

# Internship Program Family Therapy and Stress



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Internship Program  
Family Therapy  
and Stress

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# 01 Introduction

In a very short time, Family and Stress Therapy has undergone considerable advances thanks to the emergence of more efficient instruments, questionnaires and psychodiagnostic scales. In addition, more effective interventionist techniques such as Mediation or Coaching have appeared. At the same time, physicians face the challenge of keeping up to date on these aspects with highly theoretical educational programs. In this context, this degree stands out from its competitors in the educational market by offering a totally practical, face-to-face and intensive preparation. This academic stay will take place for 3 weeks in a prestigious hospital institution, together with renowned experts.

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*You will master, with this degree, the up to date management of psychodiagnostic and intervention methods for Family Therapy of maximum rigor”*





Lately, there has been an intense search for psychological tools to assess in depth the family context, which has led to the emergence of valuable methodologies for therapy. Examples include the MILLON Multiaxial Clinical Inventory, the BASC Child and Adolescent Assessment System, and the CATELL PF-5 questionnaire. In addition, strategies for dealing with stress and other psychological conditions in the family have improved with Coaching, Family Mediation and the Conscious Emotional Bonding model. However, many professionals are not familiar with these advances due to the lack of educational programs on the market that provide a holistic view of their applications.

Therefore arises this TECH Practical specialization, which includes a face-to-face and intensive stay in a high-level hospital center. From there, the specialist will be able to apply the most modern techniques in the approach to real patients, acquiring the indispensable preparation from the first moment. In addition, you will have the opportunity to study in institutions located in different cities and countries.

The degree also distinguishes itself from others in the market by being composed of 120 hours of learning that are distributed in days from Monday to Friday, up to a total of 3 weeks. Also during these internships, students will be able to talk with top experts and gain experience from their distinguished careers. Likewise, they will be supported by an assistant tutor who will supervise all the progress necessary to achieve their educational objectives.

# 02

## Why Study an Internship Program?

In the educational market, only TECH offers professionals the practical mastery of the most modern psychological evaluation instruments for the development of Family Therapies, in a 3-week program. This Practical specialization applies an intensive study modality where, from the very beginning, the specialist will acquire skills and develop them in the clinical care of real patients. At the same time, thanks to the face-to-face and immersive nature of the degree, you will share experiences with highly prestigious experts in the health sector.



*With this degree, you will acquire an advanced handling of the most modern questionnaires to assess the psychopathology of the members of a dysfunctional family unit"*

### 1. Updating from the Latest Technology Available

With this program of studies, the specialist will be updated on the latest techniques to provide comprehensive medical assistance to families in need of therapeutic intervention. To address all these new developments, you will travel to a prestigious hospital facility for a 3-week intensive on-site stay.

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

With this degree, TECH wants to ensure health professionals the most modern experiences in the development of Family Therapy. For this purpose, it offers them a practical and face-to-face stay with the best experts. In addition, it has created the figure of the adjunct tutor, responsible for coordinating the learning and application of skills during the degree.

### 3. Entering First-Class Clinical Environments

TECH maintains close ties with leading-edge centers around the world. In particular, they have coordinated this Practical program with several prestigious institutions. These entities will host healthcare professionals and provide them with access to the most innovative therapeutic techniques and highly qualified healthcare personnel.



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

In the educational market there are not frequent educational programs of a practical nature, regarding the field of Family Therapy and Stress. For this reason, TECH has left aside the most profound theoretical considerations on this sector and has composed a 100% face-to-face and intensive degree of excellence, which will update the specialist on the latest developments in this health area.

#### **5. Expanding the Boundaries of Knowledge**

TECH has a wide network of agreements and contacts that help you choose the most competitive institutions on the international scene for this Practical program. Therefore, the professional will be able to complete this practical stay in centers located in distant geographic latitudes under his or her preference and master the advances of the specialty under international criteria.

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

# 03

## Objectives

The main objective of this Practical program is to up to date specialists on the latest trends for the development of Family and Stress Therapy. At the same time, this educational process constitutes a unique learning opportunity as it is designed to develop this update in an eminently practical, face-to-face and immersive way.



### General Objectives

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- Up to date knowledge on psychological and social disorders in the family environment. in the family environment
- Learn how specialists to to achieve a therapist and patient bond in the field of family therapy
- Detect the agents who live with the child and adolescent, and discover their impact on family psychopathology
- Describe, in relation to protocols, the intervention programs, taking into account the characteristics and aspects of the systemic relationship in the family



### Specific Objectives

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- Master knowledge of the family clinic, as well as to provide the necessary skills to work in a systemic way
- Identify and make decisions about patients taking into account the social and emotional environment in which they find themselves
- Address the family, school and social environment
- Identify definitions from anthropological, sociological and psychological perspectives of the family
- Demonstrate the influence of family and social dynamics on human development
- Distinguish family groups from a modern conception of family
- Implement silence into family intervention
- Manage the emotional crises within a session and children or adolescents and adults
- Frame the interview axioms
- Define affective valence
- Recognize verbal and non-verbal communication
- Discern between psychopathology and normality
- Describe the emotional schemas of the family members
- Redefine stress, differentiating normal anxiety from pathological anxiety, identifying stress, phobia and panic, among others
- Describe the main sources of distress or stressors in the natural environment

- ♦ Delve into the protective or health-promoting traits
- ♦ Understand occupational stress by grouping, classifying and forming categories and concepts
- ♦ Establish the different types of intervention according to the victim
- ♦ Manage and stabilize the emotional and affective deficiencies of the patient within the intervention
- ♦ Understand the need to set boundaries and know how to contain
- ♦ Define the evolution and transitions between the normal and the pathological
- ♦ Identify how to become a basic reference person for the child and adolescent
- ♦ Identify and master the clinical and prognostic features of the various disorders of childhood and adolescence
- ♦ Act before the formal cases of matrimonial nullity
- ♦ Make personal description of each of the parties, attending to each of the processes in the couple
- ♦ Define the degrees of permanent disability and severe disability
- ♦ Understand the psychological, physical and social consequences of violence against women and identify the expert profile of this area
- ♦ Use intervention to determine in which moment it is necessary for other professionals to join the analysis process
- ♦ Redirecting attitude for effective team cooperation
- ♦ Define and understand focus and thought control
- ♦ Differentiate between empathy and sympathy
- ♦ Expand knowledge of mirror neurons and how they function
- ♦ Master knowledge of current systemic psychopathology
- ♦ Delve into modification techniques through praise, the broken record technique or praise for appropriate behavior
- ♦ Learn how to train social and coping skills, as well as contingency management
- ♦ Delve into cognitive-behavioral group therapy
- ♦ Develop monitoring models that express the changes in stress pathologies
- ♦ Respect and Comply with the Right and Duty to Inform the Client
- ♦ Describe the Instruments Used and Facilitate the Understanding of the Data
- ♦ Include the Evaluation Process, Hypotheses Formulated and Justify the Conclusions
- ♦ Clarify the importance of maintaining confidentiality and professional secrecy
- ♦ Define the types of expertise and contexts surrounding psychological expertise in its different contexts and phases

# 04

## Educational Plan

This Internship Program consists of a face-to-face and intensive stay in a prestigious hospital center. This educational process has 3 weeks for its development, distributed in days of 8 consecutive hours, from Monday to Friday. During this period, the physician will have the personalized guidance of an assistant tutor, who will be in charge of supervising academic progress and incorporating the most modern and holistic work trends into the neurosurgeon's professional practice. At the same time, the specialist will be able to discuss experiences and procedures with renowned experts and also assimilate individual experiences.

Likewise, by joining a team dedicated entirely to Family Therapy, the professional will have the opportunity to manage the latest therapeutic resources and apply them to the benefit of real patients.

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.

The practical teaching will be carried out with the active participation of the student performing the activities and procedures of each area of skills (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
<b>Latest trends in the Psychodiagnosis and Assessment of the Family System</b>	To assess by means of the MILLON Multiaxial Clinical Inventory the basic or severe personality scales that may be affecting a patient
	To measure the patient's Agreeableness, Reasonableness, Stability, Dominance, Encouragement, Attention to rules, Boldness through the CATELL PF-5 questionnaire
	Analyze specific problems of pediatric patients using the BASC Child and Adolescent Assessment System the BASC Child and Adolescent Assessment System
	Implementation of story credibility studies to evaluate the different versions that members of a family unit may have about the same event
	Use the active interview and the general mental examination as basic tools for the extraction of information that makes possible a differentiated psychodiagnosis
<b>NEW Modes of Intervention in Family Therapy</b>	Implement various techniques of Family Mediation to arbitrate from the therapeutic point of view in the decision making of patients
	Generate new bridges of communication between the members of the cohabitation unit through Family Coaching
	Manage conflict resolution based on the Conscious Emotional Bonding Model where each individual must recognize the feelings aroused by the subject or traumatic events addressed
	To solve specific problems, in a short number of sessions, through strategic family therapy and constructivism through strategic family therapy and constructivism
<b>Family psychological expertise and related contexts</b>	Assessing guilt in psychopathology by means of specific expert techniques
	To develop expert psychological opinions, taking into account the due clarification of the methodology of the methodology of exploration and diagnosis used
	Present the conclusions and results reached during the expertise in court hearings that support the guardianship and custody of minor patients

# 05 Where Can I Do the Internship Program?

TECH aims to offer healthcare professionals a unique setting to update their practical skills. For this reason, this stay will take place in state-of-the-art hospitals where the most efficient instruments for the psychodiagnosis of affective disorders converge with the most rigorous therapeutic intervention protocols for the family environment. Therefore, during 3 weeks, the specialist will learn the latest procedures and how to apply them in a holistic manner in their daily work practice.



*Get up to date, from a broad, modern and up-to-date look at the forefront of this specialty, in a first class medical center on an international scale”*





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



Medicine

### Hospital HM Modelo

Country: Spain BORRAR  
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 BORRAR  
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 BORRAR  
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 BORRAR  
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 BORRAR  
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 BORRAR  
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 BORRAR  
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 BORRAR  
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: Spain BORRAR  
City: 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: Spain BORRAR  
City: 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: Spain BORRAR  
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 Sanchinarro

Country: Spain BORRAR  
City: 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 Midwives
- Nursing in the Digestive Tract Department





Medicine

### Policlínico HM Virgen del Val

Country	City
Spain BORRAR	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 BORRAR	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 BORRAR	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 education 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 Family Therapy and Stress** contains the most complete and up-to-date program in the professional and academic landscape.

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 Family Therapy and Stress**

Duration: **3 weeks**

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

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



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Internship Program  
Family Therapy  
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