

# Internship Program

## Emotional Well-Being Therapy



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Internship Program  
Emotional Well-Being Therapy

# Index

01

Introduction

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*p. 4*

02

Why Study an  
Internship Program?

---

*p. 6*

03

Objectives

---

*p. 8*

04

Educational Plan

---

*p. 10*

05

Where Can I Do the  
Internship Program?

---

*p. 12*

06

General Conditions

---

*p. 16*

07

Certificate

---

*p. 18*

# 01 Introduction

Nowadays, people requiring emotional assistance have access to innovative therapeutic methods such as group accompaniment, body intervention or individual protocols. Paradoxically, not all professionals dedicated to this health area are up to date on their innovations, preventing patients from being addressed with the most efficient resources. TECH wants to solve this problem by promoting this 100% practical and face-to-face study program. Through it, the specialist will apply updated methods from day one, on real patients, under the close supervision of an assistant tutor. Also, throughout the 3 weeks duration of this program, they will analyze specific care techniques with great experts, learning directly from their extensive experience.

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*Update your skills for the development of group and individual emotional psychotherapies through a program of practical and face-to-face character, with a pioneering methodology in the educational market"*





Mindfulness, bilateral stimulation techniques and other strategies for the intervention of traumatic emotions have revolutionized psychotherapy protocols today. Through them, practitioners are able to make a more direct and precise approach to different disorders despite several detractors. On the other hand, this discipline has also examined the implementation of pharmacological interventions for patients with severe stress or anxiety disorders. To implement all these new developments, specialists must remain up to date. However, there are not many programs on the educational market that analyze all these advances from the point of view of their application in the daily practice of care.

This is why TECH has devised this program, a pioneer of its kind in the educational market. The program is distinguished by the fact that it favors the incorporation of the graduates in a renowned hospital center. This intensive, on-site stay will last 3 weeks, in 8-hour consecutive days, from Monday to Friday. During this period of time, the student will be directly confronted with patients with real pathologies that require therapeutic accompaniment to achieve the relevant Emotional Well-Being. Additionally, the facilities chosen for this academic modality have optimal resources to implement this kind of psychotherapeutic management.

Likewise, in the didactic process, each professional will receive the advice of an assistant tutor. This academic figure will be in charge of promoting educational progress and including tasks of varying complexity in clinical practice. To reinforce the knowledge and skills acquired, the specialist will be in close contact with experts with extensive experience. At the end of this training, all graduates will have the necessary skills to use the most advanced techniques in relation to the health area in question in their professional practice.

# 02

## Why Study an Internship Program?

Therapeutic assistance to people whose emotional well-being is in crisis is a complex health discipline. At the same time, it has undergone considerable progress in recent years, due to the emergence of new protocols for the intervention of emotions and traumas for its patients. Likewise, specialists are often not up to date with these advances. For this reason, TECH has integrated the practical skills that are essential in this area of health care into a very complete Internship Program. The program includes 3 weeks of intensive face-to-face training in a hospital of international prestige and with the accompaniment of recognized experts.



*Enroll as soon as possible in TECH and perfect your skills in the techniques of Bilateral Stimulation and Traumatic Memory through this intensive and immersive face-to-face academic modality"*

### 1. Updating from the latest technology available

The most modern care protocols in the field of Emotional Well-Being Therapy are based on different devices that enable the behavioral or cognitive intervention of patients. Through this 100% practical and face-to-face program, the specialists will be updated on their applications in a holistic manner and with total guarantees of having assimilated all its details.

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

This academic program will facilitate the link between health professionals and great experts in Emotional Well-Being Therapy. During the 3-week internship program that comprises this program, they will work together in the management of real patients with different pathologies. Additionally, each student will have an assistant tutor who will supervise their progress in a personalized way.

### 3. Entering First-Class Clinical Environments

In this academic modality, leading hospital centers carefully selected by TECH participate. In each of them, specialists will have at hand the latest generation of therapeutic resources. At the same time, they will be able to discuss intervention protocols with experts of wide experience and complex experiences.

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

With a pedagogical market where highly theoretical programs abound, TECH sets itself apart by implementing this Internship Program. From this academic modality, from the first day the specialist will face real patients with emotional difficulties of various kinds. Also, from the very beginning, they will be responsible for applying innovative procedures to help these people overcome their difficulties.

#### 5. Expanding the Boundaries of Knowledge

With TECH, the graduate has the opportunity to carry out this Internship Program in international centers where they will expand their knowledge in accordance with the most generalized standards. This is a unique experience of its kind, only within reach of the largest digital university in the world.



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

# 03

## Objectives

In order to update specialists on the latest scientific evidence regarding Emotional Well-Being Therapy and its applications, TECH has designed this Internship Program. From this program, pioneer in its type, health professionals will receive a preparation of excellence, from a rigorous and demanding hospital setting, and under the advice of great experts.



### General Objectives

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- ♦ Provide the student with the necessary knowledge to be able to offer a real Emotional Well-Being to their patients, based on the latest techniques of understanding the functioning of the human being
- ♦ Discover the different therapies and models based on the emotion and implement them based on a good therapist-patient bond
- ♦ Master the therapy from a multidisciplinary and biopsychosocial point of view, in order to be able to control the greatest number of variables that will intervene in the patient's discomfort or health



### Specific Objectives

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- ♦ Discover the scientific basis of emotion and its relevance
- ♦ Observe the trajectory of emotion throughout the history of psychology and its different models
- ♦ Handle Time-Limited Psychotherapy as a reference model and Emotion-Based Psychotherapy
- ♦ Mastering the 10 basic emotions, their biochemistry and platform of action
- ♦ Master the different types of learning and the role of emotion in learning
- ♦ Understanding basic learning processes
- ♦ Understanding the importance of early attachments in the development of self-concept
- ♦ Discovering how emotional schemes are formed
- ♦ Know the role of emotion, its historical evolution and the latest scientific research on the subject
- ♦ Identify what is a basic emotion and its function
- ♦ Evaluate how emotion affects different cognitive processes
- ♦ Develop effective communication with the patient
- ♦ Manage the concepts of empathy and sympathy and control techniques for a correct bonding with the patient
- ♦ Acquire the knowledge and basic tools to generate a good therapeutic bond
- ♦ Understand health from the Biopsychosocial model: what is Psychoneuroimmunology, what systems form it and their interrelation
- ♦ Master the concept of Psychoneuroimmunology as a biopsychosocial model of health



- ♦ Learn about the different intelligences that develop in the reptilian brain from Elaine Austin de Beauport's model, their functionality, dominance and limitations
- ♦ Know what intrapersonal psychology is and the importance of self-knowledge and self-management of the therapist
- ♦ Understand what an emotion is, how it differs from feelings and moods and its function
- ♦ Master the basics of human brain function and development
- ♦ Discover what Mindfulness is, its origins, attitudes and applicability in therapy
- ♦ In-depth knowledge about the concept of Mindfulness and its application from different therapeutic models
- ♦ Master the Mindfulness technique and apply it to the different motives for consultation
- ♦ Discover therapies that work on emotions through the body
- ♦ Relate body language to the expression and treatment of emotions through body-based therapies
- ♦ Learn how the the body functions throughout a person's development
- ♦ Understanding what Transpersonal Therapy is and its applications
- ♦ Work with emotion from a broader perspective of personal growth through transpersonal therapy
- ♦ Discover the different classifications of emotions according to the spiritual model from which they are worked on
- ♦ Learn about other types of therapies where the work is with more than one patient (couples, families and groups)
- ♦ Manage emotions and their functionality in systems with more than one patient: group therapies, their use and purpose
- ♦ Understand how the self-concept is generated through the learning processes and the linkage with referential persons
- ♦ Understand the importance of the link with the references in order to survive and how these links are generated from emotion
- ♦ Understand the process of shaping traumatic emotional memories
- ♦ Manage different effective techniques in the work of traumatic memories
- ♦ Relate brain functioning to the stress response and survival
- ♦ Manage the emotion of anger, its function, its platform of action and the neurological structures involved in it



*Thanks to TECH, you will apply directly and on real patients, the latest therapeutic strategies for the emotional approach to children"*

# 04 Educational Plan

TECH's Internship Program in Emotional Well-Being Therapy will last 3 weeks. Throughout it, the specialist will assimilate, in intensive days of 8 consecutive hours, the most innovative protocols of this medical discipline. In particular, they will delve into the execution of complementary techniques based on the specific needs of real patients. They will also discuss intervention strategies with highly prestigious and experienced experts. Also, an assistant tutor will accompany them throughout the program to solve, in situ, complex tasks in this area of health.

In this completely practical Internship Program, the activities are aimed at developing and perfecting the skills necessary to provide health care care 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.

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

The procedures described below will be the basis of the practical part of the training, and their implementation is subject to both the suitability of the patients and the availability of the center and its volume of work, the proposed activities being the following:





Module	Practical Activity
<b>New techniques for emotional processing in therapy</b>	Design adaptive coping strategies based on the externalization and verbalization of patients' Traumatic Memory
	Through bilateral stimulation techniques, promote changes in the perception of the traumatic event allowing the person to relive the experience from the perspective of empowerment
	Evaluate the interconnection of the emotional and physical reactions that the person is currently experiencing with traumatic events that occurred in the past through Brainspotting
	Provide the patient with emotional self-assessment strategies through Big Mind
	With the assistance of Mindfulness, implement cognitive and behavioral therapies of great value for the emotional recovery of patients
<b>Latest therapeutic strategies for the emotional approach of children</b>	Use cognitive and behavioral therapy to modify thinking patterns and negative behaviors in the child
	Indicate play-based therapies, mainly for preschool children, and therefore provide improvements in their social and emotional development
	Managing ADHD, stress and anxiety in children through Mindfulness
<b>More recent trends in emotional intervention through the body</b>	Treat emotional disorders through Art Therapy and the Dance Movement Therapy variant
	Promote meaningful and rewarding activities through Occupational Therapy and Recreational Therapy to maintain patients' quality of life
	Value the use of Body Therapies, of less scientific validation such as Characteroanalytic Vegetotherapy, Lowen's Bioenergetic Analysis and Focusing
<b>New procedures of group psychotherapeutic intervention</b>	Develop Supportive Therapy in groups, a scenario where participants can express their emotions without fear of being recriminated for their thoughts
	Face emotional demands through family or couple Therapy sessions
	Perform rapid psychological Debriefing for people who have recently experience trauma from natural disasters or similar causes

# 05 Where Can I Do the Internship Program?

TECH has designed this 3-week intensive on-site internship to guarantee its graduates access to a medical institution of international prestige. In it, they will acquire the most requested skills to address different psychopathologies through Emotional Well-Being Therapy. Through this clinical practice, the specialist will come into contact with the most recent protocols and techniques of this health discipline. Additionally, they will deepen in its execution through the supervision and personalized guidance of great experts in this area of health.

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*Include in your daily professional practice the latest strategies of group intervention of emotions, through this enriching 100% practical character program"*





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
- Trauma Nursing



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 Montepríncipe

Country: Spain City: Madrid

Address: Av. de Montepríncipe, 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: Spain City: 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: Spain City: 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

### 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 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 Care



Medicine

### Policlínico HM Rosaleda Lalín

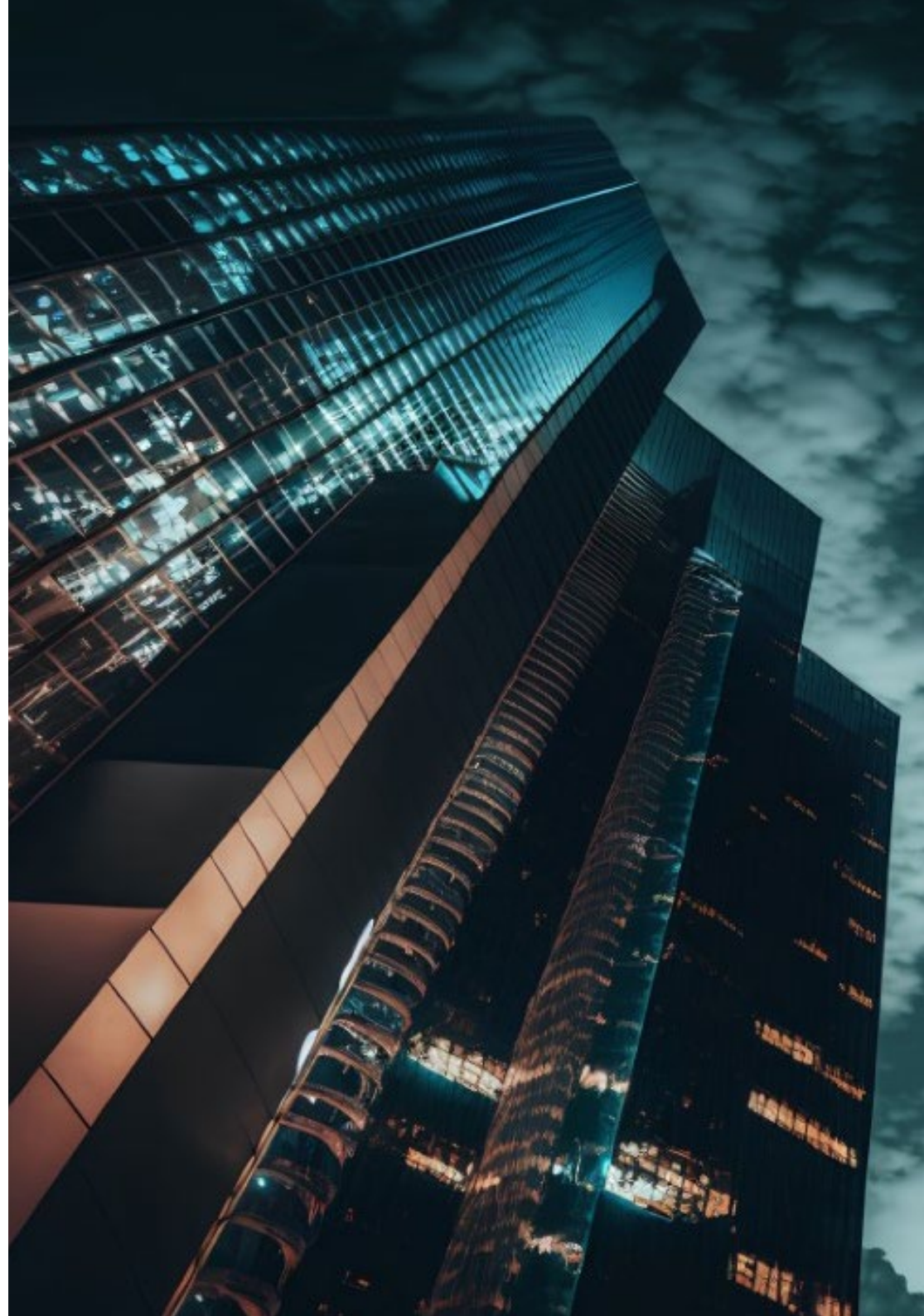
Country	City
Spain	Pontevedra

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 Sanchinarro

Country: Spain  
City: Madrid

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

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

**Related internship programs:**  
- Emotional Well-Being Therapy



Medicine

### Policlínico HM Moraleja

Country: Spain  
City: 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 Imi Toledo

Country: Spain  
City: 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 Internship Program 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 Emotional Well-Being Therapy** contains the most complete and up-to-date program in the professional and academic landscape.

After the student has passed the evaluations, they will receive their corresponding TECH Internship Program 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 Emotional Well-Being Therapy**

Duration: **3 weeks**

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

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



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Emotional Well-Being Therapy

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