Postgraduate Certificate
Concept of Stress and the Aftermath of the Critical Situation

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Concept of Stress and the Aftermath of the Critical Situation

- » Modality: **online**
- » Duration: **6 weeks**
- » Certificate: **TECH Global University**
- » Accreditation: **6 ECTS**
- » Schedule: **at your own pace**
- » Exams: **online**

Website: **www.techtitute.com/us/medicine/postgraduate-certificate/concept-stress-aftermath-critical-situation**

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01
Introduction

Numerous studies over the years have shown that the consequences of post-traumatic stress can last for decades, seriously affecting the mental health of the victim and increasing the chances of suffering disorders that affect their proper psychosocial development. However, an immediate therapeutic management can help in the prevention and management of this type of cases, through specific techniques. Therefore, the role of psychology professionals is essential to achieve this, making their intervention a priority when a critical situation occurs. And to improve their professional skills in this area they can count on the program offered by TECH, through which they can delve, in a 100% online way, into the developments of the human response associated with stress and the strategies for its management in order to avoid subsequent sequelae.

"

A program focused on the concept of stress triggered by a critical situation with which you will be able to improve your professional skills in psychological intervention in a 100% online way"

The emotional tension generated by an extreme or critical situation causes an imbalance in the production of cortisol, glucocorticoids and adrenaline, whose levels shoot up, favoring the appearance of the feeling of stress. The inability to manage this reaction can seriously affect the health of the victim and their organism, favoring the appearance of diseases related to the cardiovascular, immune or endocrine system, as well as disorders that condition their psychosocial development, such as anxiety or depression.

That is why the prompt intervention of psychology professionals is essential, not only to address the situation based on the patient's needs, but also to provide the keys to manage their emotions and thereby avoid a deterioration of their cognitive-behavioral condition due to post-traumatic stress. However, as this is an area of ongoing research, many professionals find it difficult to keep up to date. For that reason, TECH and its team of experts have considered it necessary to develop a qualification that gathers the latest information related to the human response to stress.

As a result, this 100% online Postgraduate Certificate, through which graduates will be able to delve into the concept of this feeling, as well as the after-effects of this condition and the most innovative and effective therapeutic techniques for its management and prevention, has been created. All this through 150 hours of diverse content, including practical cases based on real situations, so that professionals, in addition to increasing their knowledge, can improve, in a guaranteed way, their skills in psychological intervention in critical situations.

This **Postgraduate Certificate in Concept of Stress and the Aftermath of the Critical Situation** contains the most complete and up-to-date scientific program on the market. The most important features include:

- The development of practical cases presented by experts in Emergency Psychology
- The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- Practical exercises where self-assessment can be used to improve learning
- Its special emphasis on innovative methodologies
- Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- Content that is accessible from any fixed or portable device with an Internet connection

Knowing in detail the best strategies for the management of post-traumatic stress will allow you to help your patients in the prevention of diseases related to this feeling"

Could you identify the differences between stress and anxiety? With this Postgraduate Certificate you will work on each of them, as well as on the best strategies for their prevention.

> "*You will delve into the different types of stress that have been identified to date, as well as the keys to diagnose them and the most effective therapeutic tactics to treat them*"

If you are interested in the biological and biochemical response to stress, this program also delves into the alteration of the organism from the physical point of view.

The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will allow professionals to learn in a contextual and situated learning environment, i.e., a simulated environment that will provide immersive education programmed to prepare in real situations.

The design of this program focuses on Problem-Based Learning, by means of which professionals must try to solve the different professional practice situations that are presented to them throughout the academic year. For this purpose students will be assisted by an innovative interactive video system developed by renowned experts.

02
Objectives

The consequences of post-traumatic stress can generate serious sequelae in the victim of a critical situation. For this reason, the intervention of psychology specialists must be carried out in a consensual manner and based on the most innovative and effective therapeutic strategies. That is why the objective of this Postgraduate Certificate is to provide graduates with all the information they need to get up to date in this area, being able to implement in their practice the best intervention techniques, as well as the protocols for the management and prevention of stress and anxiety.

If you are looking to become a better prepared psychologist to assist victims of critical situations with post-traumatic stress, this Postgraduate Certificate is perfect for you"

General Objectives

- Delve into the concept of stress and the human response associated with its suffering when the person has suffered a critical situation
- Know in detail the different responses to stress and anxiety that the patient may present, as well as the most effective strategies to manage them

A program that adapts to your needs, without schedules or presential classes and through which, without a doubt, you will become a more prepared psychology professional"

Specific Objectives

- Study the biochemical and biological processes associated with stress and the consequences for the organism in response to the stress activation response
- Study the types of basic emotions and their role when the organism is in a stressful situation
- Know how the stress response progresses in the individual
- Study the threshold theory and psychological response mechanisms when the individual is in a stressful situation

Structure and Content

The development of the structure and content of this Postgraduate Certificate has been carried out by a team of experts in psychology versed in crisis intervention. They have been in charge of selecting both the additional material and the information of the syllabus, which has been adapted to the prestigious, innovative and effective *Relearning* methodology, in whose use TECH is a pioneer. Thanks to this, it is possible to offer a highly beneficial specialization for the mental health professional, through 150 hours in which they will work intensively on perfecting their competencies.

You will be able to implement in your practice the most effective techniques to modify physiological, cognitive and motor activation in stressful contexts"

Don't think twice and opt for a qualification designed not only with the needs of professionals like you in mind, but also with the needs of your patients in mind"

04
Study Methodology

TECH is the world's first university to combine the **case study** methodology with **Relearning**, a 100% online learning system based on guided repetition.

This disruptive pedagogical strategy has been conceived to offer professionals the opportunity to update their knowledge and develop their skills in an intensive and rigorous way. A learning model that places students at the center of the educational process giving them the leading role, adapting to their needs and leaving aside more conventional methodologies.

"

TECH will prepare you to face new challenges in uncertain environments and achieve success in your career"

The student: the priority of all TECH programs

In TECH's study methodology, the student is the main protagonist.
The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

"

At TECH you will NOT have live classes (which you might not be able to attend)"

The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.

" *TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want"*

Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.

Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

01 learning from evidence

02 relearning from evidence

08 competencies testing (retesting)

03 testing

07 case based learning through storytelling

04 learning from an expert

06 Von-Restorff effect

05 neurocognitive context dependent learning

A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.

The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule"

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that assess real situations and the application of knowledge.

2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.

3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.

4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.

The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

The students' assessment of the teaching quality, the quality of the materials, the structure of the program and its objectives is excellent. Not surprisingly, the institution became the top-rated university by its students according to the global score index, obtaining a 4.9 out of 5.

Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.

You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.

As such, the best educational materials, thoroughly prepared, will be available in this program:

Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.

Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.

Interactive Summaries

We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".

Additional Reading

Recent articles, consensus documents, international guides... In our virtual library you will have access to everything you need to complete your education.

20%

15%

15%

3%

20%

17%

7%

3%
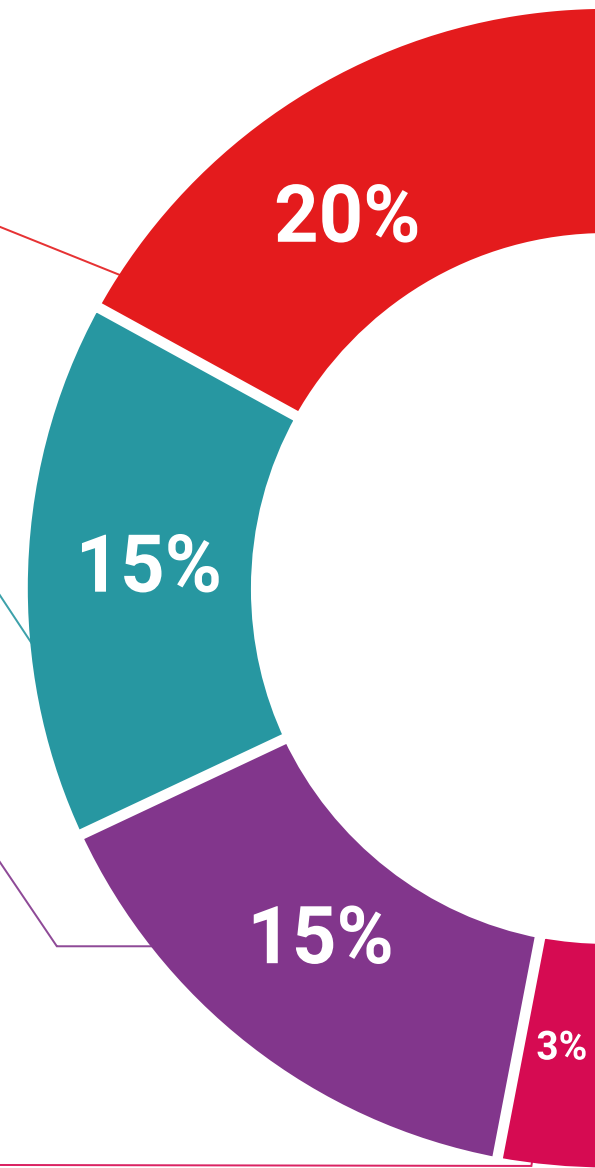
Case Studies

Students will complete a selection of the best case studies in the field.
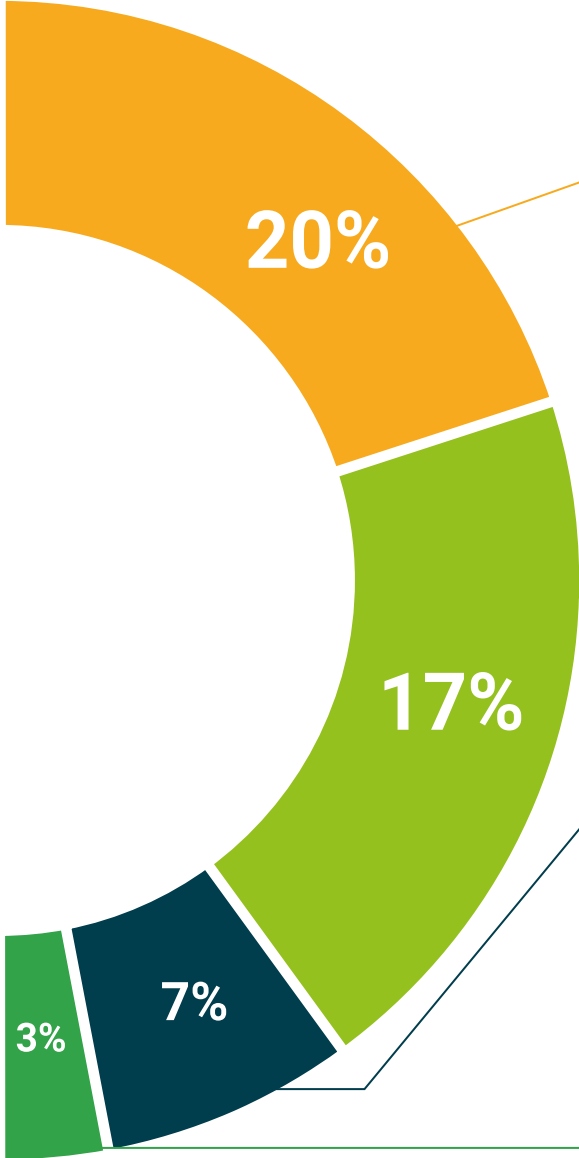Cases that are presented, analyzed, and supervised by the best specialists in the world.

Testing & Retesting

We periodically assess and re-assess your knowledge throughout the program. We do this on 3 of the 4 levels of Miller's Pyramid.

Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an expert strengthens knowledge and memory, and generates confidence for future difficult decisions.

Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical and effective way to help students progress in their learning.

05
Certificate

The Postgraduate Certificate in Concept of Stress and the Aftermath of the Critical Situation guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.

Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork"

This private qualification will allow you to obtain a **Postgraduate Certificate in Concept of Stress and the Aftermath of the Critical Situation** endorsed by **TECH Global University**, the world's largest online university.

TECH Global University is an official European University publicly recognized by the Government of Andorra (*official bulletin*). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.
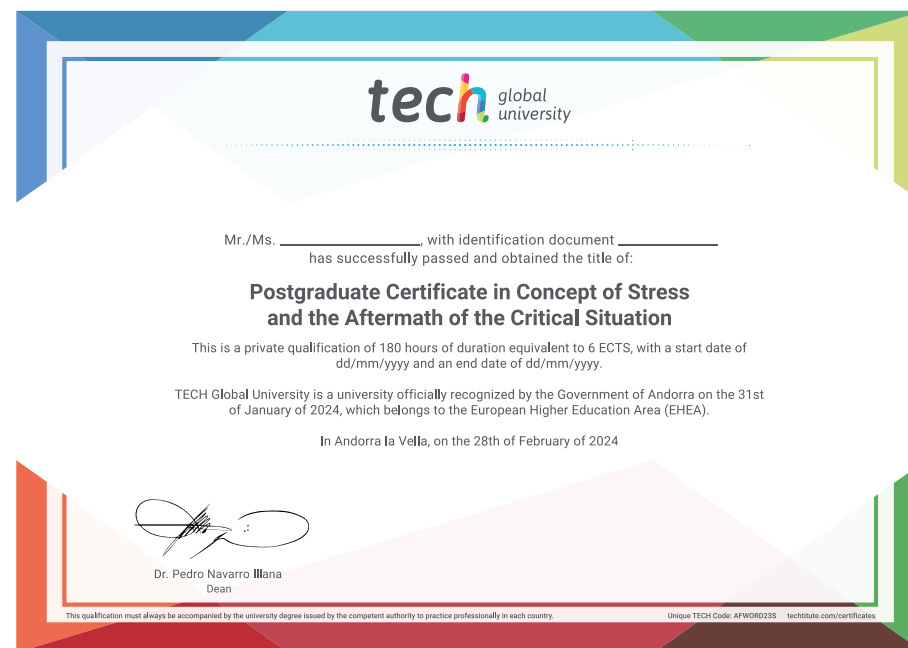
This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Concept of Stress and the Aftermath of the Critical Situation**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**

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Mr./Ms. _____, with identification document _____ has successfully passed and obtained the title of:

Postgraduate Certificate in Concept of Stress and the Aftermath of the Critical Situation

This is a private qualification of 180 hours of duration equivalent to 6 ECTS, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH Global University is a university officially recognized by the Government of Andorra on the 31st of January of 2024, which belongs to the European Higher Education Area (EHEA).

In Andorra la Vella, on the 28th of February of 2024

Dr. Pedro Navarro Illana
Dean

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country. Unique TECH Code: AFWORD23S techtitute.com/certificates

*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

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