Memory enhancement, study anchors, focus techniques.
<b>O.S_25</b>	NLP for Sports & Performance Psychology - State management, visualization, anchoring.
<b>O.S_26</b>	NLP for Interpersonal Relationships - Rapport, perceptual positions, reframing communication.
<b>O.S_27</b>	NLP for Self-Esteem & Motivation - Value alignment, positive anchors, belief reframing.
<b>O.S_28</b>	NLP in Behaviour Change - Micro-goal setting, state cues, self-instruction patterns.
<b>O.S_29</b>	Designing NLP-Based Workshops - Stress, communication, self-growth modules.
<b>O.S_30</b>	Cultural Sensitivity in NLP Use (Indian Context) - Language adaptability, non-verbal cues, respect & boundaries.
<b>O.S_31</b>	Integrating NLP With Other Counselling Approaches - CBT + NLP, solution-focused + NLP, mindfulness + NLP.
<b>O.S_32</b>	Creating a 4–6 Week NLP Intervention Plan - Structured goal → tools → practice → follow-up.
<b>O.S_33</b>	NLP Case Presentation Format - Client concern → NLP tools used → changes observed.
<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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