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| 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**

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