

Certificate of Advanced Studies in Brain Health

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UNIVERSITY
OF BERN



In collaboration with:



SFCNS Swiss
Brain Health Plan



Facts and Highlights

- Start: January (annually)
- Application period: February – September (preceding year)
- Apply online at: info.brainhealth.ch
- Credits: 15 ECTS (375 – 450 hours of study)
- More than 100 online lectures and sessions delivered by internationally renowned speakers
- State-of-the-art all-in-one Learning Platform
- On-site event in Bern (Optional attendance)
- Language: English
- Tuition Fee: 6'000 CHF (Scholarships available)

Who can apply

Eligible applicants include professionals with backgrounds in:

- Medicine
- Psychology and Neuropsychology
- Nursing
- Physical, Occupational and Speech Therapy
- Public Health
- Sport Sciences
- Health Sciences
- Engineering
- And other related disciplines or highly motivated professionals with an interest in Brain Health

Programme Outcomes

Upon completion of the Certificate of Advanced Studies in Brain Health, graduates will be able to:

- understand core brain anatomy and functions, and key determinants of brain health
- understand common brain disorders and their links to other health conditions
- implement interventions to promote brain health (e.g. physical activity, nutrition, cognitive training)
- apply knowledge and skills to design and implement brain health strategies

Programme overview

Module 1

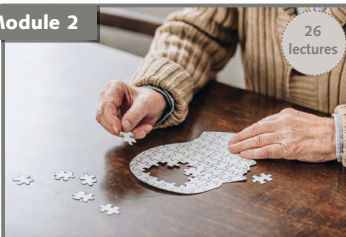


22
lectures

Introduction to Brain Health:

Introduces the brain, its structure, and its core functions, while presenting the concept of brain health. Students will explore key determinants of brain health and learn essential concepts of anatomy and physiology. The module highlights how the brain interacts with the body and environment, covering sleep, memory, emotion, decision-making, and cognition, as well as connections with the heart, muscles, gut, and hormones. Broader themes such as neuroplasticity, aging, genetics, environment, and One Health provide a solid foundation for the following modules.

Module 2



26
lectures

Brain disorders:

Focuses on major brain disorders, covering both neurological and psychiatric conditions. Students will learn about stroke, dementia, Parkinson's disease, epilepsy, traumatic brain injury, sleep disorders, and headaches, alongside mental health conditions such as depression, anxiety, bipolar and psychotic disorders, and developmental disorders. The module highlights symptoms, risk factors, and prevention, and also introduces emerging conditions like chronic traumatic encephalopathy and functional neurological disorders.

Module 3



34
lectures

Risk factors, protective factors and interventions:

Focuses on risk factors, protective factors, and interventions shaping brain health at the individual level across the lifespan. Students will learn how exercise, nutrition, sleep, stress management, cognitive training, and mindfulness can strengthen resilience. The module also addresses social connectedness, education, and emotional regulation, while considering environmental influences such as pollution, infections, and climate change. Innovative approaches including neuroprotection, neurostimulation, and the use of art, music, and technology are introduced.

Module 4



25
lectures

Brain Health Implementation:

Brings individual strategies such as prevention, education, and research to the societal and public health level. Students will explore national and international initiatives, including the WHO intersectoral global action plan, the EAN brain health plan, and country-specific programs. The module highlights strategies for health promotion, communication, policymaking, and early detection, while also addressing brain capital, brain economy, and ethical perspectives. Future directions for advancing brain health globally are discussed.

Curious about the programme?
Reach out to **info@brainhealth.ch** and visit our website **info.brainhealth.ch**



linkedin.com/company/cas-in-brain-health

Learn more about it:
info.brainhealth.ch

