

Certification Training	–	Practitioner Certification in Behaviour Management & Coaching
Course Duration	–	Customizable Online 12–30 Module (as per learners' choice) Highly Interactive
Course Mode	–	Online fixed scheduled interactive sessions with supporting learning materials (858)
Course Structure	–	12–30 Modules – Fully Customizable – Trainer-Led Sessions – Daily / Weekly Trains a learner to understand, assess, and change behaviours across age groups (children, adolescents, adults) using practical, evidence-informed techniques from psychological therapies.
Eligibility	–	Those who are working as a trainer or as a counsellor or HR or SW or in related fields
Learning Choice	–	Email & Whats App Based with Guide Assistance / Trainer Session Led Learning
Interactive Sessions	–	60min session/module (12–30 modules), sessions scheduled as per learner's choice
Email & Whats App	–	Module Materials with Guide Support through email & whats app voice /text messages

- ✓ The certification course includes 12 mandatory modules and an additional set of 40+ optional modules. The prescribed course fee covers only the 12 mandatory modules.
- ✓ You need to select 12 modules from the below list as 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.

85801	Foundations of Behaviour Coaching - Introduces the role, scope, and application of behaviour coaching across age groups.
85802	Basics of Behavioural Psychology - Explains how behaviours are formed, maintained, and changed.
85803	Types of Behaviours & Behavioural Patterns - Classifies adaptive, maladaptive, learned, and conditioned behaviours.
85804	ABC Model of Behaviour (Antecedent–Behaviour–Consequence) - Teaches structured analysis of behaviour triggers and outcomes.
85805	Behaviour Assessment & Observation Techniques - Trains systematic observation and documentation of behaviours.
85806	Functional Behaviour Analysis (FBA) - Identifies the purpose and function behind behaviours.
85807	Identifying Behavioural Triggers & Reinforcers - Helps decode environmental and internal triggers.
85808	Case Formulation for Behaviour Change - Builds structured understanding before intervention.
85809	Reinforcement & Behaviour Modification Techniques - Uses positive/negative reinforcement to shape behaviour.
85810	Habit Formation & Behaviour Shaping - Teaches step-by-step behaviour building methods.
85811	Behavioural Goal Setting & Tracking - Focuses on measurable and achievable behaviour goals.
85812	Behaviour Contracts & Accountability Systems - Introduces structured agreements for behaviour change.

85813	Cognitive Behavioural Techniques (CBT-Based) - Teaches thought–behaviour linkage and restructuring methods.
85814	Emotional Regulation Techniques - Provides tools to manage emotions driving behaviour.
85815	Mindfulness-Based Behavioural Interventions - Uses awareness practices to interrupt automatic behaviours.
85816	Acceptance & Commitment Techniques (ACT-Based) - Focuses on values-driven behaviour and psychological flexibility.
85817	Managing Anger & Aggression - Provides tools to regulate anger and reduce aggressive responses.
85818	Procrastination & Avoidance Behaviour - Teaches strategies to overcome delay and inaction.
85819	Addictive Behaviours (Screen, Substance, Habits) - Addresses dependency patterns and replacement strategies.
85820	Anxiety-Driven Behaviours - Targets avoidance, overthinking, and fear-based actions.
85821	Low Motivation & Learned Helplessness - Builds activation and self-driven engagement.
85822	Impulsivity & Poor Self-Control - Teaches pause-control and response regulation techniques.
85823	Behaviour Coaching for Children - Focuses on tantrums, defiance, and routine-building.
85824	Behaviour Coaching for Adolescents - Addresses risk-taking, peer pressure, and identity behaviours.
85825	Behaviour Coaching for Adults - Targets habits, productivity, emotional reactions, and lifestyle patterns.
85826	Communication Behaviour & Assertiveness - Improves expression, listening, and boundary-setting behaviours.
85827	Conflict Behaviour & Resolution Styles - Identifies and modifies conflict responses.
85828	Workplace Behaviour & Professional Conduct - Addresses productivity, attitude, and interpersonal workplace issues.
85829	Relationship Behaviour Patterns - Focuses on dependency, avoidance, and unhealthy interaction cycles.
85830	NLP-Based Behaviour Change Techniques - Uses language and pattern-shifting methods for behaviour change.
85831	Solution-Focused Behaviour Coaching - Focuses on strengths and quick, actionable solutions.
85832	Trauma-Informed Behaviour Coaching - Addresses behaviours rooted in past emotional experiences.
85833	Coaching Conversations for Behaviour Change - Builds structured dialogue for insight and action.
85834	Designing Behaviour Change Plans - Teaches step-by-step intervention planning.
85835	Measuring Behaviour Change & Progress - Focuses on tracking outcomes and adjusting strategies.
85836	Practicum: Behaviour Coaching Cases - Provides real-life case handling, intervention, and feedback.

Course Fee	Learners from India	Learners from other countries
1:1 Guided Orientation via Google Meet/Zoom with Supporting Learning Materials & Dedicated WhatsApp Query Support	12 Modules + 12 Dedicated One-to-One Sessions (1 session per module) – ₹32,800 Extended Learning (Optional): From Module 13 up to Module 30 – ₹2,400 per module, including one dedicated session per module.	12 Modules + 12 Dedicated One-to-One Sessions (1 session per module) – \$560 Extended Learning (Optional): From Module 13 up to Module 30 – \$30 per module, including one dedicated session per module.
Email-Based Learning with Dedicated WhatsApp Query Support	12 Modules with Email-Based Learning & WhatsApp Query Support – ₹21,800 Extended Learning (Optional): Modules 13 to 30 – ₹1,600 per module, including dedicated WhatsApp and email support.	12 Modules with Email-Based Learning 7 WhatsApp Query Support – \$360 Extended Learning (Optional): Modules 13 to 30 – \$20 per module, including dedicated WhatsApp and email support.

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

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