

Postgraduate Certificate

Basic Skills and Psychological First Aid





Postgraduate Certificate

Basic Skills and Psychological First Aid

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: www.techtitute.com/pk/medicine/postgraduate-certificate/basic-skills-psychological-first-aid

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Introduction

Psychological first aid is essential when a crisis situation occurs. Although, ideally, it should be carried out by a professional specialized in this field, the truth is that, in most cases, it is the doctors who end up assuming the role of therapist. The importance of this process lies in the control of emotions, which, if they get out of control, can seriously affect the patient's health and ability to collaborate in the critical context. Therefore, this program will help them to implement into their medical practice the basic skills to ensure a complete and beneficial intervention, from a psychosocial point of view, for the patient. For this purpose, they will have access to diverse content, presented in a flexible online format, thanks to which they will be able to delve, from wherever they want and with a personalized schedule, into the knowledge of the most avant-garde techniques for efficient communication and control of the different types of situations that may arise in the context of an emergency.





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Would you like to be able to work in self-management? With this Postgraduate Certificate you will be able to delve into the most innovative strategies for the management of your own emotions in an emergency or crisis context”

Emergency healthcare professionals have a perfect command of first aid. However, the application of this technique is based on ensuring the physical health of the victim, without considering how the traumatic event may have affected their mental stability. When a crisis occurs, the stress generated causes a series of alterations in behavior, triggering a human response that can range from aggressiveness to a state of shock or loss of consciousness.

For this reason, the management of basic skills for communication and emotion management becomes an asset that the medical professional (the main agent in emergency intervention) must put into practice to promote the patient's peace of mind. Based on this, and with the aim of serving as a guide in their update in relation to this field, this Postgraduate Certificate has been created.

It is an educational experience designed by experts in emergency psychology in which the latest and most exhaustive information related to the psychosocial management of the patient under stress has been included. Thanks to it, graduates will be able to improve their verbal and non-verbal communication skills through the knowledge of the latest and most effective techniques. In addition, they will be able to adapt their intervention strategy to the latest references that have been included in the protocols for psychological first aid.

All this through a rigorous and innovative syllabus, presented in a flexible and convenient 100% online format. And in order to offer an experience adapted to the demands of all its students, the Postgraduate Certificate also includes hours of high-quality additional material, so that they can delve in a personalized way in each section of the program. It is, therefore, a unique opportunity to update your knowledge and implement the best strategies in your practice in only 6 weeks.

This **Postgraduate Certificate in Basic Skills and Psychological First Aid** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of practical cases presented by experts in Emergency Psychology
- ♦ 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 self-assessment can be used to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



The team of experts has selected numerous real clinical cases in which you will be able to apply the strategies included in this program in a dynamic and practical way"

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A program with which you will delve into the concept of listening and its types, knowing in detail the guidelines to carry it out based on the recommendations of professionals versed in the field"

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

Its multimedia content, developed with the latest educational technology, will allow professionals to learn in a contextual and situated learning environment, i.e., a simulated environment that will provide immersive education programmed to prepare in real situations.

The design of this program focuses on problem-based learning, through which professionals must try to solve the different professional practice situations that arise during the academic course. For this purpose, students will be assisted by an innovative interactive video system developed by renowned experts.

You will delve into the concept of proactivity and the most innovative guidelines to promote patient collaboration in crisis situations.

Among the skills that you will be able to improve with the course of this program are the communicative skills in crisis contexts.



02 Objectives

The importance of psychological first aid in crisis intervention, as well as the lack of professionals who have mastered these techniques, has led TECH to develop this program. Therefore, the objective of the program is to provide medical specialists with all the information they need to get up to date in this field, allowing them to implement to their competencies the skills for the management of emotions and stress in cases where a critical or traumatic situation has occurred.



A photograph of a woman with short, light blonde hair, wearing a dark blue t-shirt, looking down towards a child. The child is wearing a red jacket and is partially visible on the left side of the frame. The background is slightly blurred, showing what appears to be an outdoor setting with a paved area and some structures.

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Are you looking for a program that addresses effective communication with children in emergency situations? If the answer is yes, this Postgraduate Certificate is perfect for you"



General Objectives

- ♦ Work on the improvement of the professional's basic skills for psychological first aid
- ♦ Know in detail the most innovative and effective techniques of communication and intervention in crisis situations





Specific Objectives

- ◆ Learn about therapeutic techniques to provide targeted psychological support
- ◆ Be aware of the importance of emotional support in situations of loss and bereavement
- ◆ Know the differences between normal grief and pathological grief
- ◆ Study the role of first aid in crises and emergencies



The program places special emphasis on the most common emergency situations, so that the graduate will be able to develop their own strategies based on the guidelines established by experts in emergency psychology"

03

Structure and Content

In addition to the inclusion of the best theoretical syllabus, this Postgraduate Certificate is characterized by its dynamic and avant-garde character, reflected in hours of diverse additional material: detailed videos, research articles, complementary readings and much more! It has also been designed based on the best pedagogical methodology, Relearning, so that graduates will be able to catch up on psychological first aid in a natural and progressive way, without having to invest extra time in memorizing. It is, without a doubt, a qualification that will mark a before and after in the professional's academic career.





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You will also be able to work on the latest developments concerning the pathologies that usually arise after emergency situations, so that you are forewarned and can act on the basis of the latest and most effective treatments”

Module 1. Basic Skills and Psychological First Aid

- 1.1. Self-Management, The Management of One's Own Emotions
 - 1.1.1. What is Self-Management?
 - 1.1.2. The Self-Management of Emotions
 - 1.1.3. Managing Emotions
- 1.2. Being proactive.
 - 1.2.1. Concept of Proactivity
 - 1.2.2. Hypothesis of Proactivity
 - 1.2.3. Adaptation
- 1.3. Concept of Listening.
 - 1.3.1. Introduction to the Concept of Listening
 - 1.3.2. Types of Listening
 - 1.3.3. Active Listening in Psychological Therapy
- 1.4. Applied Communication Skills
 - 1.4.1. Introduction to Communicative Skills
 - 1.4.2. Main Communication Skills
 - 1.4.3. Components
- 1.5. Communication Techniques
 - 1.5.1. Technique for Communication in Emergency Situations
 - 1.5.2. Communication Strategies
 - 1.5.3. Assertive Communication
- 1.6. Communication to Children in Emergency Situations
 - 1.6.1. First Contact
 - 1.6.2. Direct Attention
 - 1.6.3. The Intervention
 - 1.6.4. Subsequent Recall
- 1.7. Communication with other Groups
 - 1.7.1. Special Groups
 - 1.7.2. Communication with the Elderly
 - 1.7.3. Communication with Disabled People
 - 1.7.4. Communication with Foreign People





- 1.8. Importance and Objectives of First Aid
 - 1.8.1. Introduction to the Concept of First Aid
 - 1.8.2. Main Objectives of First Aid
 - 1.8.3. Why is First Aid Important?
- 1.9. Introduction to Basic Concepts
 - 1.9.1. Commonly Used Terms in Emergency Situations
 - 1.9.2. Common Emergency Situations
- 1.10. Most Common Pathologies in Psychosocial Emergency Situations
 - 1.10.1. Pathologies in Emergency Situations
 - 1.10.2. Pathological Development after the Crisis

“*The opportunity you were looking for to keep up to date with the latest developments related to psychological first aid, now 100% online. Don't let it pass you by*”

04 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.



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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. Gervas, 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.

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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.

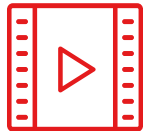
Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

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

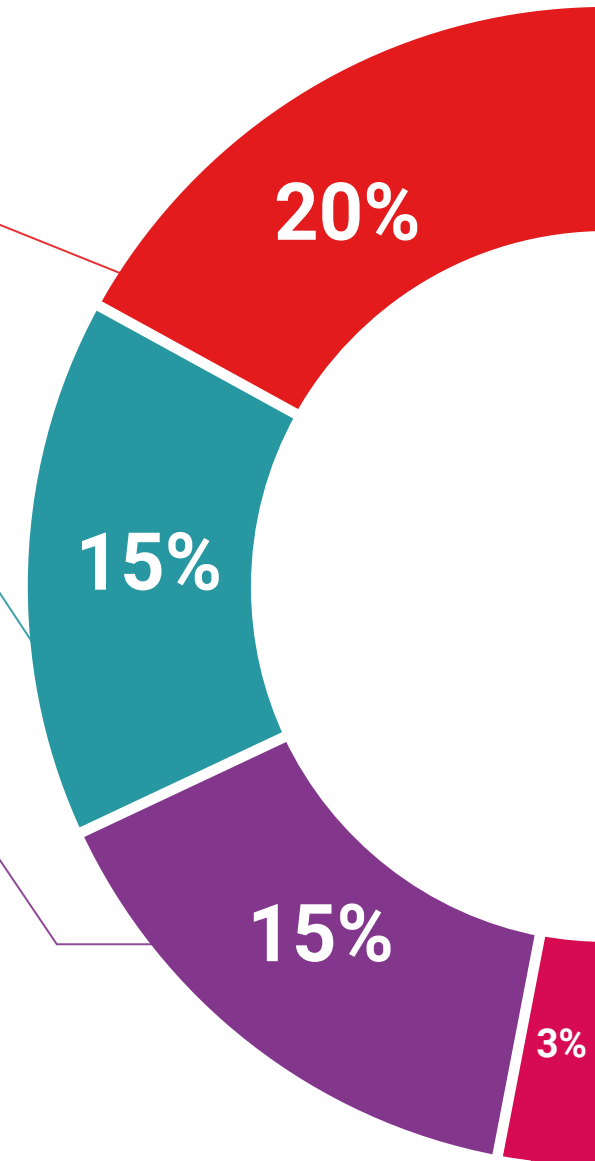
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

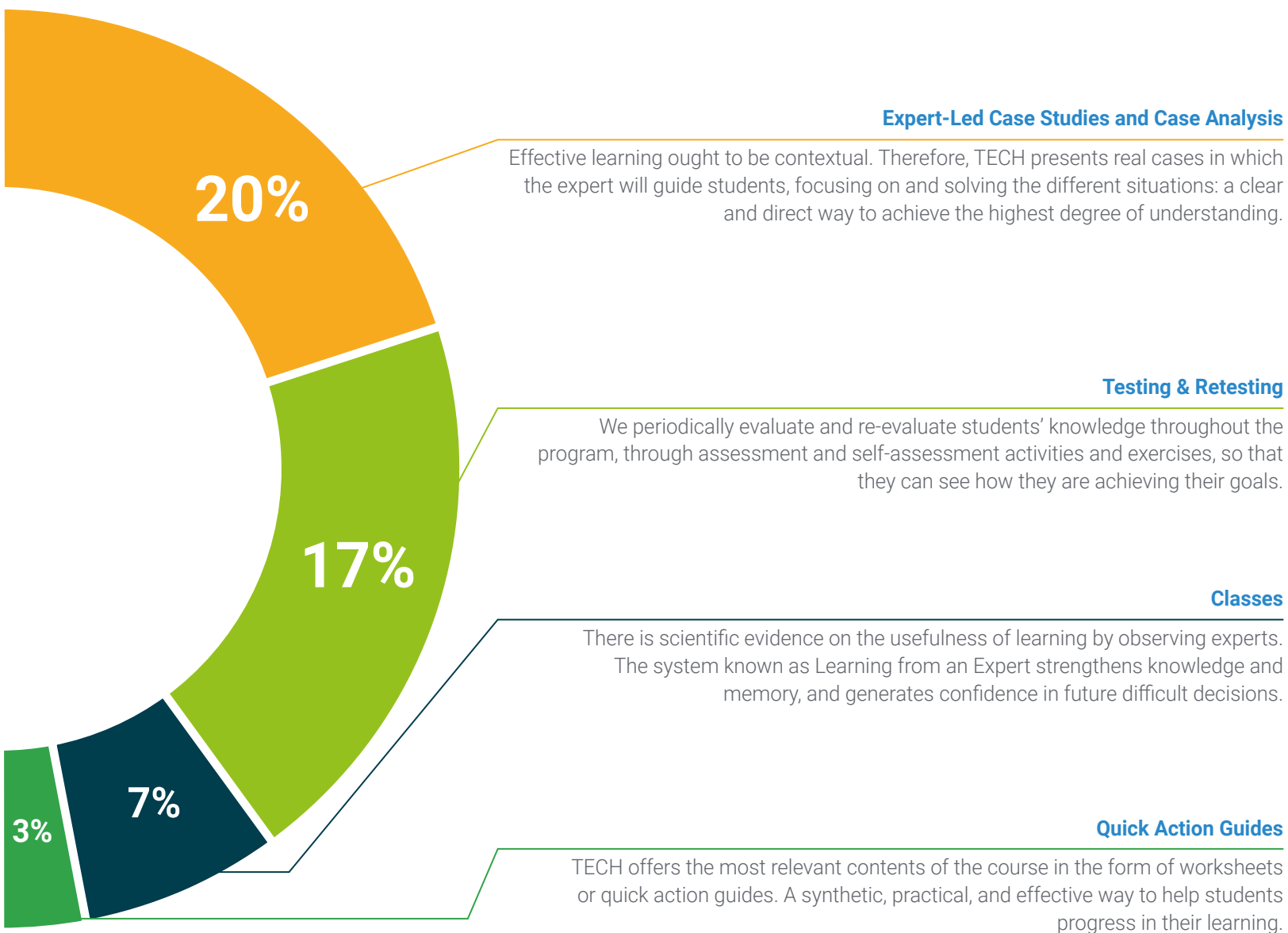
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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.





05 Certificate

The Postgraduate Certificate in Basic Skills and Psychological First Aid guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



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Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork"

This **Postgraduate Certificate in Basic Skills and Psychological First Aid** contains the most complete and up-to-date scientific program on the market.

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

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Basic Skills and Psychological First Aid**

Official N° of Hours: **150 h.**



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



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