Course Name	–	**ADVANCED TRAINING IN APPLIED HEALTH PSYCHOLOGY (CN 057)**
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/health)
Interactive Sessions	–	1 interactive session/module - 24/7 Guide Email Support - 24/7 Advisor Call Support

MODULE NAME AND NUMBER	MODULE BRIEF
05701 – BEING HEALTHY	Explores psychological factors that promote physical and mental well-being.
05702 – BECOMING ILL	Examines how psychological, social, and biological factors contribute to illness.
05703 – BEING ILL	Focuses on patient experiences, coping, and psychological impacts of illness.
05704 – HEALTH BEHAVIOURS	Studies habits like diet, exercise, and substance use affecting health.
05705 – STRESS & COPING	Covers stress theories, effects, and coping mechanisms for resilience.
05706 – HEALTH PSYCHOLOGY BASICS	Introduces foundations of health psychology and mind-body interaction
05707 – PSYCHOLOGY OF HEALTH AND FITNESS	Explores motivation and behaviour in physical fitness and healthy living
05708 – PSYCHOLOGY OF BEHAVIOUR CHANGE	Studies psychological principles that drive lasting lifestyle changes
05709 – BEHAVIOUR CHANGE STRATEGIES	Covers interventions and models to promote healthy habits
05710 – CBT INTERVENTIONS	Applies cognitive-behavioural therapy to health and wellness challenges.
05711 – MINDFULNESS INTERVENTIONS	Introduces mindfulness-based practices for stress and health management.
05712 – MANAGEMENT OF CHRONIC AND TERMINAL HEALTH DISORDERS	Focuses on psychological care, coping, and quality of life strategies.

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

Institute Of Holistic Mental Health @ www.imh.in @ www.ihmh.in