

# Postgraduate Certificate

## Postvention of Suicidal Behavior





## Postgraduate Certificate Postvention of Suicidal Behavior

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

Website: [www.techtute.com/us/medicine/postgraduate-certificate/postvention-suicidal-behavior](http://www.techtute.com/us/medicine/postgraduate-certificate/postvention-suicidal-behavior)

# Index

01

Introduction to the Program

---

*p. 4*

02

Why Study at TECH?

---

*p. 8*

03

Syllabus

---

*p. 12*

04

Teaching Objectives

---

*p. 16*

05

Study Methodology

---

*p. 20*

06

Teaching Staff

---

*p. 30*

07

Certificate

---

*p. 34*

01

# Introduction to the Program

Suicide is a complex phenomenon that has a profound impact not only on the victims, but also on their families and communities. It is estimated that for every completed suicide, there are at least 20 failed attempts. This highlights the need to design highly effective and sustained preventive strategies. In this context, Postvention is emerging as a fundamental tool for specialists, as it reduces the risk of complicated grief and new self-harming behaviors. Faced with this challenge, professionals must master cutting-edge approaches that optimize the management of the owner and strengthen support networks. For this reason, TECH has developed an innovative 100% online Postgraduate Certificate focused on the Postvention of Suicidal Behavior.



“

*Through this completely online program,  
you will create long-term follow-up plans  
that significantly reduce the risk of new  
self-harm attempts”*

According to a new report by the World Health Organization, more than 90% of people who die by Suicide suffer from an underlying Psychiatric Disorder. This reality highlights the need to address not only primary prevention, but also postvention as an essential pillar of medical care. Likewise, it has been shown that up to 30% of survivors of suicidal attempts are at high risk of repeating them, which reinforces the importance of specialized intervention. Given this, physicians play a crucial role in providing psychological support, appropriate treatments, and grief management strategies. In this way, they help to reduce recurrence and strengthen the patient's support networks.

In this context, TECH presents a cutting-edge program in Postvention of Suicidal Behavior. Conceived by leaders in this field, the academic itinerary will delve into the most modern community support techniques to optimize the long-term well-being of survivors. At the same time, the syllabus will delve into the structure of a support group for survivors, which will guarantee an environment of continuous emotional support. Also, the teaching materials will provide practitioners with advanced tools to implement personalized interventions, based on the analysis of the specific needs of each survivor. Thanks to this, graduates will develop the ability to create highly effective support programs, designed to meet the emotional and psychological needs of suicide survivors.

On the other hand, the university program is based on the ground-breaking Relearning system created by TECH. In this way, graduates will assimilate knowledge progressively and naturally, without having to invest long hours in study. In this sense, the only thing that physicians will need is to have an electronic device capable of connecting to the internet. In addition, on the Virtual Campus they will enjoy access to a wide range of multimedia resources such as explanatory videos, interactive summaries and specialized readings. Without a doubt, it is an immersive experience that will allow graduates to experience a notable leap in quality in their careers as physicians.

This **Postgraduate Certificate in Postvention of Suicidal Behavior** 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 Postvention of Suicidal Behavior
- ♦ 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 the self-assessment process can be carried out 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



*You will carry out long-term medical follow-ups, ensuring that the people affected receive the necessary support for their recovery”*

“

*You will use the most modern techniques to sensitize family members about the grieving process and the possible therapeutic interventions available”*

It includes in its teaching staff professionals belonging to the field of Postvention of Suicidal Behavior, who pour into this program the experience of their work, in addition to recognized specialists from reference 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 an immersive learning experience designed to prepare for real-life situations.

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

*You will reinforce your key knowledge through TECH's innovative Relearning methodology, achieving an effective assimilation of the subject.*

*You will delve into the legal protocols of Postvention, guaranteeing confidentiality and respect for the rights of users.*



02

# Why Study at TECH?

TECH is the world's largest online university. With an impressive catalog of more than 14,000 university programs available in 11 languages, it is positioned as a leader in employability, with a 99% job placement rate. In addition, it relies on an enormous faculty of more than 6,000 professors of the highest international renown.



“

*Study at the world's largest online university  
and guarantee your professional success.  
The future starts at TECH”*

### The world's best online university, according to FORBES

The prestigious Forbes magazine, specialized in business and finance, has highlighted TECH as "the best online university in the world" This is what they have recently stated in an article in their digital edition in which they echo the success story of this institution, "thanks to the academic offer it provides, the selection of its teaching staff, and an innovative learning method oriented to form the professionals of the future".

### The best top international faculty

TECH's faculty is made up of more than 6,000 professors of the highest international prestige. Professors, researchers and top executives of multinational companies, including Isaiah Covington, performance coach of the Boston Celtics; Magda Romanska, principal investigator at Harvard MetaLAB; Ignacio Wistumba, chairman of the department of translational molecular pathology at MD Anderson Cancer Center; and D.W. Pine, creative director of TIME magazine, among others.

### The world's largest online university

TECH is the world's largest online university. We are the largest educational institution, with the best and widest digital educational catalog, one hundred percent online and covering most areas of knowledge. We offer the largest selection of our own degrees and accredited online undergraduate and postgraduate degrees. In total, more than 14,000 university programs, in ten different languages, making us the largest educational institution in the world.



### The most complete syllabuses on the university scene

TECH offers the most complete syllabuses on the university scene, with programs that cover fundamental concepts and, at the same time, the main scientific advances in their specific scientific areas. In addition, these programs are continuously updated to guarantee students the academic vanguard and the most demanded professional skills. and the most in-demand professional competencies. In this way, the university's qualifications provide its graduates with a significant advantage to propel their careers to success.

### A unique learning method

TECH is the first university to use Relearning in all its programs. This is the best online learning methodology, accredited with international teaching quality certifications, provided by prestigious educational agencies. In addition, this innovative academic model is complemented by the "Case Method", thereby configuring a unique online teaching strategy. Innovative teaching resources are also implemented, including detailed videos, infographics and interactive summaries.

#### The official online university of the NBA

TECH is the official online university of the NBA. Thanks to our agreement with the biggest league in basketball, we offer our students exclusive university programs, as well as a wide variety of educational resources focused on the business of the league and other areas of the sports industry. Each program is made up of a uniquely designed syllabus and features exceptional guest hosts: professionals with a distinguished sports background who will offer their expertise on the most relevant topics.

#### Leaders in employability

TECH has become the leading university in employability. Ninety-nine percent of its students obtain jobs in the academic field they have studied within one year of completing any of the university's programs. A similar number achieve immediate career enhancement. All this thanks to a study methodology that bases its effectiveness on the acquisition of practical skills, which are absolutely necessary for professional development.



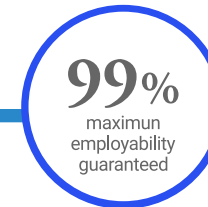
#### Google Premier Partner

The American technology giant has awarded TECH the Google Premier Partner badge. This award, which is only available to 3% of the world's companies, highlights the efficient, flexible and tailored experience that this university provides to students. The recognition not only accredits the maximum rigor, performance and investment in TECH's digital infrastructures, but also places this university as one of the world's leading technology companies.



#### The top-rated university by its students

Students have positioned TECH as the world's top-rated university on the main review websites, with a highest rating of 4.9 out of 5, obtained from more than 1,000 reviews. These results consolidate TECH as the benchmark university institution at an international level, reflecting the excellence and positive impact of its educational model.



# 03 Syllabus

The teaching materials that make up this university program have been developed by renowned experts in Postvention of Suicidal Behavior. The academic itinerary will delve into the most cutting-edge techniques to provide professional accompaniment in the grieving process after a Suicide. Likewise, the syllabus will address multiple strategies for the early detection of self-injurious behavior. Thanks to this, graduates will be able to identify and treat the signs of self-harming behavior in survivors at an early stage, promoting the prevention of new suicide attempts.



“

*You will analyze Postvention policies  
in different contexts, ensuring an  
optimal multidisciplinary approach”*

## Module 1. Postvention of Suicidal Behavior

- 1.1. After Suicide
  - 1.1.1. Immediate Emotional Impact on Loved Ones
  - 1.1.2. Long-Term Psychological Consequences
  - 1.1.3. Management of Complicated Grief
  - 1.1.4. Professional Support in Suicide Bereavement
- 1.2. Postvention in Survivors
  - 1.2.1. Definition of Suicide Survivor
  - 1.2.2. Risk Factors in Survivors
  - 1.2.3. Early Intervention Strategies
  - 1.2.4. Community Support for Survivors
- 1.3. Postvention for Family Members
  - 1.3.1. Family Bereavement and Particularities of Suicide
  - 1.3.2. Impact on Family Dynamics
  - 1.3.3. Emotional Support and Psychoeducation
  - 1.3.4. Group Treatment and Family Therapy
- 1.4. Caring for the Caregiver
  - 1.4.1. Stress and Emotional Burnout in Professionals
  - 1.4.2. Protective Factors for the Caregiver
  - 1.4.3. Self-Care Techniques and Burnout Prevention
  - 1.4.4. Clinical Supervision and Peer Support
- 1.5. Partnership
  - 1.5.1. Survivor Support Networks
  - 1.5.2. National and International Support Associations
  - 1.5.3. Awareness and Remembrance Events
  - 1.5.4. The Role of NGOs in Postvention
- 1.6. How to Create a Survivors' Group
  - 1.6.1. Structure of a Survivors' Support Group
  - 1.6.2. Facilitator Requirements and Training
  - 1.6.3. Group Moderation and Facilitation Techniques
  - 1.6.4. Evaluation of the Effectiveness of the Support Group



- 
- 1.7. First Person Experiences
    - 1.7.1. Survivor Testimonials
    - 1.7.2. Stories of Recovery and Resilience
    - 1.7.3. The Use of Testimony in Prevention and Postvention
    - 1.7.4. Impact of Sharing Experiences
  - 1.8. The Therapeutic Group
    - 1.8.1. Characteristics of an Effective Therapeutic Group
    - 1.8.2. Differences between Therapeutic Group and Support Group
    - 1.8.3. Group Dynamics in the Bereavement Process
    - 1.8.4. Integration of Cognitive-Behavioral Therapy in Groups
  - 1.9. Postvention in the Educational Setting
    - 1.9.1. Protocols of Action after the Suicide of a Student
    - 1.9.2. Impact on the Educational Community
    - 1.9.3. Psychological and Preventive Interventions in Schools
    - 1.9.4. Support for Teachers and Students after Suicide
  - 1.10. Postvention in the Workplace
    - 1.10.1. Bereavement Management in the Workplace
    - 1.10.2. Employee Support Policies
    - 1.10.3. The Role of Human Resources Departments
    - 1.10.4. Promoting Emotional Well-Being after a Traumatic Event

“You will develop intervention protocols in postvention situations, from the first consultation to the continuous monitoring of patients and their families”

# 04 Teaching Objectives

This program will give physicians in-depth knowledge about intervention and support for patients and communities affected by the suicide of a loved one. In turn, graduates will acquire innovative tools to manage grief, promote resilience and prevent future cases. In addition, professionals will master the most advanced medical, psychological and social care strategies to mitigate the emotional impact and reduce the risk of suicidal behavior in survivors.



“

*You will implement emotional support techniques, such as psychological accompaniment in the early stages of grief”*



## General Objectives

---

- ♦ Delve into the risk factors, underlying causes, and warning signs of Suicide, both at the individual and societal level
- ♦ Identify early signs of risk and apply effective interventions that prevent suicide in a variety of settings, including clinical, educational and community
- ♦ Delve into postvention support management, providing tools to help people affected by the suicide of a loved one
- ♦ Provide psychological care to patients with suicidal thoughts, using therapeutic approaches such as cognitive-behavioral therapy and other validated interventions
- ♦ Manage educational and preventive strategies to promote awareness and reduce stigma related to Suicide and Mental Disorders
- ♦ Master techniques to help families and communities cope with bereavement following suicide, promoting resilience and emotional well-being in those affected





### Specific Objectives

---

- ♦ Implement programs to support people who have suffered the loss of a loved one by suicide
- ♦ Identify risk factors for suicide contagion in suicide-affected settings
- ♦ Develop skills to reduce stigma and promote healthy bereavement in affected communities
- ♦ Evaluate the effectiveness of Postvention programs in preventing suicide contagion



*You will enjoy a fun way of refreshing your knowledge thanks to the multimedia resources offered by this university program, such as explanatory videos and interactive summaries"*

# 05 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.*



## 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.

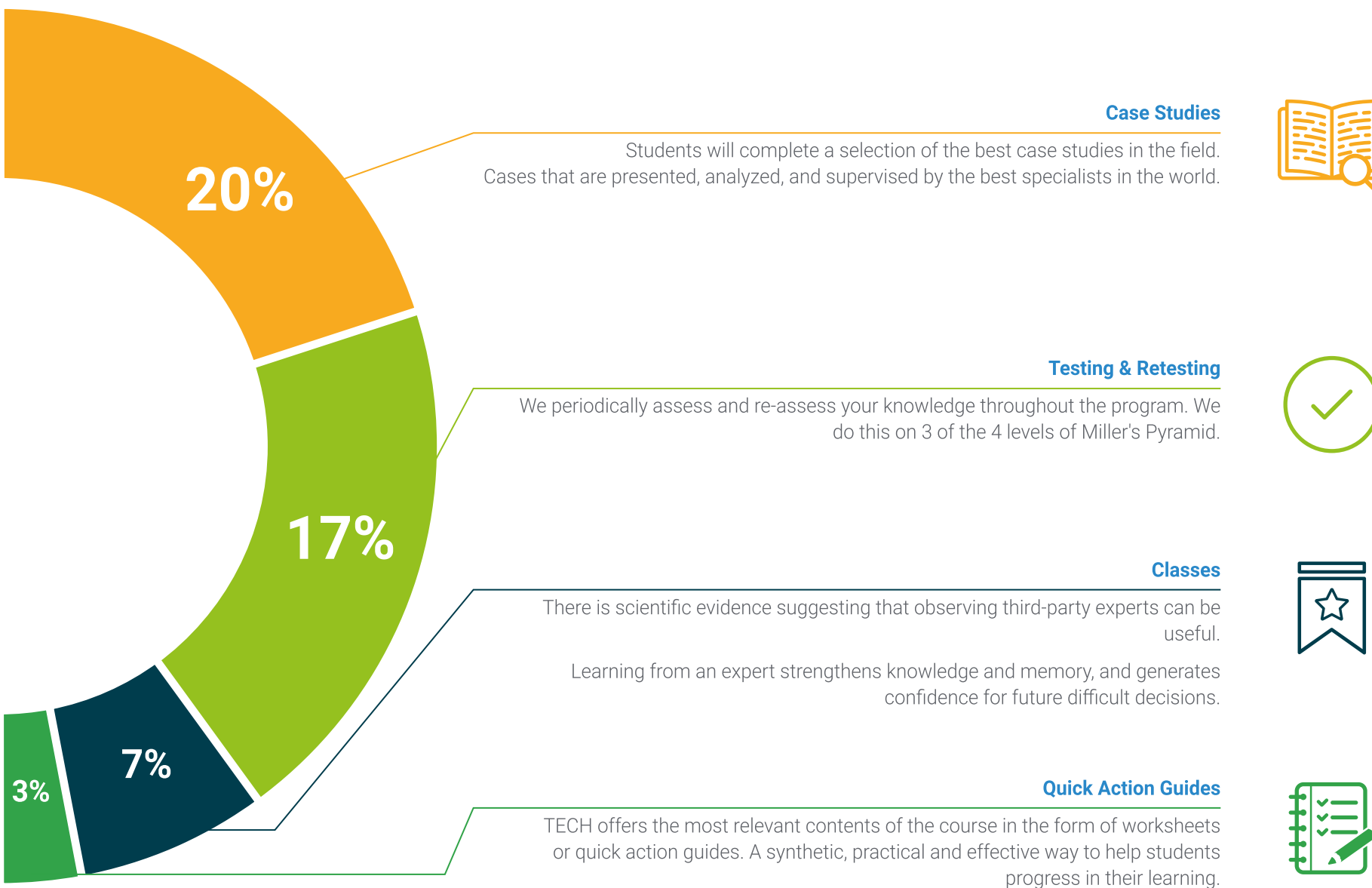
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

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





06

# Teaching Staff

TECH's fundamental principle is to offer complete and up-to-date university programs, which requires the meticulous selection of its teaching team. Thanks to this approach, this Posgraduate Certificate brings together the most renowned professionals in the field of Postvention of Suicidal Behavior. As a result, they have created high-quality teaching materials, designed to meet the needs of today's workplace. Without a doubt, this is an intensive experience that will allow practitioners to significantly improve their daily clinical practice.

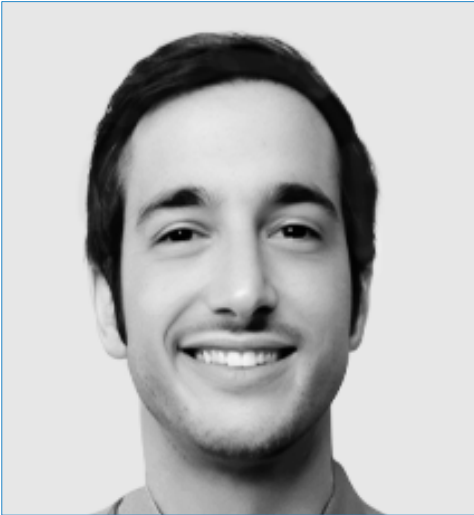


A close-up photograph of two hands being held together in a supportive grip. One hand is resting on top of the other, with fingers slightly curled. The skin is light-toned. The person holding the hands is wearing a light blue long-sleeved shirt. The background is blurred, showing more of the person's arm and torso. The image is partially obscured by a large blue diagonal graphic element on the right side of the page.

“

*The teaching team for this program  
is made up of renowned experts in  
Postvention of Suicidal Behavior”*

## Management



### Dr. Alberdi Páramo, Iñigo

- ♦ Area Specialist in Psychiatric Hospitalization Unit/Psychogeriatrics at the Institute of Psychiatry and Mental Health of the San Carlos Clinical Hospital
- ♦ Area Specialist in Outpatient Psychiatry Liaison Psychiatry and Specialized Service in Mental Health in Intellectually Handicapped at the University Hospital La Princesa
- ♦ Area Specialist of Psychiatry in CSM Chamberí - Carabanchel
- ♦ Author and co-author of numerous scientific articles and book chapters
- ♦ Professor in undergraduate and postgraduate university studies.
- ♦ Doctor in Medicine - Psychiatry by the Complutense University of Madrid
- ♦ University Specialist in Clinical and Psychoanalytic Psychotherapy by the Pontifical University of Comillas

## Professors

### Ms. Pérez Luna, Laura

- ♦ Clinical Psychologist at the University Hospital Infanta Leonor
- ♦ Expert in Systemic Intervention
- ♦ Responsible for the Perinatal Intervention Program
- ♦ Degree in Psychology from the Autonomous University of Madrid



“

*A unique, crucial and decisive  
learning experience to boost  
your professional development”*

# 07 Certificate

The Postgraduate Certificate in Postvention of Suicidal Behavior 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 Postvention of Suicidal Behavior** 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 Postvention of Suicidal Behavior**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**





## Postgraduate Certificate

### Postvention of Suicidal Behavior

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

# Postgraduate Certificate

## Postvention of Suicidal Behavior