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| Course Name          | – | <b>ADVANCED TRAINING IN APPLIED COGNITIVE PSYCHOLOGY (CN 055)</b>                   |
| Course Duration      | – | 12 months / 12 modules / 24 Credits / 24x7 Virtual Support / Assignment Based       |
| Course Mode          | – | Online/Downloadable & Reusable Materials /1:1 Sessions /Highly Interactive/Advanced |
| Course Structure     | - | Interactive sessions /24x7 Virtual Support /Work Expertise Based/ Guide Assisted    |
| Eligibility          | - | 10+2+3 Years or 15+2 Years (psychology/social work/human development)               |
| Interactive Sessions | – | 1 interactive session/module - 24/7 Guide Email Support - 24/7 Advisor Call Support |

| MODULE NAME AND NUMBER                                                                              |                 | MODULE BRIEF                                                                           |
|-----------------------------------------------------------------------------------------------------|-----------------|----------------------------------------------------------------------------------------|
| 05501 – APPLIED COGNITIVE PSYCHOLOGY                                                                |                 | Explores the practical use of cognitive psychology in daily life and work.             |
| 05502 – LEARNING                                                                                    |                 | Examines theories and applications of how humans acquire knowledge.                    |
| 05503 – MEMORY                                                                                      |                 | Covers types, processes, and techniques to enhance memory                              |
| 05504 – KNOWLEDGE                                                                                   |                 | Studies knowledge structures, representation, and application.                         |
| 05505 – PROBLEM SOLVING & DECISION MAKING                                                           |                 | Focuses on cognitive strategies for effective decisions and solutions.                 |
| 05506 – CREATIVITY                                                                                  |                 | Explores processes that drive innovation and creative thinking.                        |
| 05507 – SMART THINKING                                                                              |                 | Develops critical and reflective thinking skills for problem solving                   |
| 05508 – WORKING MEMORY TRAINING                                                                     |                 | Techniques to strengthen focus, recall, and mental processing capacity.                |
| 05509 – HOW BRAIN LEARNS                                                                            |                 | Examines brain mechanisms involved in learning and adaptation.                         |
| 05510 – NEUROPLASTICITY                                                                             |                 | Understanding how the brain rewires itself through experience.                         |
| 05511 – NEUROPLASTICITY FOR STRESS MANAGEMENT                                                       |                 | Applying neuroplasticity principles to reduce and manage stress                        |
| 05512 – COGNITION FOR PROGRAMMER OR RETRAINING BRAIN                                                |                 | Enhancing programming skills through cognitive training or module on brain retraining. |
| COURSE FEE                                                                                          | INDIAN LEARNERS | LEARNERS FROM OTHER COUNTRIES                                                          |
| Continuous Guide Email Support & 24/7 Student Advisor Call Support                                  | ₹11,600         | \$280                                                                                  |
| 1:1 Guide Orientation Sessions - Continuous Guide Email Support & 24/7 Student Advisor Call Support | ₹24,600         | \$610                                                                                  |

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