

Internship Training (PG)–	<b>PG INTERNSHIP TRAINING IN COGNITIVE BEHAVIOURAL THERAPY (CN 034)</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 CBT (Applied View) - What CBT is, core principles, how CBT sessions work.
<b>C.S_02</b>	CBT Model: Thoughts–Feelings–Behaviours - Simple case examples + diagrams.
<b>C.S_03</b>	Identifying Negative Automatic Thoughts (NATs) - Spotting common thinking errors; guided practice.
<b>C.S_04</b>	Cognitive Distortions – Practical Understanding - Overgeneralisation, catastrophising, filtering, etc.
<b>C.S_05</b>	Thought Records / Thought Diary - How to teach, fill, and review worksheets.
<b>C.S_06</b>	Behavioural Activation Basics - Activity scheduling, mood–activity tracking.
<b>C.S_07</b>	Exposure Principles (Safe-Level) - Education + hierarchy building (NO trauma, NO phobia-level exposure).
<b>C.S_08</b>	Problem-Solving Skills (CBT Style) - Define → explore → generate → evaluate → choose.
<b>C.S_09</b>	CBT Session Structure - Agenda setting → review → intervention → homework → summary.
<b>C.S_10</b>	Case Formulation (Simple Version) - Trigger → thoughts → feelings → behaviours → consequences.
<b>C.S_11</b>	Ethics, Safety & Referral in CBT - What NOT to touch (trauma, severe cases); boundaries.
<b>C.S_12</b>	Documentation in CBT - Thought records, behaviour charts, 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>	Advanced Cognitive Restructuring (Safe-Level) - Evidence for/against, alternative thoughts, balanced thinking.
<b>O.S_14</b>	Behavioural Experiments (Simple Version) - Planning small reality tests (safe topics only).
<b>O.S_15</b>	Exposure & Response Prevention (ERP) – Educational Only - Basic understanding; simulated roleplays (no clinical exposure).
<b>O.S_16</b>	Socratic Questioning Skills - Curious, open-ended, guiding questions.
<b>O.S_17</b>	Relaxation Training for CBT - Breathing, grounding, progressive muscle relaxation.
<b>O.S_18</b>	Mindfulness in CBT (MBCT Basics) - 5-senses grounding, mindful breathing.
<b>O.S_19</b>	CBT for Anxiety (Safe-Level) - Worry cycles, grounding, restructuring.
<b>O.S_20</b>	CBT for Stress Management - Identifying stress triggers, coping planning.
<b>O.S_21</b>	CBT for Low Mood & Motivation - Behaviour activation, small-goal planning.
<b>O.S_22</b>	CBT for Anger Management - Trigger chain, cognitive reframing, coping responses.
<b>O.S_23</b>	CBT for Self-Esteem & Confidence - Positive data logs, strengths-based CBT.
<b>O.S_24</b>	CBT for Sleep Issues - Sleep hygiene, stimulus control basics.
<b>O.S_25</b>	CBT for Relationships/Communication Issues - Cognitive reframing, thought checking, behaviour tasks.
<b>O.S_26</b>	Using Worksheets Effectively in Sessions - Reviewing homework, correcting errors, stepwise teaching.
<b>O.S_27</b>	Thought Stopping & Cognitive Shifting Tools - Visual stops, rubber band, switching attentional focus.
<b>O.S_28</b>	Core Beliefs – Simple Exploration - Identifying patterns (NO deep schema work).
<b>O.S_29</b>	Integrating CBT With Counselling Skills - Validation + cognitive tools + behaviour tasks.
<b>O.S_30</b>	Cycles Analysis (CBT Behaviour Chain) - Trigger → thought → feeling → behaviour → outcome.
<b>O.S_31</b>	Short-Term CBT Planning (4–6 Weeks) - Theme-based plans using cognitive + behavioural tools.
<b>O.S_32</b>	Cultural Adaptation of CBT (Indian Context) - Societal expectations, family beliefs, cultural norms.
<b>O.S_33</b>	CBT Case Presentation Format - Problem → thoughts → feelings → behaviours → intervention → progress.
<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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