

Course Name	–	<b>ADVANCED TRAINING IN APPLIED HEALTH PSYCHOLOGY (CN 057)</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	–	2 interactive session/module - 24/7 Guide Email Support - 24/7 Advisor Call Support

<b>MODULE NAME AND NUMBER</b>	<b>MODULE BRIEF</b>	
<b>05701 – BEING HEALTHY</b>	Explores psychological factors that promote physical and mental well-being.	
<b>05702 – BECOMING ILL</b>	Examines how psychological, social, and biological factors contribute to illness.	
<b>05703 – BEING ILL</b>	Focuses on patient experiences, coping, and psychological impacts of illness.	
<b>05704 – HEALTH BEHAVIOURS</b>	Studies habits like diet, exercise, and substance use affecting health.	
<b>05705 – STRESS &amp; COPING</b>	Covers stress theories, effects, and coping mechanisms for resilience.	
<b>05706 – HEALTH PSYCHOLOGY BASICS</b>	Introduces foundations of health psychology and mind-body interaction	
<b>05707 – PSYCHOLOGY OF HEALTH AND FITNESS</b>	Explores motivation and behaviour in physical fitness and healthy living	
<b>05708 – PSYCHOLOGY OF BEHAVIOUR CHANGE</b>	Studies psychological principles that drive lasting lifestyle changes	
<b>05709 – BEHAVIOUR CHANGE STRATEGIES</b>	Covers interventions and models to promote healthy habits	
<b>05710 – CBT INTERVENTIONS</b>	Applies cognitive-behavioural therapy to health and wellness challenges.	
<b>05711 – MINDFULNESS INTERVENTIONS</b>	Introduces mindfulness-based practices for stress and health management.	
<b>05712 – MANAGEMENT OF CHRONIC AND TERMINAL HEALTH DISORDERS</b>	Focuses on psychological care, coping, and quality of life strategies.	
<b>COURSE FEE</b>	<b>INDIAN LEARNERS</b>	<b>LEARNERS FROM OTHER COUNTRIES</b>
<b>Continuous Guide Email Support &amp; 24/7 Student Advisor Call Support</b>	<b>₹10,600</b>	<b>\$250</b>
<b>1:1 Guide Orientation Sessions - Continuous Guide Email Support &amp; 24/7 Student Advisor Call Support</b>	<b>₹24,600</b>	<b>\$610</b>

**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](mailto:info@ihmh.in) / [info@ihmh.org](mailto:info@ihmh.org)**

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