



## Postgraduate Certificate

## Grief Management

» 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/grief-management

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Death is often inevitable when suffering from cancer. As a result, family members experience grief involving different emotions and behaviors. When it develops favorably, it allows people to close a cycle and move on with their lives. But in some cases, this is not the case and intervention is necessary. That is why, before it happens, family members of cancer patients should receive the necessary emotional support to help them cope with this difficult time. With this program, the student will get to know the theoretical principles to improve the mourner's coping capacity, laying the foundations to prevent a complicated bereavement.



## tech 06 | Introduction

Grief is an emotional response that a person experiences after suffering a loss. It may be accompanied by painful and intense feelings that come and go randomly. In families going through a cancer process, there is always the expectation of receiving the news of the death of their loved one. That is why mourning is fundamental to conclude this stage of their lives.

Due to the above, this Postgraduate Certificate in Grief Management will provide a psychoeducational experience that will help the healthcare professional understand what a normal grieving process is and which factors can complicate it. This will enable you to provide family members with the tools to cope with their grief in a healthy way.

Because of the emotional pain experienced after the death of a loved one, it is necessary to consider an approach that goes beyond the illness and the end of life. For this reason, there are models such as Bowly's model and the nuclear belief model, among others. All of them help to explain, empirically, the suffering of a person according to the degree of attachment.

At the end of the program, the student will be able to apply the appropriate techniques to deal with their patients and family members, making this program an excellent opportunity to guide the physician in such a complicated process.

This **Postgraduate Certificate in Grief Management** contains the most complete and up-to-date scientific program on the market. Its most notable features are:

- Practical cases presented by experts in Psycho-Oncology
- The graphic, schematic and eminently practical contents with which it is conceived gather scientific and practical information on those disciplines that are indispensable for professional practice
- Practical exercises where the self-assessment process can be carried out to improve learning
- Special emphasis on innovative methodologies for psychological treatment for families of cancer patients
- 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





The different theoretical principles developed by psychooncologists will help you, as a physician, to deal with the grief process of your patients"

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

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

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the course. For this purpose, students will be assisted by an innovative interactive video system created by renowned experts.

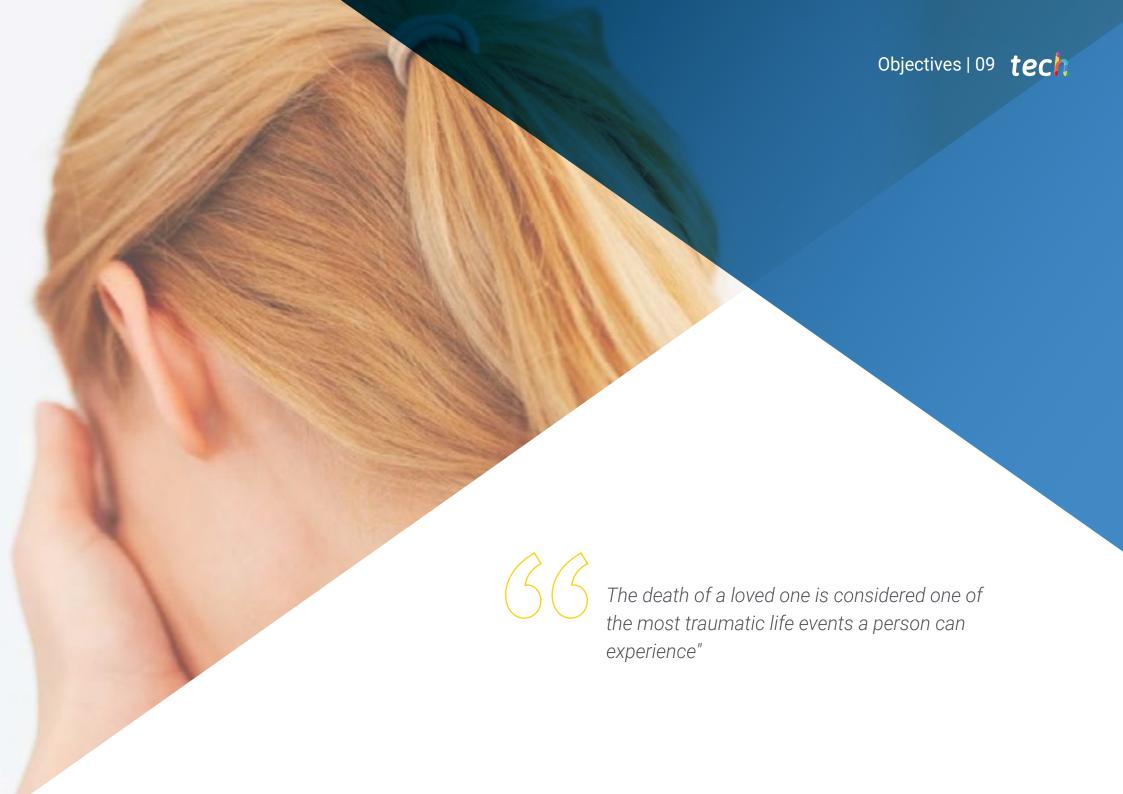
Identify the signs that may be lifethreatening to a person who has just lost a loved one.

Determine the most appropriate intervention, together with the psychooncology team, after the loss of a child with cancer.



## 02 Objectives

Thanks to this program, the student will learn the techniques and models used to cope with the sadness of family members who lose a loved one to cancer. In this way, they will be able to provide the appropriate support, showing empathy and compassion. Additionally, the student will be able to detect the physical signs a person presents when they are unable to properly overcome grief. As a result, the healthcare professional will be fully equipped to provide comprehensive care, enabling them to work alongside a multidisciplinary team in a hospital setting.



## tech 10 | Objectives

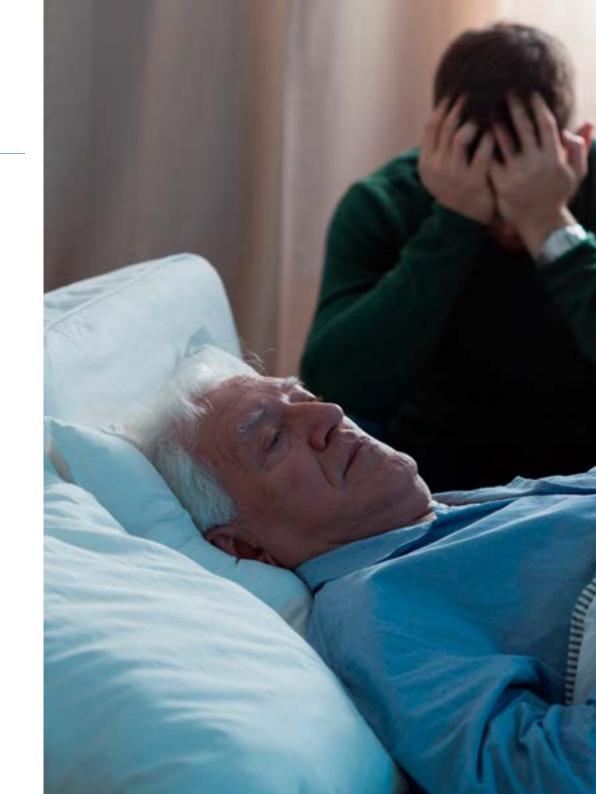


## **General Objectives**

- Deepen the consideration of various therapeutic options in the psychological treatment of cancer
- Contribute to the control of mood disturbances through appropriate psychological strategies
- Be able to assess and intervene in both adaptive and maladaptive emotions and behaviors



If family members who have just experienced a loss receive the appropriate support, they will be able to overcome grief and negative feelings"

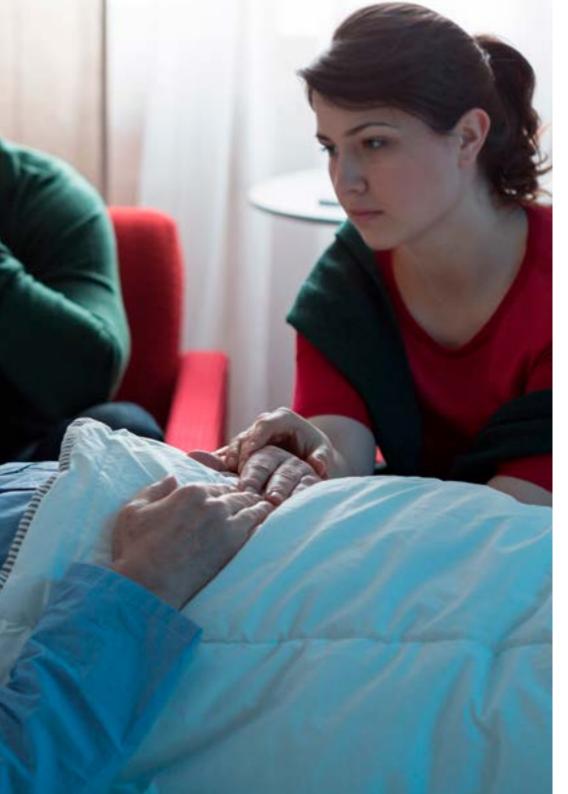




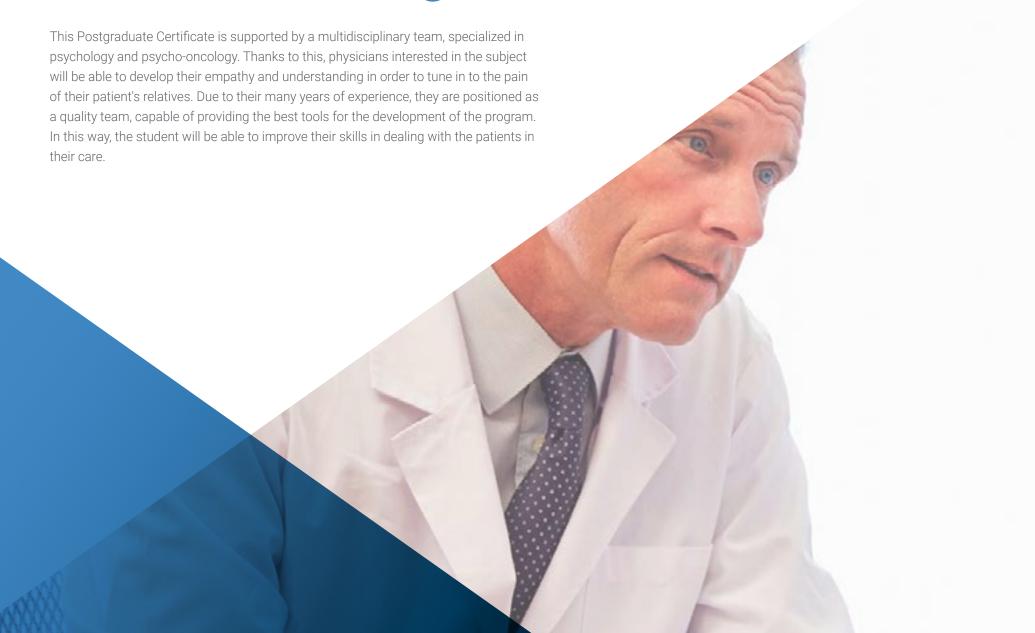


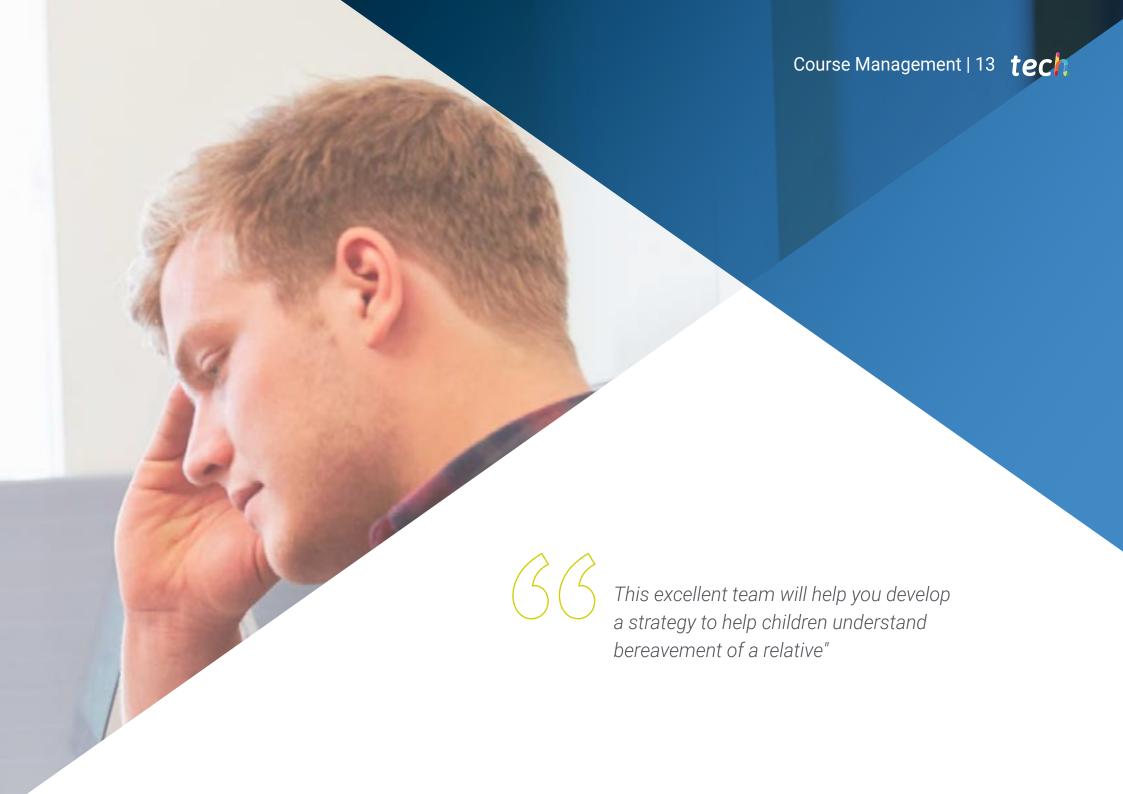
## **Specific Objectives**

- Prevent, to the extent possible, the onset of complicated grief before death occurs
- Continue prevention through emotional support after death, helping to prevent complicated grief by providing tools that assist the person in saying goodbye to their loved one
- Guide the completion of grief tasks
- Develop empathy, listening, and compassion skills to attune to the patient's pain, without becoming overly involved, while creating a sufficiently strong therapeutic bond to face any difficulties that may arise during the process



# 03 Course Management





## tech 14 | Course Management

#### Management



#### Mr. Garrido Jiménez, Sergio

- Provincial Coordinator of the Psycho-oncology and Palliative Care Section of the Illustrious Official College of Psychologists of Eastern Andalusia COPAO in Jaén
- General Health Psychologist for the Junta de Andalucía. NICA 43384
- Expert Psychologist in Psycho-oncology and Psychology in Palliative Care (General Council of Psychology of Spain CGCOP)
- Member of the Management Headquarters of the Association of Psychological Health Centers (ACESAP) of the UJA.
- Member of the Ethics Committee for Research with Medicines of the Province of Jaén (CEIM) and of the Research Ethics Committee of Jaén (CEI)
- Member of the Spanish Society of Psycho-Oncology (SEPO)
- Bachelor's Degree in Psychology. University of Jaen (UJA)
- Master's Degree in Psycho-Oncology Complutense University of Madrid (UCM)



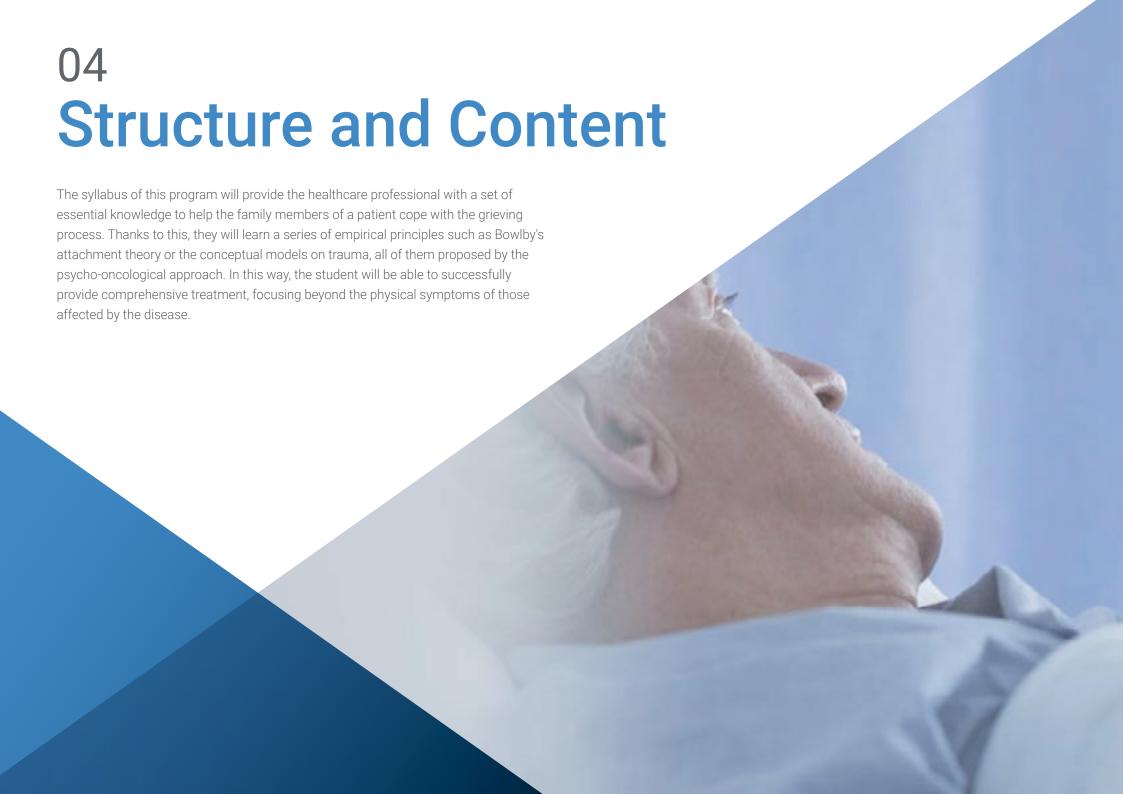
#### **Faculty**

#### Dr. Montes Berges, Beatriz

- Psychologist and Criminologist
- PhD in Psychology
- Professor of Social Psychology
- Gestalt Therapist
- Member of the Section of Psycho-Oncology and Palliative Care of the Western Andalusia Official College of Psychology
- Professor of Psychology in the Nursing Degree

#### Dr. Aranda López, María

- Assistant PhD Professor in the area of Social Psychology at the University of Jaén
- Member of the Psychology Cabinet of the University of Jaen.
- Member of the group PAIDI "HUM651: Psychosocial Analysis of Behavior in the Face of a New Reality" and "HUM836: Psychological Assessment and Intervention"
- PhD in Psychology
- Expert psychologist in Emergencies and Disasters
- Collaborator in various volunteer programs, health programs, programs for people at risk of social exclusion or vulnerable and employment guidance programs





### tech 18 | Structure and Content

#### Module 1. Grief Management

- 1.1. Death, Culture, and Society
  - 1.1.1. Health Professionals in the Face of Death
- 1.2. Psychological Assessment of Grief
  - 1.2.1. Interview and Specific Instruments for Assessment
- 1.3. Common Reactions to Grief
  - 1.3.1. Normal Grief and Complicated Grief
  - 1.3.2. Vulnerability Factors
  - 1.3.3. Differential Diagnosis Between Grief and Depression
- 1.4. Main Theoretical Models About Grief
  - 1.4.1. Bowlby's Attachment Theory
  - 1.4.2. Nuclear Beliefs and Meaning Reconstruction
  - 1.4.3. Conceptual Models of Trauma
- 1.5. Objectives of Intervention in Grief and Recommended Interventions
  - 1.5.1. Facilitating the Normal Process of Grief. Prevention of Complicated Grief
  - 1.5.2. Intervention Suggestions Before and After Death
  - 1.5.3. Grief Psychotherapy from an Integrative Relational Model
- 1.6. Group Intervention in Grief Support
  - 1.6.1. Psychological Intervention in Grief After the Loss of a Child
- 1.7. Stages of Grief
  - 1.7.1. Grief Tasks
- 1.8. Grief in Children
- 1.9. Suicide and Cancer
- 1.10. Psychopharmacology in Grief Support

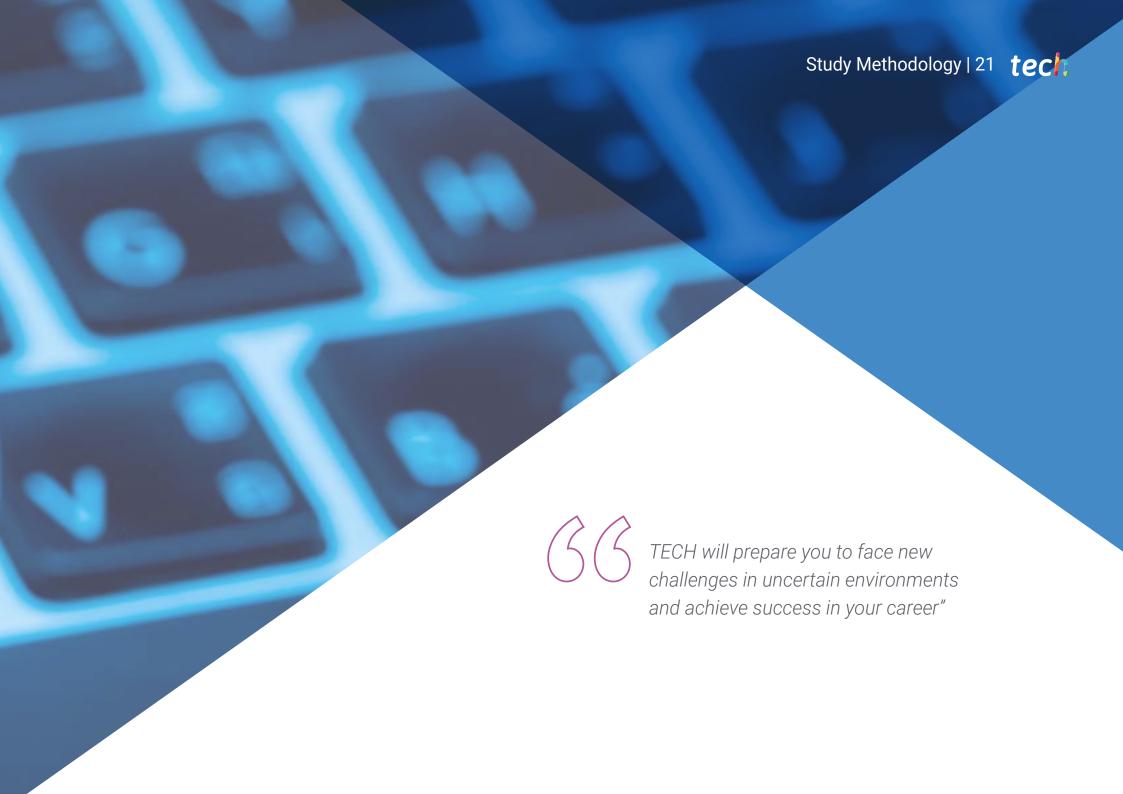






Provide appropriate individual and group support to prevent life-threatening actions"



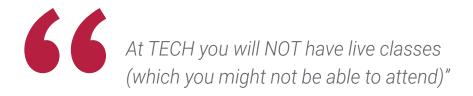


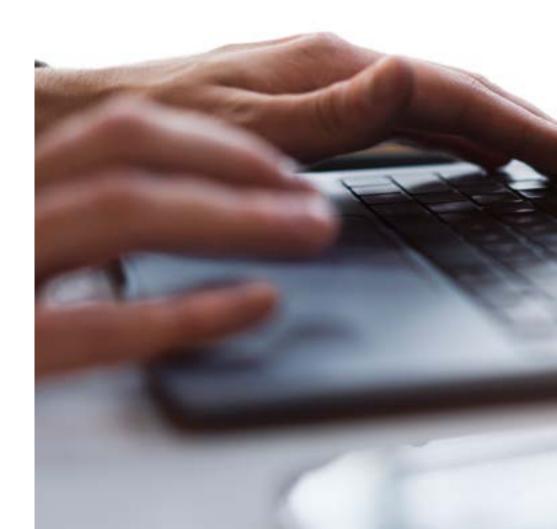
#### The student: the priority of all TECH programs

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.







#### 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"

## tech 24 | Study Methodology

#### 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.





#### 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.

### Study Methodology | 27 tech

#### 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**

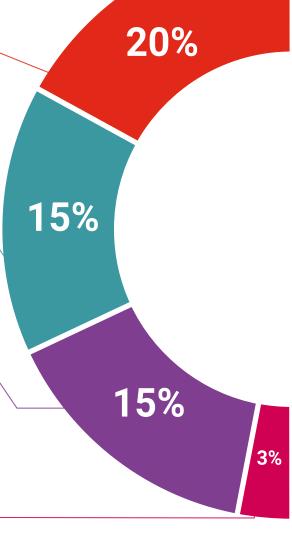
You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



#### **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.

#### **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



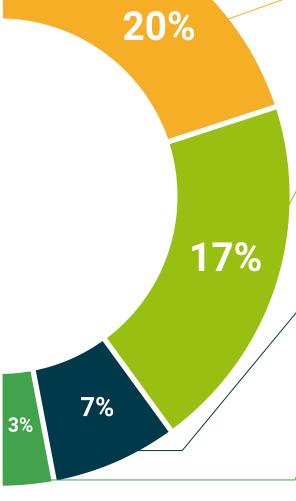
There is scientific evidence suggesting that observing third-party experts can be useful.

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.







## tech 32 | Certificate

This private qualification will allow you to obtain a diploma for the **Postgraduate Certificate in Grief Management** 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 private qualification from **TECH Global University**, 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 Grief Management

Modality: Online

Duration: 6 weeks

Accreditation: 6 ECTS



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

#### **Postgraduate Certificate in Grief Management**

This is a private qualification of 150 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



<sup>\*</sup>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.

health confidence people
health confidence people
education information tutors
guarantee accreditation teaching
institutions technology learning
community commitment



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