

# Professional Master's Degree Emotional Well-Being Therapy





## Professional Master's Degree Emotional Well-Being Therapy

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Credits: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/us/medicine/professional-master-degree/master-emotional-well-being-therapy](http://www.techtitute.com/us/medicine/professional-master-degree/master-emotional-well-being-therapy)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Skills

---

*p. 12*

04

Course Management

---

*p. 16*

05

Structure and Content

---

*p. 20*

06

Methodology

---

*p. 26*

07

Certificate

---

*p. 34*

# 01

# Introduction

For thousands of years, emotion has been a topic of interest to human beings, and we can find references to emotional states in early philosophers, but psychology and occupational medicine long underestimated the importance of emotion in human behavior. Students who complete this 100% online program will acquire the knowledge required to offer their patients more effective and quality treatment, through numerous techniques that work precisely from the place where the conflict is generated; emotion. Throughout the program, you will learn the latest techniques in Emotional Well-Being Therapy from professionals with years of experience.





“

*A unique opportunity to train with the best in a program that stands out for the quality of its contents and its innovative teaching methodology"*

Scientific research has shown that information coming from a stimulus reaches the limbic structures of the brain before it reaches the neocortex. These limbic structures that are responsible for functions such as emotional processing, memory creation or learning processes.

This Professional Master's Degree covers the main current topics in Emotional Well-Being Therapy in the medical field, in such a way that whoever masters them will be prepared to work in this field. Therefore, it is not just another diploma on your professional profile, but a real learning tool to approach the topics of the specialty in a modern, objective way and with the ability to make a judgment based on today's most cutting-edge literature.

Additionally, as it is an online program, students are not conditioned by fixed schedules or the need to move to another physical location. They will be able to access the contents at any time of the day, allowing them to balance their professional and personal life with their academic life.

This **Professional Master's Degree in Emotional Well-Being Therapy** contains the most complete and up-to-date educational program on the market. Its most notable features are:

- ♦ Practical cases presented by experts in therapy focused on Emotional Well-Being
- ♦ 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
- ♦ Access to content from any fixed or portable device with an Internet connection.



*TECH offers you a 100% online study opportunity, as comprehensive as possible and continuously linked to current events"*

“

*This Professional Master's Degree is the best investment you can make when selecting a refresher program to expand your existing knowledge in Emotional Well-being”*

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

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

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

*Learn here about the latest advances in the specialty to be able to perform a quality practice”*

*Broaden your knowledge thanks to the best teaching material with real clinical cases”*



02

# Objectives

The main objective of the program is to acquire theoretical and practical knowledge, so that the physician can master, in the most real and rigorous way possible, Emotional Well-Being Therapy. In this way, the graduate can provide comprehensive patient management, making an accurate diagnosis and developing the most appropriate therapy, always with the latest techniques on the market.





“

*This Professional Master's Degree is designed to help you expand your knowledge in Emotional Well-Being Therapy with the use of the latest educational technology, to contribute with quality and confidence in decision-making"*



## General Objectives

---

- ♦ Provide the student with the knowledge required to be able to offer real emotional wellness to their patients
- ♦ Get trained to generate a good therapist-patient bond.
- ♦ In-depth knowledge and understanding about the functioning of the human being and the importance of emotional management in it
- ♦ Discover the different therapies and models based on emotion
- ♦ Develop intervention protocols adapted to the patient and reason for consultation
- ♦ Master the therapy from a multidisciplinary and biopsychosocial perspective, in order to be able to control the greatest number of variables that will influence the patient's discomfort or health



*Take the first step as a physician to get up to date on the latest developments in Emotional Well-Being Therapy”*



## Specific Objectives

---

### Module 1. Emotion-Based Psychotherapy

- ♦ Discover the scientific basis of emotion and its relevance
- ♦ Observe the path of emotion throughout the history of psychology and its different models
- ♦ Know what emotion-based psychotherapy is
- ♦ Manage Time Limited Psychotherapy as a reference model
- ♦ Master the 10 basic emotions, their biochemistry and platform of action

### Module 2. The Brain and Learning

- ♦ Master the different types of learning and the role of emotion in learning
- ♦ Understand basic learning processes
- ♦ Understand the importance of early attachments in the development of self-concept
- ♦ Discover how emotional schemes are formed

### Module 3. Emotion

- ♦ Learn about the role of emotion and its historical evolution
- ♦ Know the scientific research related to emotions
- ♦ Know what a basic emotion is and its function
- ♦ Understand how emotion affects different cognitive processes.

### Module 4. The Therapist's Role in Emotional Well-Being

- ♦ 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

**Module 5. A Multifactorial View of Health. Psychoneuroimmunology**

- ♦ 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

**Module 6. Techniques for Emotional Processing in Therapy**

- ♦ Gain knowledge about what intrapersonal psychology is, and what is the importance of self-knowledge and self-management
- ♦ Understand what an emotion is, how it differs from feelings and moods and its function
- ♦ Master the basics of human brain function and development

**Module 7. Mindfulness**

- ♦ 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

**Module 8. Intervention of Emotion through the Body**

- ♦ 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

**Module 9. Up to the Emotion from Spirituality. Transpersonal Therapy**

- ♦ Understand 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

**Module 10. Emotional Group Psychotherapy**

- ♦ Know other types of therapies when the intervention is with more than one patient (couple, family 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 links to referential persons
- ♦ Understand the importance of the link with the references in order to survive and how these links are generated from emotion

**Module 11. Pharmacological Intervention for Anxiety and Stress Disorders**

- ♦ Understand the process of shaping traumatic emotional memories
- ♦ Manage different effective techniques in the intervention 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

# 03 Skills

After passing the assessments on the program, the professional will have acquired the necessary skills for quality up-to-date practice based on the most innovative teaching methodology. This is due to the fact that throughout this Professional Master's Degree, you will face multiple simulated clinical cases based on real patients in which you will have to investigate, establish hypotheses and, finally, resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.





“

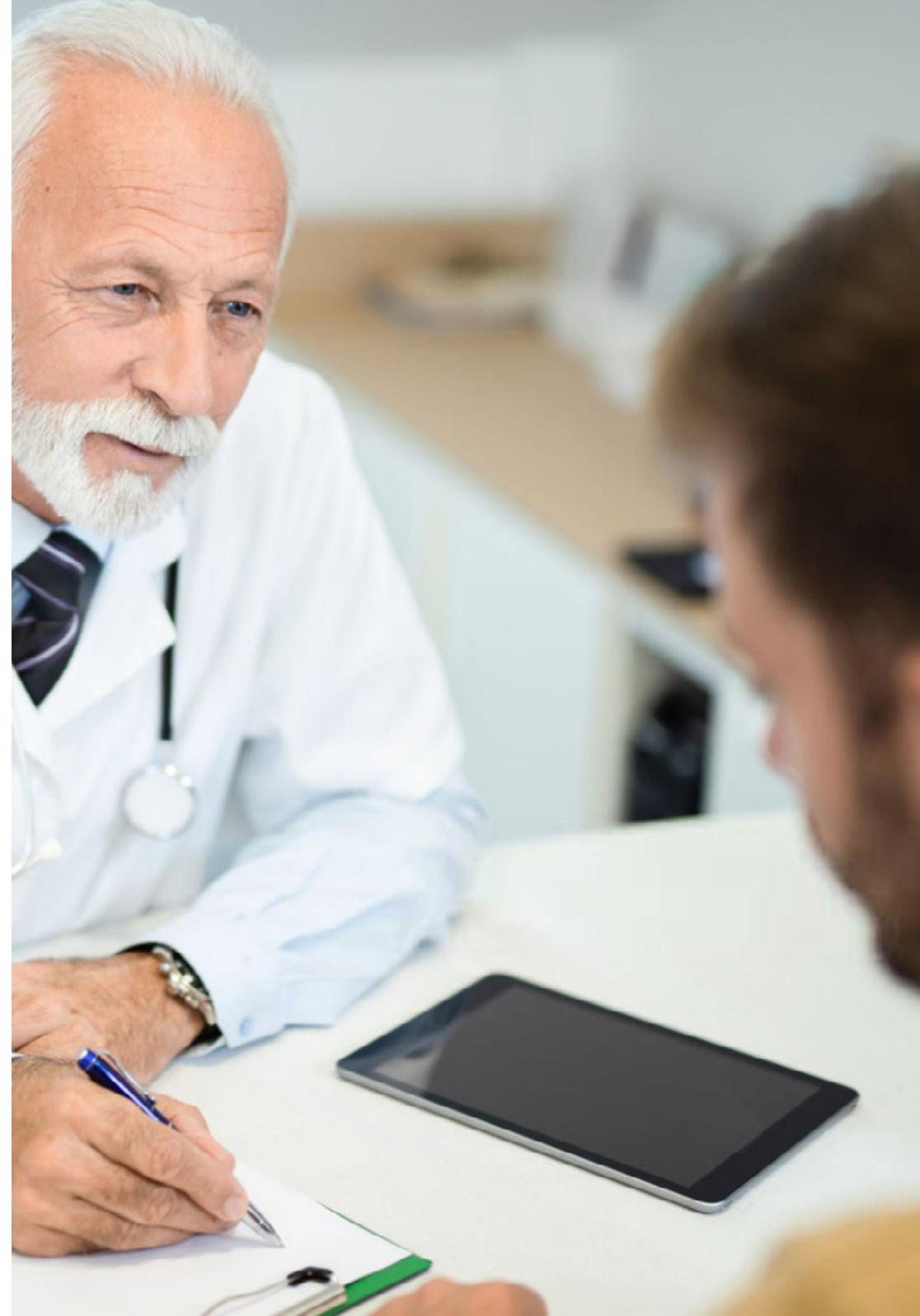
*The skills you will acquire after completing this Professional Master's Degree will position you as an expert in Emotional Well-Being Therapy"*



## General Skills

---

- ♦ Learn how the brain and learning processes works
- ♦ Master the concept of emotion, its classification and functioning
- ♦ Understand what a traumatic memory consists of and handle the different techniques of emotional processing
- ♦ Develop within the profession in terms of working with other health professionals, acquiring skills to work as a team.
- ♦ Recognize the need to maintain your professional skills and keep them up to date, with special emphasis on autonomous and continuous learning of new information.
- ♦ Develop the capacity for critical analysis and research in your professional field.





## Specific Skills

---

- ♦ Manage the different psychological orientations that work from emotion
- ♦ Understand and master the basics of Emotional Intelligence
- ♦ Understand what Positive Psychology is, where it comes from and what its theoretical foundations and practical applications are
- ♦ Learn about ECT (Emotional Consciousness Therapy), its founder and origins, as well as its indications for individuals and groups
- ♦ Get to know Time-Limited Psychotherapy as a model of work centered on emotion
- ♦ Understand how the three brain systems function from a physiological and functional perspective
- ♦ Learn about the different intelligences that develop in the mammalian brain, their functionality dominance and limitations
- ♦ Learn about the different intelligences that develop in the human brain, their functionality dominance and limitations
- ♦ Understand the initial learning mechanisms in the knowledge of what the world is and how the first memories are generated
- ♦ Relate parenting styles to the different bonds that can arise from them
- ♦ Discover the basic desires as universal emotional needs in human beings
- ♦ Gain knowledge about secondary desires as compensatory mechanisms for deficiencies in basic desires
- ♦ Discover what emotional schemes and limiting beliefs are, how they are generated and what impact they have on self-concept and emotional well-being
- ♦ Discover the different classifications of emotions according to the theoretical model from which they are worked on



*A unique program that will allow you to acquire superior training to develop in this field"*

# 04

# Course Management

The program includes in its teaching staff leading specialists in Emotional Well-Being Therapy, who bring to this program the experience from their work. Additionally, other recognized specialists participate in its design and preparation, which means that the program is developed in an interdisciplinary manner. In this way, students have the guarantees they require to specialize at a global level in a booming sector that will catapult them to professional success.





“

*Learn the latest advances in procedures  
in the field of Emotional Well-Being  
Therapy from leading professionals”*

## International Guest Director

Dr. Claudia M. Christ is an eminent international expert with a distinguished track record in the field of Health and Emotional Wellness. Throughout her career, she has been a key figure in the promotion of innovative Psychotherapies, specializing in personal management, coaching and the development of interpersonal projects to improve the quality of life of her patients.

In addition, she founded and has directed the Akademie an den Quellen, from where she implements her own methods for the control of Burnout, promoting respectful work environments, where resilience and organizational development prevail. At the same time, she is accredited as an Executive Coach by the International Coach Federation and has been trained in Individual Crisis Assistance and Group Crisis Intervention at the University of Maryland.

On the other hand, Dr. Christ is noted for her continuous collaboration with the academic environment. For example, she is a permanent professor at the Frankfurt University of Applied Sciences and the Steinbeis University in Berlin. She is also a supervisor and member of the advisory board of the Wiesbaden (WIAP) and Cologne-Bonn (KBAP) Academies of Psychotherapies. She has also served as head of the Asklepios Kliniken Central Services, where she has implemented integrated care areas throughout the Asklepios Group.

In this way, her dedication and professional excellence have been recognized through numerous awards, including the prestigious prize awarded by the Landesärztekammer Hessen (Hessen State Medical Association) for her outstanding commitment in the field of Psychosomatic Primary Care. Likewise, her involvement in associations and her contribution to the medical literature have consolidated her position as a leader in her field, as well as an advocate for the psychological and physical well-being of her patients.



## Dr. Christ, Claudia M.

---

- ♦ Chief Physician, Virchow Campus of Charité Berlin University Hospital, Berlin, Germany
- ♦ Director and Founder of the Akademie an den Quellen
- ♦ Former Medical Director of Central Services at Asklepios Kliniken GmbH, Königstein
- ♦ Psychotherapist
- ♦ Professional Coach from the International Coaching Federation (ICF)
- ♦ Doctor of Clinical Pharmacology at the Benjamin Franklin University Hospital
- ♦ Master's Degree in Public Health at the Technical University of Berlin
- ♦ Medical Degree from the Free University of Berlin
- ♦ Award of the Landesärztekammer Hessen (Hessian State Medical Association) for "Outstanding Commitment" in the field of Psychosomatic Primary Care
- ♦ Member of:
  - ♦ German Society of Pain Medicine
  - ♦ German Society of Cardiology
  - ♦ German Society for Psychotherapy based on Depth Psychology
  - ♦ World Association of Positive and Transcultural Psychotherapy Associations
  - ♦ German Society for Positive and Transcultural Psychotherapy



*Thanks to TECH, you will be able to learn with the best professionals in the world"*

## Management



### Ms. González Agüero, Mónica

- ♦ Psychologist in charge of the Department of Child and Adolescent Psychology in Quironsalud Hospital and Avatar Psychologists in Marbella
- ♦ Lecturer in the Master's Degree in Time-Limited Psychotherapy and Health Psychology at the European Institute of Psychotherapies
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapy (IEPTL).
- ♦ University Specialist in Clinical Hypnosis with Selective Dissociation Focusing by the University of Almeria.
- ♦ Collaborator in different Red Cross programs
- ♦ Trainer of Avatar Psicólogos in different programs of emotional management for educational centers and companies. Trainer in Human Resources Consulting Services (HRCS)



### Aguado Romo, Roberto

- ♦ President of the European Institute of Time-Limited Psychotherapy
- ♦ Psychologist specializing in Clinical Psychology
- ♦ European specialist in Psychotherapy from the EFPA
- ♦ Director of the Evaluation and Psychotherapy Center of Talavera, Bilbao and Madrid
- ♦ Director of the scientific journal Psinapsis
- ♦ Master's Degree in Clinical and Health Psychology by the Spanish Society of Psychosomatic Medicine and Health Psychology
- ♦ Tutor of the Basic Psychology course at the UNED

## Professors

### Dr. Villar Martín, Alejandro

- ♦ Doctor in Biology from the University of Oviedo.
- ♦ Yoga teacher at the Sanatana Dharma school and of Dynamic Yoga, trained with its creator, Godfrey Devereux.
- ♦ Trainer and facilitator of Genpo Roshi's Big Mind model, with whom he has conducted his training
- ♦ Creator of Integrative Meditation, developed from the Big Mind model.
- ♦ He has written a chapter in the book "Evolución Integral" published by Kairós.

### Mr. De Dios González, Antonio

- ♦ Director of Avatar Psychologists
- ♦ Director of the Psychology Department of Quirón Hospital in Marbella.
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies.
- ♦ Transpersonal Therapist by the Spanish School of Transpersonal Development
- ♦ EFT Specialist by the World Center for EFT
- ♦ Master in Neuro-Linguistic Programming (NLP) by Richard Bandler's Society of Neuro-Linguistic Programming. Specialist in Clinical Hypnosis and Relaxation

### Ms. Roldán, Lucía

- ♦ Health Psychologist
- ♦ Cognitive-behavioral intervention specialist
- ♦ Master in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies.
- ♦ Expert in Energy Therapy Intervention

### Ms. Mazza, Mariela

- ♦ Responsible for the Transpersonal Development Area in Avatar Psicólogos
- ♦ Expert in Transpersonal Development by the Spanish School of Transpersonal Development (EEDT) where she is also a professor.
- ♦ Expert in Regressive Therapy, Brian Weiss Method
- ♦ Therapist of the subconscious, trained by María José Álvarez Garrido (School of the Subconscious)
- ♦ Facilitator of Family Constellations and Transpersonal Systemic Therapy by EEDT
- ♦ Expert in *Mindfulness* and meditation, and facilitator of these techniques at the Quirónsalud Hospital in Marbella

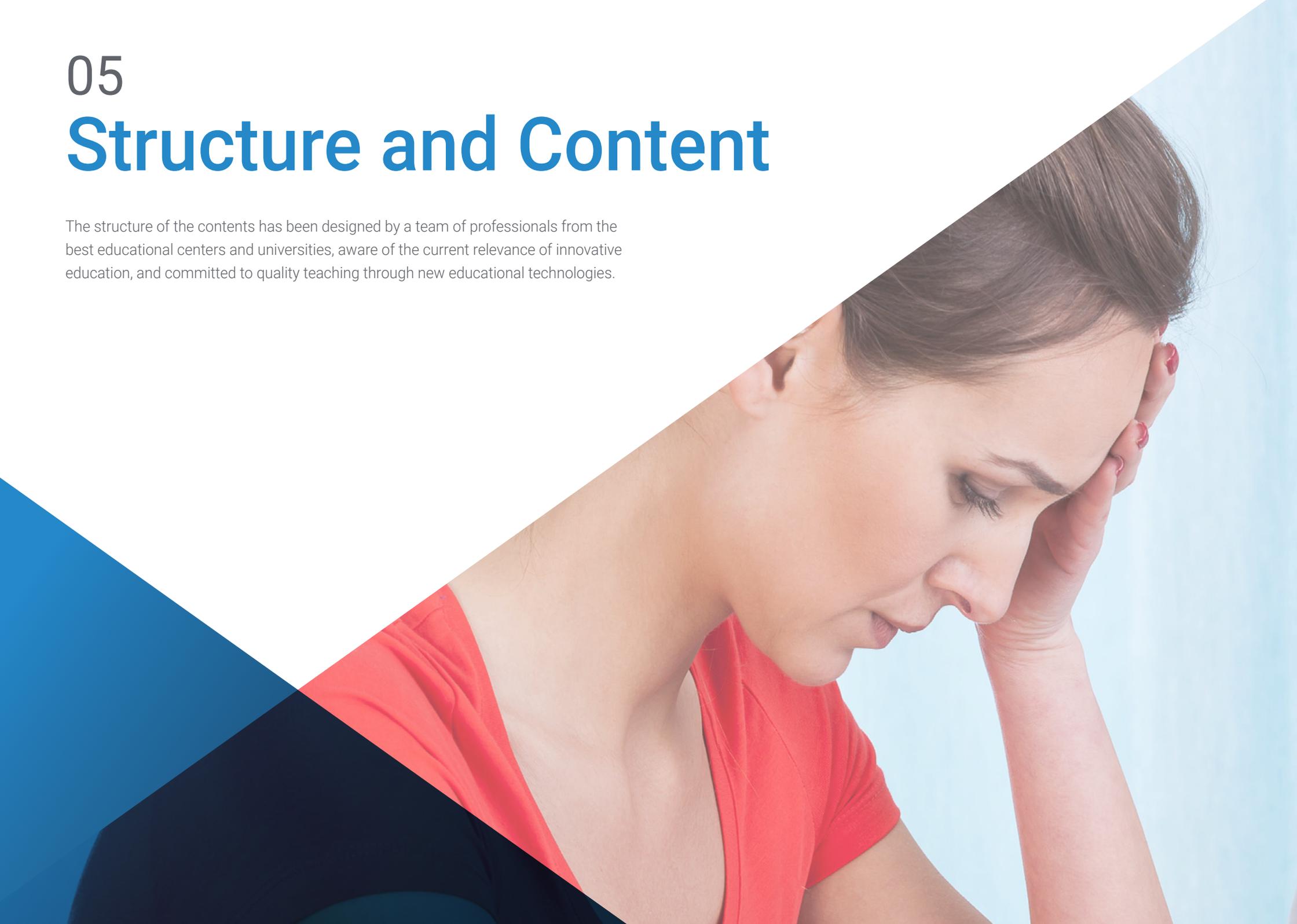
### Ms. Berbel Jurado, Tamara

- ♦ Psychologist expert in childhood and adolescence at the Quirónsalud Marbella Hospital and Avatar Psychologists
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies.
- ♦ Specialist in Health, Justice and Social Welfare from the University of Córdoba.
- ♦ Expert in Legal, Forensic and Penitentiary Psychology from the University of Seville.
- ♦ Trainer in Avatar Psychologists in courses for educational centers and companies. Collaborator at HRCS
- ♦ Member of the psychosocial ERIES of the Spanish Red Cross.

05

# Structure and Content

The structure of the contents has been designed by a team of professionals from the best educational centers and universities, aware of the current relevance of innovative education, and committed to quality teaching through new educational technologies.





“

*A comprehensive teaching program, structured in well-developed teaching units, oriented towards efficient and swift learning that is compatible with your personal and professional life"*

## Module 1. Emotion-Based Psychotherapy

- 1.1. The Study of Emotion Throughout History
- 1.2. Emotion from Different Models in Psychology
- 1.3. Scientific Bases in the Study of Emotions
- 1.4. Emotional Intelligence
- 1.5. Positive Psychology
- 1.6. Greenberg's Emotion-Centered Therapy
- 1.7. Time-Limited Psychotherapy as an Integrative and Emotion-Focused Model

## Module 2. The Brain and Learning

- 2.1. The Three Brains
  - 2.1.1. The Reptilian Brain
  - 2.1.2. The Mammal Brain
  - 2.1.3. The Human Brain
- 2.2. Reptilian Brain Intelligence
  - 2.2.1. Basic Intelligence
  - 2.2.2. Pattern Intelligence
  - 2.2.3. Parameter Intelligence
- 2.3. The intelligence of the Limbic System
- 2.4. The Intelligence of Neocortex
- 2.5. Evolutionary Development
- 2.6. The Fight-or-Flight Response
- 2.7. What is the World? The Learning Process
- 2.8. Learning Schemes
- 2.9. The Importance of the Link
- 2.10. Attachment and Parenting Styles
- 2.11. Basic Desires and Primary Desires
- 2.12. Secondary Desires
- 2.13. Different Contexts and their Influence on Development
- 2.14. Emotional Schemes and Limiting Beliefs
- 2.15. Creating a Self-Concept

## Module 3. Emotion

- 3.1. What is an Emotion?
  - 3.1.1. Definition
  - 3.1.2. Difference Between Emotion, Feeling and State of Mind
  - 3.1.3. Function, Are there Positive and Negative Emotions?
- 3.2. Different Classifications of Emotions
- 3.3. Fear
  - 3.3.1. Function
  - 3.3.2. Platform for Action
  - 3.3.3. Neurological Structures
  - 3.3.4. Associated Biochemistry
- 3.4. Anger
  - 3.4.1. Function
  - 3.4.2. Platform for Action
  - 3.4.3. Neurological Structures
  - 3.4.4. Associated Biochemistry
- 3.5. Blame
  - 3.5.1. Function
  - 3.5.2. Platform for Action
  - 3.5.3. Neurological Structures
  - 3.5.4. Associated Biochemistry
- 3.6. Disgust
  - 3.6.1. Function
  - 3.6.2. Platform for Action
  - 3.6.3. Neurological Structures
  - 3.6.4. Associated Biochemistry
- 3.7. Sadness
- 3.8. Function
  - 3.8.1. Platform for Action
  - 3.8.2. Neurological Structures
  - 3.8.3. Associated Biochemistry



- 3.9. Surprise
  - 3.9.1. Function
  - 3.9.2. Platform for Action
  - 3.9.3. Neurological Structures
  - 3.9.4. Associated Biochemistry
- 3.10. Curiosity
  - 3.10.1. Function
  - 3.10.2. Platform for Action
  - 3.10.3. Neurological Structures
  - 3.10.4. Associated Biochemistry
- 3.11. Security/safety
  - 3.11.1. Function
  - 3.11.2. Platform for Action
  - 3.11.3. Neurological Structures
  - 3.11.4. Associated Biochemistry
- 3.12. Admiration
  - 3.12.1. Function
  - 3.12.2. Platform for Action
  - 3.12.3. Neurological Structures
  - 3.12.4. Associated Biochemistry
- 3.13. Joy
  - 3.13.1. Function
  - 3.13.2. Platform for Action
  - 3.13.3. Neurological Structures
  - 3.13.4. Associated Biochemistry
- 3.14. Influence of Emotion in Cognitive Processes
- 3.15. Brain and Emotion in the Child
- 3.16. Brain and Emotion in the Adolescent

#### Module 4. The Therapist's Role in Emotional Well-Being

- 4.1. Intrapersonal Intelligence (Gardner)
- 4.2. Self-knowledge
- 4.3. Self-Management
- 4.4. Difference Between Empathy, Sympathy and Mirror Neurons

- 4.5. The Therapist-Patient Bond
  - 4.5.1. Therapist as Escort and Referrer
  - 4.5.2. U Techniques
- 4.6. Approach to Neuro-Linguistic Programming (NLP)
- 4.7. Motivational Interviewing

### Module 5. A Multifactorial View of Health. Psychoneuroimmunology

- 5.1. What is Psychoneuroimmunology?
  - 5.1.1. Definition
  - 5.1.2. Origins
- 5.2. Communication Routes
- 5.3. The Psyche-Nervous System-Endocrine System-Immune System Axis (1)  
The Nervous System
- 5.4. The Psyche-Nervous System-Endocrine System-Immune System Axis (2)  
The Endocrine System
- 5.5. The Psyche-Nervous System-Endocrine System-Immune System Axis (3)  
The Immune System
- 5.6. The Psyche-Nervous System-Endocrine System-Immune System Axis (4)  
Interaction Between Systems
- 5.7. Emotion, Personality and Illness
- 5.8. The Process of Getting Sick. Biopsychosocial Model of Health
- 5.9. Healthy Living

### Module 6. Techniques for Emotional Processing in Therapy

- 6.1. Emotional Memories
  - 6.1.1. Creation of Memories
  - 6.1.2. Classification and Types of Memory
  - 6.1.3. Difference Between Memories and Reminiscences
- 6.2. Traumatic Memory
- 6.3. Bilateral Stimulation Techniques. SHEC, EMDR
- 6.4. *Brainspotting*
- 6.5. Emotional Freedom Technique. EFT
- 6.6. Writing-Based Techniques. Written Ventilation
- 6.7. Integrative Meditation from the *Big Mind Model*. Dialogue of Voices

- 6.8. Clinical Hypnosis
- 6.9. Hypnotic Induction Techniques
- 6.10. Techniques for Children

### Module 7. Mindfulness

- 7.1. Meditation
- 7.2. What is *Mindfulness*?
  - 7.2.1. Full Attention
  - 7.2.2. Benefits and Scientific Evidence
  - 7.2.3. Formal and Informal Practice
- 7.3. The 7 Attitudes in *Mindfulness*
- 7.4. Directing Attention
- 7.5. Fields of Application
- 7.6. *Mindfulness* for Children
- 7.7. *Mindfulness* and ADHD
- 7.8. Stress, Anxiety and *Mindfulness*
- 7.9. *Mindfulness* and Impulse Disorder Related Disorders
- 7.10. *Mindfulness* and Eating Disorders
- 7.11. *Mindfulness* in Psychotherapy: Cognitive Therapy based on *Mindfulness*
- 7.12. *Mindfulness* in Psychotherapy: Acceptance and Commitment Therapy
- 7.13. *Mindfulness* in Psychotherapy: Dialectical Behavioral Therapy

### Module 8. Intervention of Emotion through the Body

- 8.1. Body Therapies
  - 8.1.1. What are Body Therapies?
  - 8.1.2. Evolution Over Time
- 8.2. Characteroanalytic Vegetotherapy
  - 8.2.1. Origins W. Reich
  - 8.2.2. What is Characteroanalytic Vegetotherapy?
  - 8.2.3. Vegetotherapy Today

- 8.3. Lowen Bioenergetic Analysis
  - 8.3.1. What is Bioenergetics?
  - 8.3.2. Historical journey
  - 8.3.3. Bioenergetic Types
  - 8.3.4. Psychotherapeutic Techniques
  - 8.3.5. The Bioenergetic Therapist
- 8.4. *Focusing*
  - 8.4.1. Historical Approach: Eugene Gendlin
  - 8.4.2. Protocol
  - 8.4.3. Applications in Psychotherapy
- 8.5. Yoga
  - 8.5.1. Brief Historical Review. Origins
  - 8.5.2. The 9 Branches of the Yoga Tree
  - 8.5.3. Yoga Doctrines
  - 8.5.4. Benefits
- 8.6. Risotherapy
  - 8.6.1. Brief Historical Review
  - 8.6.2. Therapy or Psychotherapeutic Technique?
  - 8.6.3. Techniques and Exercises
- 8.7. Art Therapy
  - 8.7.1. What is Art Therapy?
  - 8.7.2. A Bit of History
  - 8.7.3. What Can Be Worked On? Objectives
  - 8.7.4. Materials and Techniques.
  - 8.7.5. Art Therapy in Children
- 8.8. DMT: Dance Movement Therapy
  - 8.8.1. What Is It? Definition
  - 8.8.2. A Bit of History
  - 8.8.3. Movement and Emotion
  - 8.8.4. Who Can Benefit from DMT?
  - 8.8.5. Techniques
  - 8.8.6. A DMT Session

## Module 9. Up to the Emotion from Spirituality. Transpersonal Therapy

- 9.1. The Integration of East and West
- 9.2. Origins and Founders
- 9.3. A New Look: The Transpersonal Therapist
- 9.4. Transpersonal Psychotherapy
- 9.5. Tools and Techniques: The Shadow
- 9.6. Tools and Techniques: The Inner Child
- 9.7. Tools and Techniques: Family Constellations
- 9.8. Tools and Techniques: The Witness
- 9.9. Support Orders
- 9.10. Transpersonal Therapy and Self-Esteem

## Module 10. Emotional Group Psychotherapy

- 10.1. Emotion-based Group Psychotherapy
- 10.2. Psychodrama
- 10.3. *Debriefing*
- 10.4. Family Therapy
- 10.5. Integral Couple Therapy

## Module 11. Pharmacological Intervention for Anxiety and Stress Disorders and Stress

- 11.1. Anxiety or Panic Disorder
- 11.2. Agoraphobia
- 11.3. Social Phobia
- 11.4. Specific Phobias
- 11.5. Generalized Anxiety Disorder
- 11.6. Obsessive Compulsive Disorder and Related Disorders
- 11.7. Separation Anxiety Disorder
- 11.8. Adaptive Disorder
- 11.9. Dissociative Disorders
- 11.10. Somatic Symptom Disorders
- 11.11. Trauma and Stress-Related Disorders

06

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





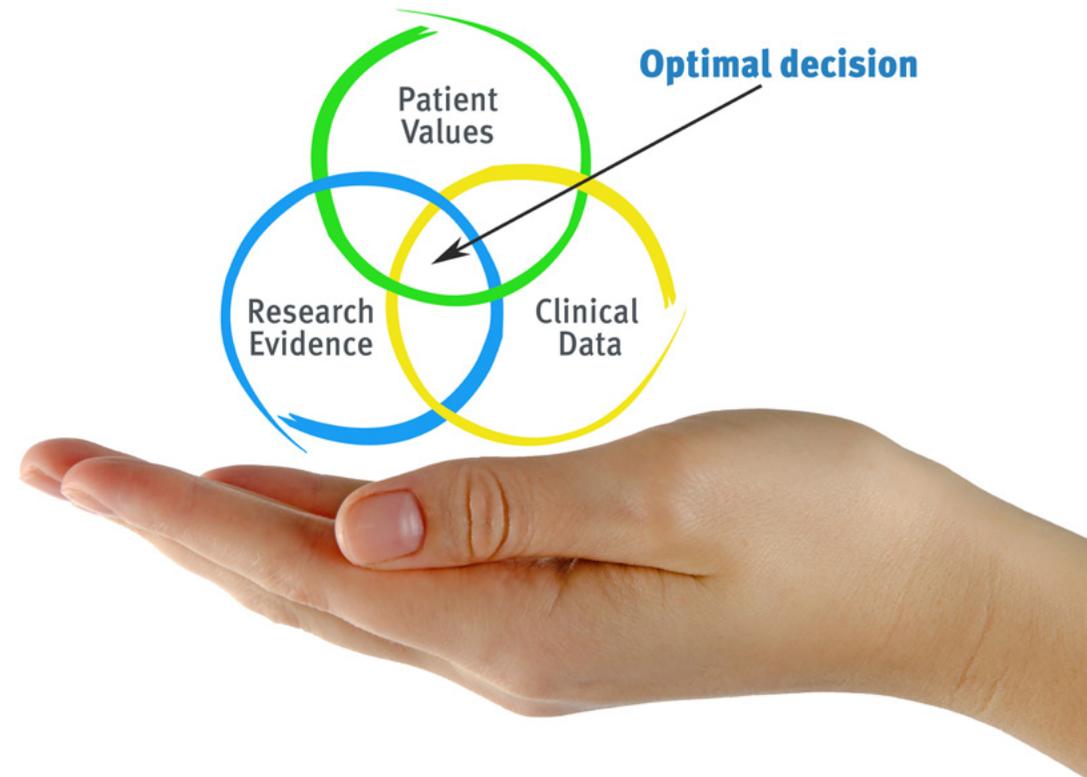
“

*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician's professional practice.

“

*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

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 evaluate 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.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

*Professionals will learn through real cases and by resolving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*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.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### 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.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

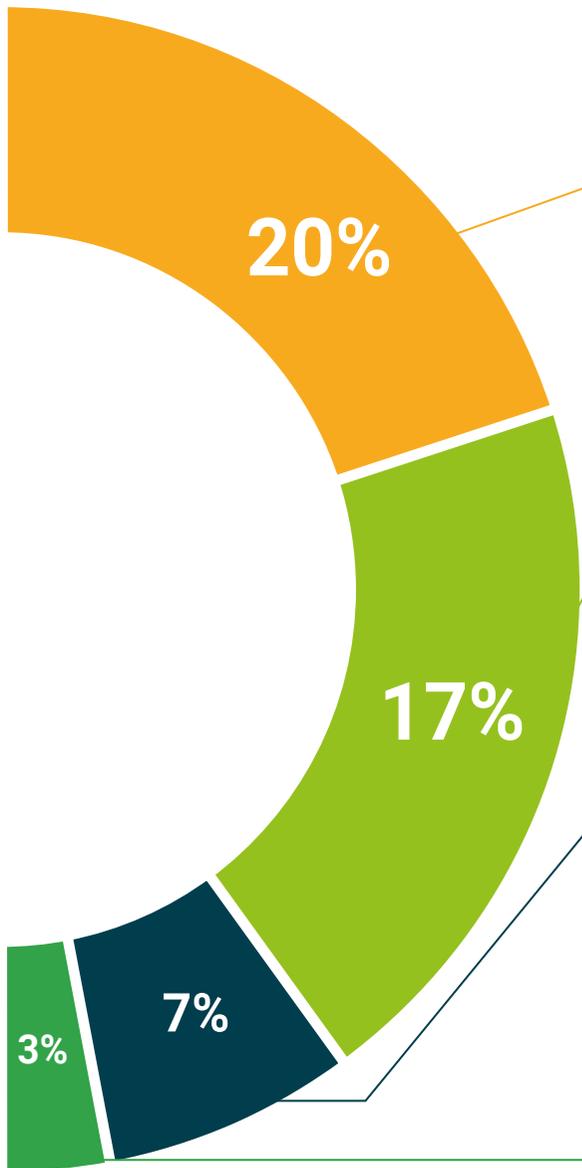
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





**Expert-Led Case Studies and Case Analysis**

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



**Testing & Retesting**

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



**Classes**

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



**Quick Action Guides**

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



07

# Certificate

The Professional Master's Degree in Emotional Well-Being Therapy guarantees students, in addition to the most rigorous and up-to-date education, access to a Professional Master's Degree diploma 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 **Professional Master's Degree diploma in Emotional Well-Being Therapy** 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.

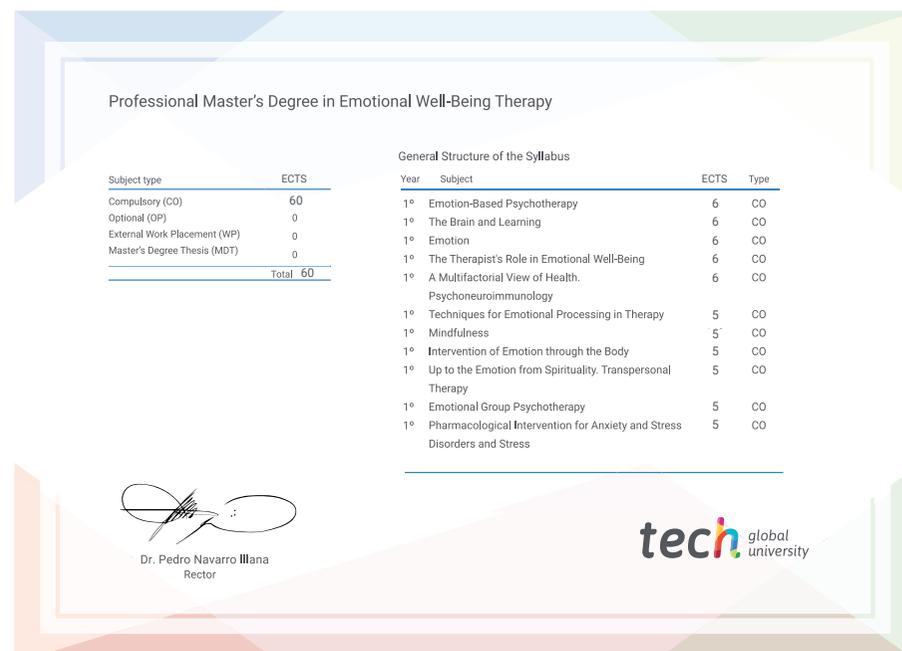
This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Professional Master's Degree in Emotional Well-Being Therapy**

Modality: **online**

Duration: **12 months**

Accreditation: **60 ECTS**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present quality  
development language  
virtual classroom

**tech** global  
university

**Professional Master's  
Degree**  
Emotional Well-Being  
Therapy

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Credits: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

# Professional Master's Degree

## Emotional Well-Being Therapy

