

Certification Training	–	Practitioner Certification in Relationship Counselling (CN 870) <i>(healing focused)</i>
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	–	Designed to make the learner highly competent, practical, and versatile—able to work with individuals, couples, families, and diverse relationship issues using proven techniques and therapy-informed approaches. Understanding relationship issues – Awareness of counselling approaches - Foundational helping skills - Personal and introductory professional use
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 course builds a strong foundation in understanding relationship issues and introduces core counselling concepts and supportive techniques.
- ✓ A conceptual, knowledge-driven program that introduces learners to the principles, processes, and basic tools of relationship counselling.
- ✓ 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.

87001	Mental Health Awareness: Signals, Neurochemical Balance & Self-care Practices
87002	Foundations of Relationship Counselling - Introduces scope, role, and differences from coaching and therapy.
87003	Counselling Skills for Relationship Work - Builds empathy, active listening, and therapeutic communication.
87004	Ethics, Boundaries & Confidentiality - Ensures safe, professional, and ethical counselling practice.
87005	Understanding Relationship Psychology - Explores emotional, behavioural, and cognitive dynamics in relationships.
87006	Attachment Theory in Relationships - Explains secure, anxious, avoidant, and disorganized patterns.
87007	Love, Intimacy & Connection Models - Covers emotional bonding and relationship satisfaction factors.

87008	Family Systems Theory - Understands intergenerational patterns and systemic influences.
87009	Personality & Relationship Compatibility - Links personality traits to relational behaviour.
87010	Relationship Assessment Tools & Intake - Uses structured tools to evaluate relationship health.
87011	Identifying Core Issues & Root Causes - Moves beyond symptoms to underlying problems.
87012	Communication Pattern Analysis - Decodes destructive vs constructive communication styles.
87013	Case Formulation & Intervention Planning - Builds structured counselling plans for each case.
87014	Communication Repair Techniques - Restores healthy dialogue between partners
87015	Conflict Resolution & De-escalation - Provides structured conflict handling methods.
87016	Emotional Regulation in Relationships - Teaches managing intense emotional reactions.
87017	Boundary Setting & Assertiveness - Builds respect, autonomy, and clarity.
87018	Cognitive Behavioural Therapy (CBT) for Couples - Addresses distorted thinking and reactions.
87019	Dialectical Behaviour Therapy (DBT Skills) - Teaches distress tolerance and emotional regulation.
87020	Acceptance & Commitment Therapy (ACT) - Focuses on values-driven relationship actions.
87021	Mindfulness-Based Relationship Interventions - Builds awareness and presence in interactions.
87022	Emotion-Focused Therapy (EFT-Based) - Works on emotional bonding and unmet needs.
87023	Positive Psychology in Relationships - Enhances strengths, gratitude, and positivity.
87024	Art-Based Techniques in Relationship Work - Uses creative expression for emotional exploration.
87025	Narrative Therapy Techniques - Helps clients reframe relationship stories.
87026	Role Play & Psychodrama Methods - Simulates real scenarios for insight and repair.
87027	Spiritual & Values-Based Counselling - Integrates meaning, purpose, and belief systems.
87028	Managing Chronic Conflict & Communication Breakdown - Handles recurring unresolved issues.
87029	Trust Issues, Jealousy & Insecurity - Addresses suspicion and emotional instability.
87030	Infidelity, Betrayal & Trust Repair - Guides structured recovery and rebuilding.
87031	Emotional Distance, Neglect & Disconnection - Works on rebuilding intimacy and connection.
87032	Toxic, Codependent & Unhealthy Relationships - Identifies and intervenes in harmful patterns.
87033	Breakup, Separation, Divorce & Grief Counselling - Supports emotional processing and transition.
87034	Pre-Marital & Compatibility Counselling - Prepares couples for long-term relationship success.
87035	Family & Parent-Child Relationship Counselling - Addresses intergenerational conflicts and dynamics.

87036	Handling High-Risk Cases & Referral Protocols - Identifies red flags (abuse, severe distress) and refers appropriately.	
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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