

## Programme Outcomes:

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

- Understand the basic anatomy and functions of the brain
- Identify factors that impact brain health, including behavioural and environmental factors
- Implement interventions to promote brain health, including physical activity, nutrition, cognitive training, and mindfulness
- Understand common brain diseases, their increasing burden and links to other health conditions
- Apply knowledge and skills to design and implement brain health interventions

## Career Opportunities:

Graduates of the Certificate of Advanced Studies in Brain Health may find employment in a variety of settings, including:

- Healthcare organizations
- Community organizations
- Research institutions
- Government agencies
- Non-profit organizations

They may work as health educators, community health workers, researchers, or programme coordinators, among other roles. Graduates may also choose to pursue further education in fields such as neuroscience, psychology, or public health.

## International Faculty

- E. Albanese, Switzerland
- A. Arnesen, Norway, President EFNA
- C. Bassetti, Past President EAN, Chair of International Faculty, Switzerland
- T. Berger, Austria
- I. Bègue, Switzerland
- P. Boon, President EAN, Belgium
- S. Dickson, President EBC, Sweden
- G. Dom, President EPA, Belgium
- R. Guzman, President SSNC, Switzerland
- P. Falkai, Past-President EPA, Germany
- A. Fiorillo, President SIPS, Italy
- A. Flahault, President SSPH+, Switzerland
- G. B. Frisoni, Switzerland
- W. Grisold, President WFN, Austria
- A. Hackenberg, President SSNP, Switzerland
- A. Hofmann, USA
- P. Kelly, Ireland, President ESO
- M. Leonardi, Italy
- K.-O. Loevblad, Past-President SSNR, Switzerland
- A. Lüthy, Past-President SSN, Switzerland
- M. Medina, Past-President PAFNS, Honduras
- E. Moro, President-elect EAN, France
- M. Owolabi, Nigeria
- I. Rektorova, Czech Republic
- J. Reis, France
- H. Sarikaya, Switzerland
- T. Zeltner, Past-President BAG, Switzerland
- B. Tettenborn, Switzerland
- S. Wegener, Switzerland
- C. Wirth, President Public Health Switzerland, Switzerland

## Local Faculty

- S. Jung (Programme Director, Neurology)
- D. Tanner (Director of Studies)
- K. Adorjan (Psychiatry)
- M. Arnold (Neurology)
- L. Bally (Endocrinology)
- T. Brémová Ertl (Neurology)
- B. Draganski (Neurology)
- T. Belser (Neurology)
- A. Frahsa (Social and Preventive Medicine)
- U. Fischer (Neurology)
- M. Heldner (Neurology)
- M. Kaess (Child and Adolescent Psychiatry)
- A. Klein (Neuropediatrics)
- S. Klöppel (Geriatric Psychiatry)
- C. R. Nigg (Sport Science)
- I. Penner (Neuropsychology)
- J. Schmid (Sport Science)
- A. Vatter (Political Science)
- A. Vicedo Cabrera (Social and Preventive Medicine)
- C. Weiss (Swiss Association of Nursing Science)
- R. Wiest (Neuroradiology)
- M. Wilhelm (Rehabilitation and Sports Medicine)



2024 - 2025

# INTERNATIONAL CERTIFICATE OF ADVANCED STUDIES (CAS) IN BRAIN HEALTH

A postgraduate programme on brain health, its determinants, promotion at individual and societal level.



In collaboration with:



## International Certificate of Advanced Studies (CAS) in Brain Health

A postgraduate programme on brain health, its determinants, promotion at individual and societal level.

Welcome to the Certificate of Advanced Studies (CAS) in Brain Health! The programme, supported by the European Academy (EAN) of Neurology and World Health Organization, is designed to provide you with in-depth knowledge and skills related to the maintenance and promotion of brain health. In its 2022 position paper, the WHO has defined Brain Health as the state of brain functioning across cognitive, sensory, social-emotional, behavioural and motor domains, allowing a person to realize their full potential over the life course, irrespective of the presence or absence of disorders. Brain Health is essential for physical and mental health as well as for wellbeing, creativity and productivity and eventually for the entire society. The European Academy of Neurology Brain Health Strategy – ‘one brain, one life, one approach’ – was launched in 2022 and aims to develop a holistic



For further information  
please visit:  
[info.brainhealth.ch](mailto:info.brainhealth.ch)  
or contact  
[info@brainhealth.ch](mailto:info@brainhealth.ch)

approach to brain health which benefits society not just through a decreased healthcare burden due to neurological disorders but through improved quality of life and productivity throughout an individual's life course.

With this certificate, you will gain a deep understanding of brain health and links to other health conditions, its determinants and about the most important brain diseases and their increasing burden. You will also learn practical strategies for maintaining and enhancing brain health, including lifestyle interventions, cognitive training, and neuroplasticity-based approaches.

Finally, the certificate will also discuss how local and national policies and programmatic actions can be developed to promote brain health for future generations and support the intersectoral global action plan 2023 - 2031 which was adopted by the WHO in 2022.

This certificate is ideal for healthcare professionals, educators, researchers, and anyone interested in optimizing their own brain health.

An international faculty of world leading experts will provide online lectures on our state-of-the-art all-in-one interactive learning platform.

The programme is provided by the University of Bern and is supported by the Swiss Federation of clinical Neuro-Societies and the European Academy of Neurology.

### Facts and Highlights:

 Start  
December 2024

 Application deadline  
October 2024

 Credits CAS  
15 ECTS

 Duration  
12 months

 Language  
English

Tuition Fee 6000 CHF  
(Scholarships available)

State-of-the-art all-in-one  
Learning Platform for  
convenient online learning

International Faculty of World  
Leading Experts

Supported by the European  
Academy of Neurology (EAN)

1.  
Introduction  
to Brain Health

2.  
Brain Disorders  
and its Risk Factors

3.  
Brain Health  
Interventions

4.  
Brain Health  
Implementation

### Who can apply

Eligible for the programme are applicants with the following backgrounds

- medical degree with or without specialization
- psychologists and neuropsychologists
- sport scientists
- nurses
- physical, occupational and speech therapists
- health care providers
- public health specialists

### 4 Modules

#### 1. Introduction to Brain Health:

This module provides an overview of the brain and its functions, as well as an introduction to the concept of brain health. Students will learn about the brain health determinants and important concepts. In addition, basic anatomy and physiological concepts are part of this module.

#### 2. Brain Disorders and its Risk Factors:

This module focuses on common brain diseases and disorders, including dementia, stroke, Parkinson's disease, epilepsy, sleep-wake disorders, headache, rare neurological diseases, depression and other mental disorders, and head trauma. Students will learn about the symptoms, risk factors and prevention for these conditions.

#### 3. Brain Health Interventions:

This module explores different interventions that can promote brain health, including exercise, nutrition, sleep, cognitive training, and mindfulness. Students will learn about the evidence supporting these interventions and how to implement them in practice.

#### 4. Brain Health Implementation:

This module brings individual strategies including prevention, education and research to an international and global level. Future directions for optimizing brain health will be discussed including the intersectoral global action plan of the WHO, the EAN brain health plan and national brain health plans.