

Internship Training (PG)–	<b>PG INTERNSHIP TRAINING IN PSYCHOLOGICAL THERAPIES (CN 037)</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 Psychological Therapies (Applied Overview) - What therapy means, differences across models, where each fits.
<b>C.S_02</b>	Person-Centered Therapy (PCT) - Core conditions: empathy, genuineness, unconditional positive regard; warm-up practice.
<b>C.S_03</b>	Cognitive Behavioural Therapy (CBT) - ABC model, cognitive distortions, behavioural activation; small worksheet activity.
<b>C.S_04</b>	Behaviour Therapy (BT) - Reinforcement, shaping, modelling; simple behaviour plan
<b>C.S_05</b>	Dialectical Behaviour Therapy (DBT) - Mindfulness, distress tolerance, emotion regulation, interpersonal skills; one DBT skill practice.
<b>C.S_06</b>	Acceptance & Commitment Therapy (ACT) - Values, defusion, acceptance; “leaves on a stream” exercise.
<b>C.S_07</b>	Solution-Focused Brief Therapy (SFBT) - Scaling, exceptions, miracle question; future pacing task.
<b>C.S_08</b>	Psychodynamic Psychotherapy (Safe-Level) - Defense mechanisms, patterns, early influences; free-association demonstration.
<b>C.S_09</b>	Rational Emotive Behaviour Therapy (REBT) - ABCDE model; disputing irrational beliefs activity.
<b>C.S_10</b>	Mindfulness-Based Therapy (MBT/MBCT principles) - Breathing, grounding, present-moment exercises.
<b>C.S_11</b>	Motivational Interviewing (MI) - OARS skills, readiness ruler; short roleplay.
<b>C.S_12</b>	Ethics, Boundaries & Referral Across Therapies - What therapists can/cannot do; when to refer; safe practice.

**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>	Gestalt Therapy - Here-and-now, awareness, contact boundary; chair work demonstration (conceptual only).
<b>O.S_14</b>	Existential Therapy - Meaning, responsibility, choice; guided reflection exercise.
<b>O.S_15</b>	Narrative Therapy - Externalising problems, rewriting stories; story-mapping activity
<b>O.S_16</b>	Trauma-Informed Therapy (Safe-Level Only) - Safety, stabilisation, grounding; no trauma processing.
<b>O.S_17</b>	Interpersonal Therapy (IPT) - Role disputes, transitions, grief; communication scripts.
<b>O.S_18</b>	Positive Psychology Therapy - Strengths, gratitude, optimism; strengths mapping.
<b>O.S_19</b>	Art Therapy (Non-Clinical Expressive)- Collage, emotion colours, symbolic drawing.
<b>O.S_20</b>	Play Therapy (Safe-Level) - Non-directive and directive play methods, feeling cards & puppet work.
<b>O.S_21</b>	Expressive Arts Therapy (Integrated Without Instruments) - Story art, creative writing, movement-based drawing.
<b>O.S_22</b>	Adlerian Therapy - Early recollections, social interest, goals; lifestyle assessment basics.
<b>O.S_23</b>	Family Therapy (Systems Approach) - Subsystems, boundaries, communication patterns; genogram sketch.
<b>O.S_24</b>	Couples/Relationship Therapy (Non-Clinical) - Communication cycles, fairness, reflective listening; couple dialogue practice.
<b>O.S_25</b>	Behavioural Activation Therapy - Activity scheduling, mood monitoring; simple BA worksheet.
<b>O.S_26</b>	Grief & Loss Therapy (Non-Clinical) - Meaning making, support, rituals; memory symbol activity.
<b>O.S_27</b>	Strength-Based Therapy - Resource identification, resilience building; strengths circle.
<b>O.S_28</b>	Compassion-Focused Therapy (CFT) - Soothing rhythm breathing, self-kindness statements.
<b>O.S_29</b>	Schema Therapy (Intro Level) - Schemas, modes (education only); schema identification exercise.
<b>O.S_30</b>	Inner Child Work (Safe-Level Expressive) - Comfort imagery, symbolic drawings; no regression.
<b>O.S_31</b>	Reality Therapy (Choice Theory) - WDEP model—wants, doing, evaluation, plan
<b>O.S_32</b>	Psychosocial Therapy - Social skills, problem solving, routine building; roleplay activity.
<b>O.S_33</b>	Integrative Therapy - Blending CBT + mindfulness + strengths + expressive methods.
<b>O.S_34</b>	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](mailto:info@ihmh.in) / [info@ihmh.org](mailto:info@ihmh.org)

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