

Internship Program Cognitive-Behavioral Treatment of Addictions



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Treatment of Addictions

Index

01

Introduction

p. 4

02

Why Study an Internship Program?

p. 6

03

Objectives

p. 8

04

Educational Plan

p. 12

05

Where Can I Do the Internship Program?

p. 14

06

General Conditions

p. 18

07

Certificate

p. 20

01 Introduction

The harmful and proven impact of addictions has prompted the medical sciences to seek more comprehensive therapeutic procedures for their treatment. This has led to the emergence of more precise and rigorous assistance interventions. Pharmacological treatments have also been incorporated in this area. In contrast to this continuous evolution, specialists find it difficult to keep up to date because the relevant programs are highly theoretical. For this reason, TECH offers this academic method, a pioneer of its kind, in which the professional will dedicate 3 weeks to the face-to-face and practical study of all these competencies. The internship will take place in an advanced hospital center and will be accompanied by leading experts.



Update your practical skills for the management of patients addicted to opiate substances through this excellent Internship Program"





With regard to the treatment of addictions, medical sciences have made numerous discoveries in recent years. Some of the most striking innovations are the advances in the study of neuromodulators involved in the development of dependence to substances such as alcohol, tobacco, opiates, among others. Based on these research advances, academics have developed more effective intervention strategies as well as more durable relapse prevention mechanisms. Paradoxically, many specialists are not up to date with these new developments due to a teaching context in which programs with an excessive theoretical load prevail.

In response to this problem, TECH has designed a 100% practical program where the professional will develop new skills from day one. This intensive classroom-based academic program includes a 3-week internship in a prestigious hospital. You will address real cases and actively participate in their intervention, recovery and follow-up process. For this purpose, you will have 8 consecutive 8-hour working days, from Monday to Friday.

During this time, you will be able to discuss protocols and gain experience with the best experts in addiction treatment. You will also be able to rely on the educational support of an assistant tutor. This academic figure will be in charge of supervising their progress and integrating them in an exceptional way into the dynamics of this hospital activity. From this Internship Program, the specialist will experience a considerable evolution of their skills that will lead them to greater success in the care they provide.

02

Why Study an Internship Program?

Scientific advances in addiction treatment have made possible the development of more effective cognitive-behavioral therapies. At the same time, in a context where this medical area is in continuous evolution, health professionals have difficulty in keeping up to date. TECH has developed a 100% practical educational product for them, to bring specialists up to date on all these aspects. This academic process will be carried out by means of a 3-week intensive internship in prestigious hospitals and together with distinguished experts in this medical area.



With TECH you will expand your skills in the management of children and teenagers with severe addictions to video games, information technologies and Internet consumption"

1. Updating from the Latest Technology Available

In recent years, the evolution of techniques to prevent addictions through the study of neuromodulatory impulses in the brain is latent. Pharmacological protocols with greater impact and therapeutic interventions with better results have also appeared. Professionals who want to be up-to-date with all this knowledge will find the most advanced applications in this 100% practical and on-site program.

2. Gaining In-depth Knowledge from the Experience of Top Specialists

During this program, the specialist will have direct access to professionals with prestigious experience. Together with them, they will work on real cases of varying complexity. They will also be guided at all times by a designated tutor who will rigorously monitor their academic progress.

3. Entering First-Class Clinical Environments

TECH has made a careful selection of all the centers that are now available for professionals to complete this Internship Program. These health facilities were chosen for their results and international prestige which, in turn, were achieved through an excellent staff of experts. Also, for their rigor and thoroughness in implementing the most up-to-date care protocols.



4. Putting the acquired knowledge into daily practice from the very first moment

Although the educational environment offers programs related to the treatment of addictions, none of them emphasizes the updating of the physician in a 100% practical method. Therefore, TECH sets itself apart from its competitors by providing a unique educational qualification of its kind, which will allow the professional to deal directly with real patients from the first hour of this internship.

5. Expanding the Boundaries of Knowledge

TECH's educational programs aim for its graduates to achieve international prestige by completing their Internship Program. To this end, it has devised an intensive educational model that will facilitate the professional's internship in advanced medical institutions, located in different geographic latitudes.

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You will have full practical immersion at the center of your choice”

03

Objectives

The general objective of this Internship Program is to favor the updating of specialists on the latest findings related to the management of addictions. In line with the most recent scientific evidence, the professional will address all these advances through an exceptional, intensive and immersive internship.



General Objectives

- ♦ Define the basic concepts commonly used by the scientific community in the area of addictions and formulate the different aspects to be taken into account by the expert in the assessment and intervention in these cases
- ♦ Offer a base of knowledge and procedures that provide the student with the necessary security and solidity to deal with real cases
- ♦ Reflect and practice different situations of intervention in cases of addictions
- ♦ Establish the differentiating criteria between the prevention and treatment of addictions, as well as the levels of prevention which already exist
- ♦ Provide the student with the keys to the evaluation framework in the case of addictions
- ♦ Show the criteria for the choice of therapeutic goals when facing an addiction intervention





Specific Objectives

- ♦ Analyze practical cases where you can observe the differences between good and bad praxis
- ♦ Provide information on the current state of the drug market, as well as on plans to control drugs and addictions
- ♦ Adequately measure the phenomenon of addictions and to show the impact of addictions on the population
- ♦ Describe the cognitive, affective and relational processes affected in cases of addictions
- ♦ Establish the legal aspects to be taken into account in the evaluation and intervention in addiction cases
- ♦ Understand the effects of substances on the brain and the interrelation of the main neurological centers involved in addictions
- ♦ Detail the psychological evaluation techniques and instruments to be used by the student in their daily practice, as well as the areas of evaluation, in order to carry out a correct differential diagnosis, as well as the detection of dual pathology
- ♦ Define the role of the psychologist in the assessment and intervention of addictions
- ♦ Identify the necessary criteria to carry out a preventative intervention as , well as the most appropriate type of intervention in each case
- ♦ Propose therapeutic procedures and techniques from other areas which could help to improve the efficiency of the treatment, to prevent relapses and maintain the results

- ♦ Approach other pathologies present in tobacco addiction, as well as prevent relapses and maintenance protocols
- ♦ Define the historical and social aspects related to smoking
- ♦ Establish the prevalence of tobacco use in the world
- ♦ Understand tobacco prejudice and study explanatory models of smoking behavior
- ♦ Establish the relationship between tobacco and different psychological and psychiatric diseases
- ♦ Approach tobacco addiction from biological, behavioral and psychotherapeutic perspectives
- ♦ Define and classify the different types of alcoholic beverages to identify the problems related to them
- ♦ Get to know the impact and effects on health in healthy people
- ♦ Identify the neurobiology behind alcohol consumption
- ♦ Perform a psychological assessment of patients with alcohol addiction in order to refer them to appropriate treatment
- ♦ Address the different pathologies that are present in alcohol addiction
- ♦ Define and classify the types of drugs that lead to cannabis addiction
- ♦ Classify cannabis-related problems, their impact and the health effects of cannabis addiction
- ♦ Understand the disorders related to cannabis addiction
- ♦ Assess and treat the person suffering from cannabis addiction through different treatments such as pharmacological or psychological treatment
- ♦ Define other interventions and types of intervention programs
- ♦ Address other pathologies present in cannabis addiction
- ♦ Make a classification of the most frequent psychostimulant substances
- ♦ Establish the most common forms of consumption of psychostimulant substances
- ♦ Establish the impact and effects of psychostimulant substances on health
- ♦ Define the neurobiology of addiction to psychostimulant substances
- ♦ Address different treatments to manage addiction to psychostimulant substances and perform proper relapse prevention and maintenance
- ♦ Perform a classification of opiates and opioids
- ♦ Establish the most common forms of consumption of these substances
- ♦ Develop the impact and effects of heroin and morphine on health
- ♦ Define the neurobiology of heroin and morphine addiction
- ♦ Address different treatments for the management of heroin and morphine addiction, with proper relapse prevention and maintenance
- ♦ Expose the different types of assessment to be performed in the case of addictions, as well as provide the necessary knowledge for the correct interpretation of tests that should not be performed by the professional



- ♦ Recognize the signs which indicate prescription of an addiction treatment
- ♦ Identify the real situation of the addict and their motivation for change in order to assign the most appropriate therapeutic goals to their case
- ♦ Guide the student to incorporate practices that have proven to be effective in addiction cases for a successful approach to addictions
- ♦ Analyze the attitudes and actions which favor efficient multidisciplinary intervention

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Throughout this intensive internship you will be up-to-date on the latest time-limited psychotherapy procedures in the approach to smoking”

04

Educational Plan

This Internship Program includes a face-to-face and intensive internship in a prestigious health care center. This educational process will consist, in turn, of 8 consecutive 8-hour days, from Monday to Friday, for a total of 3 weeks. During this period, the doctor will update their skills in dealing with patients with severe dependence on harmful substances.

In this completely practical Internship Program, the activities are aimed at developing and perfecting the skills necessary to provide healthcare in areas and conditions that require highly qualified professionals, and are oriented towards specific expertise for practicing the activity, in a safe environment for the patient and with highly professional performance.

For this update, the professional will have at their disposal a team of experts with extensive experience. They will enable them to acquire the essential skills for the management of therapeutic intervention protocols. They will also have an assistant tutor who will directly and personally supervise their progress in this program.

The practical teaching will be carried out with the active participation of the student performing the activities and procedures of each area of competence (learning to learn and learning to do), with the accompaniment and guidance of teachers and other training partners that facilitate teamwork and multidisciplinary integration as transversal competencies for medical practice (learning to be and learning to relate).

The procedures described below will form the basis of the practical part of the internship, and their implementation is subject to both the suitability of the patients and the availability of the center and its workload, with the proposed activities being as follows:



Receive specialized education in an institution that can offer you all these possibilities, with an innovative academic program and a human team that will help you develop your full potential"



Module	Practical Activity
Assessment, Prevention and Psychological Treatment in Addictions	Determine, through laboratory tests, the impact of addictions on the general health of patients
	Evaluate personality and neuropsychological disorders by means of related tests such as interviews, questionnaires and specific surveys
	Examine the psychosocial environment in which patients develop in order to impact them in a precise way
	Assess the neurobiological characteristics of the brain of addicted people
Techniques for approaching smoking cessation	Use Cognitive-Behavioral Therapy in patients addicted to tobacco with psychological support requirements
	Evaluate the use of nicotine replacement or nicotine substitution medications
	Implement treatment with Time-Limited Psychotherapy for people addicted to tobacco
Techniques for the management of patients addicted to alcohol	Prescribe the latest generation of oral medications that in most cases eliminate the neurobiological impulses of the urge to drink
	Use injectable pharmacological products such as Vivitrol, which several scientific articles have shown to be effective in helping to quit alcohol
	Design and implement a protocol for psychological help that includes accompaniment, support and assessment of other neurological disorders
	Monitor the general health status of patients and assess what other impacts excessive alcohol consumption has had on the body
Trends in addressing addictions to cannabis, psychostimulants and opioids in general	Develop Abstinence Therapies under strict supervision of patients
	Treat opioid overdoses with state-of-the-art injectable products such as Naloxone
	Propose to patients ways to deal with their drug compulsion through Cognitive Behavioral Therapy
	Facilitate addicts' access to self-help groups such as Narcotics Anonymous
	Prevent relapses through close follow-up of patients
Trends in the management of non-substance addictions: pathological gambling, internet, new technologies, emotional dependence, etc	Recommend to patients the use of oral antidepressant and mood-stabilizing medications
	Indicate cognitive-behavioral treatment and other psychotherapies for patients with strong emotional codependencies
	Conduct family, group or individual therapy sessions with this kind of addicts
	Promote access to self-help groups related to this type of addiction

05 Where Can I Do the Internship Program?

The intensive face-to-face internship of this Internship Program may be carried out in advanced medical institutions, chosen by TECH based on their results in the treatment of addictions. The selected facilities, in addition to having international prestige, have the latest therapeutic resources, and all of their health personnel are qualified in the application of innovative techniques and tools in this area of health.



Enroll in this program and you will be able to immediately handle the most advanced procedures and protocols related to alcohol addictions”





The student will be able to do this program at the following centers:



Medicine

Hospital HM Modelo

Country: Spain City: La Coruña

Address: Rúa Virrey Osorio, 30, 15011, A Coruña

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Anaesthesiology and Resuscitation
- Palliative Care



Medicine

Hospital HM Rosaleda

Country: Spain City: La Coruña

Address: Rúa de Santiago León de Caracas, 1, 15701, Santiago de Compostela, A Coruña

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Hair Transplantation
- Orthodontics and Dentofacial Orthopedics



Medicine

Hospital HM La Esperanza

Country: Spain City: La Coruña

Address: Av. das Burgas, 2, 15705, Santiago de Compostela, A Coruña

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Oncology Nursing
- Clinical Ophthalmology



Medicine

Hospital HM San Francisco

Country: Spain City: León

Address: C. Marqueses de San Isidro, 11, 24004, León

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Update in Anesthesiology and Resuscitation
- Nursing in the Traumatology Department



Medicine

Hospital HM Regla

Country: Spain City: León

Address: Calle Cardenal Landázuri, 2, 24003, León

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Update on Psychiatric Treatment in Minor Patients



Medicine

Hospital HM Nou Delfos

Country: Spain City: Barcelona

Address: Avinguda de Vallcarca, 151, 08023 Barcelona

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Aesthetic Medicine
- Clinical Nutrition in Medicine



Medicine

Hospital HM Madrid

Country: Spain City: Madrid

Address: Pl. del Conde del Valle de Súchil, 16, 28015, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Palliative Care
- Anaesthesiology and Resuscitation



Medicine

Hospital HM Montepíncipe

Country: Spain City: Madrid

Address: Av. de Montepíncipe, 25, 28660, Boadilla del Monte, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Palliative Care
- Aesthetic Medicine



Medicine

Hospital HM Torrelodones

Country	City
Spain	Madrid

Address: Av. Castillo Olivares, s/n, 28250, Torrelodones, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Anaesthesiology and Resuscitation
- Palliative Care



Medicine

Hospital HM Sanchinarro

Country	City
Spain	Madrid

Address: Calle de Oña, 10, 28050, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Anaesthesiology and Resuscitation
- Palliative Care



Medicine

Hospital Maternidad HM Belén

Country	City
Spain	La Coruña

Address: R. Filantropía, 3, 15011, A Coruña

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Update in Assisted Reproduction
- Hospitals and Health Services Management



Medicine

Policlínico HM Gabinete Velázquez

Country	City
Spain	Madrid

Address: C. de Jorge Juan, 19, 1º 28001, 28001, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Clinical Nutrition in Medicine
- Aesthetic Plastic Surgery



Medicine

Policlínico HM La Paloma

Country	City
Spain	Madrid

Address: Calle Hilados, 9, 28850, Torrejón de Ardoz, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Advanced Operating Room Nursing
- Orthodontics and Dentofacial Orthopedics



Medicine

Policlínico HM Moraleja

Country	City
Spain	Madrid

Address: P.º de Alcobendas, 10, 28109, Alcobendas, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Rehabilitation Medicine in Acquired Brain Injury Management



Medicine

Policlínico HM Sanchinarro

Country	City
Spain	Madrid

Address: Av. de Manoteras, 10, 28050, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Gynecological Care for Obstetricians
- Nursing in the Digestive Tract Department



Medicine

Policlínico HM Virgen del Val

Country	City
Spain	Madrid

Address: Calle de Zaragoza, 6, 28804, Alcalá de Henares, Madrid

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Diagnosis in Physiotherapy
- Physiotherapy in Early Intervention



Medicine

Policlínico HM Rosaleda Lalín

Country City
Spain Pontevedra

Address: Av. Buenos Aires, 102, 36500,
Lalín, Pontevedra

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Advances in Hematology and Hemotherapy
- Neurological Physiotherapy



Medicine

Policlínico HM Imi Toledo

Country City
Spain Toledo

Address: Av. de Irlanda, 21, 45005, Toledo

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

Related internship programs:

- Electrotherapy in Rehabilitation Medicine
- Hair Transplantation

06

General Conditions

Civil Liability Insurance

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this entity commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the practical training period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.



General Conditions of the Internship Program

The general terms and conditions of the internship agreement for the program are as follows:

1. TUTOR: During the Internship Program, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned with an academic tutor, whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

2. DURATION: The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

3. ABSENCE: If the students does not show up on the start date of the Internship Program, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

4. CERTIFICATION: Professionals who pass the Internship Program will receive a certificate accrediting their stay at the center.

5. EMPLOYMENT RELATIONSHIP: The Internship Program shall not constitute an employment relationship of any kind.

6. PRIOR EDUCATION: Some centers may require a certificate of prior education for the Internship Program. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

7. DOES NOT INCLUDE: The Internship Program will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed.

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

07 Certificate

This **Internship Program in Cognitive-Behavioral Treatment of Addictions** contains the most complete and up-to-date program on the professional and academic field.

After the student has passed the assessments, they will receive their corresponding Internship Program diploma issued by TECH Technological University via tracked delivery*.

The diploma issued by TECH will reflect the grade obtained in the test.

Title: **Internship Program in Cognitive-Behavioral Treatment of Addictions**

Duration: **3 weeks**

Attendance: **Monday to Friday, 8-hour consecutive shifts**

Total Hours: **120 h. of professional practice**



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