

Certification Training	–	Practitioner Certification in Emotional Healing & Resilience Coaching (CN 865)
Course Duration	–	Customizable Online 12–30 Module (as per learners' choice) Highly Interactive
Course Mode	–	Online fixed scheduled interactive sessions with supporting learning materials Designed to be non-clinical, safe, practical, and deeply impactful, enabling the learner to support clients dealing with emotional wounds, stress, past experiences, and resilience building. Each module is skill-based, activity-driven, and directly teachable.
Course Structure	–	12–30 Modules – Fully Customizable – Trainer-Led Sessions – Daily / Weekly
Eligibility	–	Those who are working as a trainer or as a counsellor or social worker or therapist
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

- ✓ Covers therapy tools, trainer skills and soft skill techniques - Highly practical and delivery-focused - Covers both what to teach + how to teach and covers what is required to teach
- ✓ 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.

86501	Foundations of Emotional Healing & Resilience Coaching - Introduces role, scope, and boundaries of non-clinical emotional support.
86502	Understanding Emotional Wounds & Trauma (Non-Clinical) - Explains how difficult experiences impact thoughts, emotions, and behaviour.
86503	Types of Emotional Experiences & Stress Responses - Covers acute stress, chronic stress, and emotional overwhelm.
86504	Trauma-Informed Principles for Coaches - Builds safety, trust, choice, and empowerment in coaching.
86505	Nervous System & Stress Response (Fight–Flight–Freeze) - Explains how the body reacts to stress and perceived threats.
86506	Emotional Memory & Triggers - Helps identify patterns linked to past experiences.
86507	Window of Tolerance Concept - Teaches managing emotional overwhelm and stability.

86508	Mind–Body Connection in Emotional Healing - Links physical sensations with emotional states.
86509	Creating Emotional Safety in Coaching - Builds trust and psychological safety in sessions.
86510	Grounding Techniques for Emotional Stability - Provides immediate tools to manage overwhelm.
86511	Breathwork & Relaxation Methods - Uses breathing to regulate emotional states.
86512	Stabilization Before Exploration - Teaches when NOT to go deeper and how to hold space.
86513	Emotional Awareness & Naming Feelings - Helps clients identify and express emotions.
86514	Emotional Regulation Techniques - Provides tools to manage intense emotions.
86515	Managing Triggers & Emotional Reactions - Teaches reducing reactivity.
86516	Building Emotional Tolerance & Capacity - Strengthens ability to sit with emotions safely
86517	Identifying Limiting Beliefs from Past Experiences - Links past events to present thinking patterns.
86518	Cognitive Restructuring Techniques (CBT-Based) - Reframes negative and distorted thoughts.
86519	Self-Talk & Inner Critic Work - Transforms negative internal dialogue.
86520	Meaning-Making & Reframing Experiences - Helps clients reinterpret past events constructively.
86521	Building Self-Compassion & Acceptance - Encourages kindness toward self.
86522	Resilience & Post-Adversity Growth - Focuses on bouncing back and growing stronger.
86523	Letting Go & Emotional Release Techniques - Supports emotional processing and closure.
86524	Forgiveness & Closure Work (Non-Religious) - Guides safe emotional release without pressure.
86525	Healing from Relationship Hurt & Betrayal - Supports emotional recovery from relational pain.
86526	Managing Anxiety from Past Experiences - Addresses fear and hypervigilance patterns.
86527	Overcoming Shame, Guilt & Self-Blame - Builds self-worth and emotional relief.
86528	Coping with Loss, Grief & Emotional Pain - Provides structured grief support tools.
86529	Mindfulness-Based Healing Practices - Uses awareness for emotional regulation.
86530	Body-Based Awareness Techniques (Somatic Basics) - Introduces safe body-based regulation tools.
86531	Narrative & Story Reframing Techniques - Helps rewrite personal stories.
86532	Strength-Based Healing Approach - Focuses on strengths instead of deficits.
86533	Coaching Conversations for Emotional Healing - Builds deep listening and safe questioning skills.
86534	Boundaries, Ethics & Scope of Practice - Defines what coaches can and cannot handle.
86535	Identifying Red Flags & Referral Protocols - Trains when to refer to mental health professionals.

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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