

Mental Wellness Hub

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The Psychology of Love & Romance

Part	Details	Activities + Additional Readings
1. Introduction	<ul style="list-style-type: none">- Introduction to Love and Romance- Theories associated with Love	Yes
2. Love and the Brain	<ul style="list-style-type: none">- How love affects the brain- The Chemicals associated with Love	Yes
3. Love and the Body	<ul style="list-style-type: none">- How love affects the body and our physicality	Yes
4. The Science of Attraction	<ul style="list-style-type: none">- The Basics of Attraction- Personality Traits and Attraction	Yes
5. The Psychology of Heartbreak	<ul style="list-style-type: none">- Heartbreak and the Brain- Can Heartbreak affect your memory?- Heartbreak and your health	Yes
6. The Psychology of Jealousy	<ul style="list-style-type: none">- Different types of jealousy- Causes of jealousy- Dealing with jealousy in romantic relationships	Yes

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Certificate Information

- Upon successful completion, certificates will be emailed. This course is internationally accredited by the International Practitioners of Holistic Medicine (IPHM).

Assessment

- 2 assessments must be completed and passed in order to obtain your certificate. Both assessments must be passed.

Disclaimer

- This course is for personal development only, and is not a substitute for a Degree in Psychology or any related Mental Health field.