

CURRICULUM

PSYCHO COACH, ICI

Integrating psychology and coaching for deeper work with clients

Accreditation: International Coaching Institutes (ICI)

1. Introduction to the Programme

Who is this programme for?

In coaching practice it often becomes clear that the challenges clients bring do not lie only in goal-setting or decision-making. Behind many topics lie behavioural patterns, emotional reactions, inner conflicts and beliefs shaped by life experience, all of which influence the way a person thinks, feels and acts.

The Psycho Coach programme is designed for coaches and NLP Practitioners/Masters who want to deepen their understanding of human psychology and develop competencies for working with clients on a deeper level of personal development. Particular emphasis is placed on recognising inner patterns, personality structure, emotional reactions and life beliefs that shape behaviour and decisions.

Throughout the programme, participants become familiar with techniques, theories and models that enable them to work with different aspects of the client's inner experience, including emotions, identity, inner conflicts, personal values and developmental patterns.

Psycho Coach — positioning between coaching and therapy

Imagine a continuum with psychotherapy at one end and coaching at the other.

Between these two approaches lies the zone in which the Psycho Coach works every day — a zone in which clients bring topics that are not clinical problems, but are also not simply matters of goal-setting. They bring behavioural patterns, emotional reactions, beliefs from childhood, inner conflicts.

The Psycho Coach is someone who understands these psychological dynamics and knows how to work with them — while remaining within the coaching framework. They do not diagnose. They do not treat. They do not enter trauma work without the appropriate knowledge and supervision. They understand why a client is stuck, see the pattern behind the goal, and know when to slow down and stay with the emotion, and when to guide toward a solution.

Programme objectives

- Understand the psychological concepts that influence human behaviour and decision-making
 - Recognise the patterns, beliefs and inner conflicts that arise in the coaching process
 - Develop the ability to work with the client's emotions and inner experience
 - Enrich coaching practice with additional techniques for working with clients
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2. Format and Hours

The programme runs across 3 modules, 11 days, totalling 60 hours. Exercises take place in smaller groups, allowing participants to work with their own examples.

Methods of work: theoretical input, video materials, experiential exercises, work with participants' own examples, reflection in pairs and in the group, peer group work.

3. Programme Content by Module

MODULE 1 — Foundations of Coaching and the Client Relationship

This module lays the foundations of the coaching relationship. Participants first define the professional identity of the Psycho Coach — where this approach sits between coaching and therapy — and adopt the ICI code of ethics as the framework within which they work. They then learn to recognise the impact of their own communication on the client (Mini Max), the relational patterns that coach and client bring into the relationship (Attachment), and the distinction between what is and is not within the client's control (locus of control). The module builds self-awareness as a coach and awareness of relational dynamics, laying the groundwork for deeper work in the following modules.

1. Introduction — what is Psycho Coach, the difference between coaching and therapy
2. ICI Ethics
3. Mini Max interventions
4. Attachment — attachment styles
5. Locus of control

MODULE 2 — Identity, Values and Emotions

This module builds on the foundations of Module 1 and opens up work with the client's inner world. It starts from Maslow's hierarchy of needs as a framework for understanding human motivation, continues with values and identity and the House of Life exercise, through which participants integrate these concepts using their own example. Emotions are then addressed as the fundamental mechanism of human experience, and the module concludes with Erik Erikson's developmental framework and work with the inner child, which connects early developmental stages with the patterns clients carry into the coaching relationship today.

1. Maslow's hierarchy of needs
2. Values and identity
3. House of Life — 5 pillars of identity
4. Emotions
5. Erik Erikson and developmental stages
6. Inner child

MODULE 3 — Life Script, Beliefs and Working with Resources

This module guides participants from recognising long-term, unconscious patterns toward actively working with resources. It begins with the life script and limiting beliefs as the deeper structures that shape client behaviour, then shifts focus toward resources: strengths (VIA), the genogram as a systemic/family perspective, and the Timeline with Resources technique, which integrates resources across the client's life line. The module also introduces somatic coaching and polyvagal theory as the bodily dimension of regulation and resourcing, and concludes with a practical coaching session in front of the group, in which participants apply everything they have learned.

1. Life script
 2. Beliefs (limiting and prognostic)
 3. Resources and strengths (VIA)
 4. Genogram — a resource perspective
 5. Timeline with resources
 6. Somatic coaching and polyvagal theory (autonomic nervous system, working with the body)
 7. Peer coaching session in front of the group — practical application
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4. Entry Requirements

- Completed NLP Practitioner training, IN (NLP Master, IN — additional bonus)
 - Coach, ICI or an equivalent coaching qualification
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5. Certification Requirements

To obtain the Psycho Coach certification, the following requirements must be met:

- Participation in all modules throughout the programme
 - 10 written, documented coaching sessions (5 as coach, 5 as client)
 - A recorded video session of work with a client
 - Documented work in peer groups, 5 hours
 - A written final paper in the form of self-reflection
 - A coaching session in front of the group
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6. Programme Providers

Croatian Association for Health Pedagogy, director and founder Nada Kaiser, PhD

NLP & Coaching Academy, director and founder Nada Kaiser, PhD

UnaVita, Monika Brkanac, MSc