

Coach The Life-Coach and Psychological- Guide Programme (CLAP-GP)

CLAP-GP Syllabus

Definition:

Therapy-Based Coaching is an integrative approach that draws from psychological therapy models and applies them within a coaching framework—focused on healing, growth, and goal-oriented transformation. Below is an overview or (syllabus) that can serve as a foundation for deeper study.

Module 1: Introduction to Therapy-Based Life Coaching

- Definitions and distinctions: Therapy, coaching, and therapy-informed coaching
- History and evolution of integrative coaching approaches
- Roles and responsibilities of the therapy-based coach
- Understanding ethical boundaries and scope of practice

Module 2: Psychology & Human Behaviour

- Overview of psychological models relevant to coaching
- Humanistic psychology
- Positive psychology foundations
- Behavioural and cognitive theories
- Introduction to the mind-body connection
- Psychological disorder

Module 3: Coaching Tools & Models

- Origins and principles of CBT
- Applying CBT techniques in coaching (thought records, reframing)
- Identifying and challenging limiting beliefs
- Emotional regulation and self-talk in performance coaching
- Introduction and Practitioner course in NLP
- Mind Power course
- Introduction to EFT
- Introduction to TCI
- Introduction TA

Module 4: Coaching Tools & Techniques

- **Thought Record Sheet**
Tracks thoughts, emotions, behaviours, and cognitive distortions.

- **Limiting Belief Reframe Worksheet**
Identifies core limiting beliefs and rewrites them into empowering truths.
- **ABC Model (Activating Event, Belief, Consequence)**
Helps clients trace emotional responses to underlying beliefs.
- **Behavioural Experiment Log**
Encourages clients to test and challenge beliefs through real-world action
- **Emotion Wheel**
Helps name and explore subtle or complex emotions.
- **Trigger Tracker**
Records emotional triggers, reactions, and underlying meanings.
- **Core Wound Exploration Prompt**
Gently explores recurring patterns rooted in early beliefs or unmet needs (non-clinical).
- **Story Re-authoring Worksheet**
Helps clients rewrite personal narratives from an empowered perspective.

Module 5: Coaching Communication Skills

- Building rapport and trust
- Verbal communication
- Tonality in communication
- Physiology of communication
- Managing difficult conversations
- Giving constructive feedback
- Managing client objections

Module 6: The Coaching Journey

- Structuring a coaching session
- Intake forms and discovery sessions
- Setting agreements and contracts
- Creating action plans and tracking progress
- Ending a coaching relationship

Module 7: Specializations in Life Coaching with ISSTAC®

- Business Coaching
- Career and executive coaching
- Celebrity coaching
- Relationship and family coaching

Module 8: Developing Coaching as a Business

- Setting up a coaching business
- Branding and niche definition
- Pricing strategies and packages
- Legal requirements (contracts, confidentiality)
- Marketing: website, social media, networking

Module 9: Evaluation

- Observed coaching sessions
- Peer coaching practice
- Feedback and reflection
- Case study presentations

Module 10: Certification & Continued Development

- Certification form ISSTAC®
- Lifelong association and support