

Course Name	–	POST GRADUATE TRAINING IN HEALTH PSYCHOLOGY (CNO 099)
Course Duration	–	12 months / 36 credits / Total 12 Modules / 24x7 Virtual Support
Course Mode	–	Online / Downloadable & Reusable Materials / Guide Assisted / Practice Based
Course Structure	–	12credits compulsory + 24credits optional (as per learner’s selection)/Advanced
Eligibility	–	10+2+3 or 15+2 Years (psychology/social work/hd/ training/health)
Interaction	-	24/7 Advisor Call Support – 24/7 Guide Email Support / Self-paced or Scheduled

COMPULSORY MODULES - 12 CREDITS / 4 MODULES / 4 MONTHS

09901 – HEALTH PSYCHOLOGY - I – 3 credits / 30 days of learning	Introduces foundations of health psychology, illness, and coping mechanisms.
09902 – HEALTH PSYCHOLOGY – II – 3 credits / 30 days of learning	Covers stress, health behaviours, and psychological factors in wellbeing
09903 – PSYCHOLOGY OF HEALTH AND FITNESS – 3 credits / 30 days of learning	Focuses on mental aspects of fitness, motivation, and lifestyle choices.
09904 – PSYCHOLOGY OF BEHAVIOUR CHANGE – 3 credits / 30 days of learning	Explores strategies to promote healthier habits and sustained change.

OPTIONAL MODULES - CHOOSE 08 MODULES FROM THE BELOW LIST
(03 CREDITS/ MODULE/ 30 DAYS OF LEARNING - 08 MONTHS – 08 MODULES – 24 CREDITS)

09900 - Psychology – 3 credits/ 30 days of learning	<i>This module is compulsory only for learners without a prior psychology background. It introduces key concepts such as psychological theories, memory, cognition, and learning.</i>	
09908 – HEALTH COUNSELLING SKILLS	09913 – BEHAVIOUR MODIFICATION	09918 – MINDFULNESS INTERVENTIONS
09909 – HEALTH COUNSELLING PROCESS	09914 – POSITIVE PSYCHOLOGY INTERVENTIONS	09919 – MANAGEMENT OF CHRONIC DISORDERS
09910 – PAIN MANAGEMENT COUNSELLING	09915 – POST TRAUMATIC STRESS MANAGEMENT	09920 – CBT INTERVENTIONS
09911 – UNDERSTANDING PAIN	09916 - BRIEF NLP	09921 – MOTIVATIONAL INTERVIEWING
09912 – EXPRESSIVE THERAPY INTERVENTIONS	09917 – STRESS MANAGEMENT INTERVENTIONS	09922 – CASE MODULES –FOR GENERAL ISSUES
Course Fee	Learners from India	International Learners
Life Member of IHMH	Rs. 11, 800	\$260
Others	Rs. ₹12,800	\$300

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