

Certification Training	–	Practitioner Certification in Relationship Coaching (CN 869) (Empowerment Focused)
Course Duration	–	Customizable Online 12–30 Module (as per learners' choice) Highly Interactive
Course Mode	–	Online fixed scheduled interactive sessions with supporting learning materials
Outcome Focus	–	A knowledge-rich, concept-driven program that builds deep understanding of relationship dynamics along with foundational coaching tools. Conceptual clarity - Psychological understanding - Foundational coaching skills - Personal and professional application
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

- ✓ This certification prepares learners to support and empower couples in building positive, resilient relationships.
- ✓ Learn the science before the practice – strong emphasis on understanding, awareness, and conceptual grounding
- ✓ 50% theory + 50% skill content - 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. The initial two modules are mandatory; the remaining modules are elective and open for selection.
- ✓ 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.

86901	Mental Health Essentials: Identifying Red Flags & Building Healthy Practices
86902	Foundations of Relationship Coaching - Introduces the role, scope, and boundaries of a relationship coach.
86903	Types of Relationships & Dynamics - Covers romantic, marital, family, and interpersonal relationship structures.
86904	Psychology of Relationships - Explains attachment, bonding, and behavioural patterns in relationships.
86905	Expectations, Needs & Compatibility - Teaches identifying emotional needs and compatibility factors.
86906	Relationship Assessment Tools & Frameworks - Provides structured tools to evaluate relationship health.

86907	Identifying Core Issues in Relationships - Trains to uncover root causes beyond surface conflicts.
86908	Communication Pattern Analysis - Helps decode communication styles and breakdowns.
86909	Case Formulation for Relationship Coaching - Builds structured understanding before intervention.
86910	Communication Skills for Couples & Individuals - Teaches expression, listening, and clarity in relationships.
86911	Active Listening & Emotional Validation - Builds empathy and understanding between partners.
86912	Conflict Resolution & Repair Techniques - Provides structured methods to resolve and repair conflicts.
86913	Boundary Setting & Assertiveness - Teaches healthy limits and respectful self-expression.
86914	Emotional Regulation in Relationships - Teaches managing anger, hurt, and emotional triggers.
86915	Managing Trust Issues & Insecurity - Addresses jealousy, suspicion, and lack of trust.
86916	Attachment Styles & Their Impact - Explains secure, anxious, avoidant patterns and interventions.
86917	Behaviour Change in Relationships - Applies behaviour modification techniques to relationship patterns.
86918	CBT Techniques for Relationship Issues - Addresses negative thinking and misinterpretations.
86919	Emotion-Focused Techniques (EFT-Based) - Focuses on emotional bonding and unmet needs.
86920	Gottman-Based Relationship Tools - Introduces practical tools like conflict repair and connection rituals.
86921	Solution-Focused Relationship Coaching - Focuses on strengths and future-oriented solutions.
86922	NLP Techniques for Relationship Change - Uses reframing and communication pattern shifts.
86923	Managing Frequent Conflicts & Arguments - Provides step-by-step conflict handling strategies.
86924	Dealing with Communication Breakdown - Restores connection through structured dialogue methods.
86925	Handling Infidelity & Trust Repair - Guides rebuilding trust and emotional safety.
86926	Managing Emotional Distance & Disconnection - Rebuilds intimacy and connection.
86927	Handling Toxic & Unhealthy Relationships - Identifies and addresses harmful patterns.
86928	Breakup, Separation & Emotional Recovery - Supports clients through endings and healing.
86929	Pre-Marital Coaching & Compatibility Building - Prepares couples for long-term relationship success.
86930	Marriage & Long-Term Relationship Coaching - Supports sustaining healthy long-term partnerships.
86931	Family & Parent-Child Relationship Coaching - Addresses intergenerational and family dynamics.
86932	Workplace & Professional Relationships - Focuses on boundaries, communication, and professionalism.

86933	Coaching Couples vs Individuals - Teaches managing joint vs individual sessions effectively.	
86934	Handling High-Conflict & Emotional Clients - Equips strategies for intense and sensitive cases.	
86935	Ethics, Boundaries & Referral Guidelines - Defines scope and when to refer to therapy.	
86936	Case Studies & Scenario-Based Learning - Applies concepts to diverse hypothetical and real-life cases.	
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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