Course Name	–	**ADVANCED TRAINING IN APPLIED COGNITIVE PSYCHOLOGY (CN 055)**
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

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