

# Postgraduate Certificate

## Cognitive-Behavioral Intervention in Psychostimulant Addiction





## Postgraduate Certificate Cognitive-Behavioral Intervention in Psychostimulant Addiction

- » Modality: online
- » Duration: 12 weeks
- » Certificate: TECH Technological University
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/in/medicine/postgraduate-certificate/cognitive-behavioral-intervention-psychostimulant-addiction](http://www.techtitute.com/in/medicine/postgraduate-certificate/cognitive-behavioral-intervention-psychostimulant-addiction)

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01

# Introduction

Psychostimulant substances, understood as those that generate a sense of well-being, reduce fatigue, depression, and even increase the desire to eat, are highly dangerous because of their capacity to become addictive in the long term. Therefore, many people, who by medical prescription or by their own decision consume these substances, may become involved in addictions and will need skilled professionals to help them to get out of them. This Postgraduate Certificate is unique in that it offers physicians a unique approach to the addiction of psychostimulants. All this, from a cognitive-behavioral perspective.



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*Drugs or alcohol are not the only substances susceptible to addiction. Discover with this Postgraduate Certificate how other psychostimulant substances can also become harmful to health”*

This Postgraduate Certificate offers the latest advances in the field of psychological and medical treatment of psychostimulant addictions, so that professionals can intervene competently in this type of problem.

The program covers the addictions that can occur to medications for depression, anxiety or mental disorders. In this way, the Postgraduate Certificate will help the physician to situate and orient themselves in the intervention of this problem in a realistic and committed way, using as an approach the Cognitive-Behavioral thinking from psychology.

In addition, the physician will have at his disposal the option to access a unique and additional Masterclass, led by a distinguished professor internationally renowned, specialized in Behavioral Neuroscience. This expert will provide the graduate

with the necessary skills and knowledge to apply the latest scientific advances in their daily clinical practice, all with TECH's quality guarantee.

As it is an online program, the student is not conditioned by fixed schedules or the need to move to another physical location, but can access the contents at any time of the day, balancing their professional or personal life with their academic life. This, in addition to facilitating their education, allows them to continue updating their knowledge without giving up the rest of their daily activities.

This **Postgraduate Certificate in Cognitive-Behavioral Intervention in Psychostimulant Addiction** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ Development of clinical cases presented by medical experts. 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
- ♦ New developments in diagnostic and therapeutic approaches to the most appropriate performance in cognitive-behavioral intervention in psychostimulant addiction
- ♦ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course
- ♦ Special emphasis on test-based medicine and research methodologies
- ♦ All of this will be complemented by 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



*Discover the advantages TECH has to offer! Benefit from a complementary Masterclass, with the collaboration of an internationally recognized specialist in Behavioral Neuroscience"*



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*Thanks to this Postgraduate Certificate you will be able to understand the most important characteristics of addiction to substances such as cocaine, amphetamines and synthetic drugs”*

*You will be accompanied on your specialization path by professionals and doctors of reference in the sector.*

*Enhance your professional skills by studying an up-to-date program based on the latest scientific evidence in the field.*

It includes, in its teaching staff, health professionals belonging to the field of medicine, who bring to this program their work experience, as well as recognized specialists from leading scientific societies.

Thanks to its multimedia content developed with the latest educational technology, they will allow the professional a situated and contextual learning, that is to say, a simulated environment that will provide an immersive learning programmed to prepare in real situations.

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



# 02 Objectives

This program was created with the purpose of offering the physician an innovative and highly effective approach to patients with addiction to psychostimulant substances. Thanks to this, and to the most effective teaching methodology in the online educational market, the professional will be able to position themselves as a prestigious expert in this field, holding great positions and being able to achieve their work and salary objectives.





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*Let TECH accompany you on the path of your education and you will notice how your professional growth is more solid"*



## General Objectives

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- Analyze the current state of the world of addictions and drugs
- Discover the neurological principles of different addictions
- Define the basic concepts commonly used by the scientific community in the area of addictions and formulate the different aspects to be taken into account by the physician in the assessment and intervention in these cases
- Reflect and practice different situations of intervention in cases of addictions
- Describe in detail the basic protocol followed by the cognitive-behavioral approach in the treatment of addictions, its techniques, as well as therapeutic procedures from other approaches that may be complementary to the approach above



*Knowing how to approach the treatment of drugs such as cocaine or amphetamines will help you achieve your career goals"*





## Specific Objectives

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- ♦ Understand the effects of substances on the brain and the interrelation of the main neurological centers involved in addictions
- ♦ Highlight the techniques and tools of psychological assessment that the student will use in their daily practice, as well as the areas of assessment, in order to carry out a correct differential diagnosis as well as to the detection of dual pathology
- ♦ Define the role of the psychologist in the assessment and intervention of addictions
- ♦ Identify the necessary criteria to carry out a preventative intervention as well as the most appropriate type of intervention in each case
- ♦ Describe the techniques and procedures proposed by the cognitive-behavioral orientation for the treatment of addictions, as well as the most appropriate for each type of addiction
- ♦ Define the concepts of use, abuse, dependence, tolerance, craving and polyconsumption in a concise way
- ♦ Classify the different substances and addictions, and identify the signs and effects of addiction
- ♦ Plan and carry out interventions in addiction cases where you can apply what you have learnt



03

# Course Management

TECH has designed this qualification by selecting a top level team versed in the Cognitive-Behavioural Intervention in Psychostimulant Addiction. Thanks to this, you will be able to learn first-hand about the advances that have been made in this field, delving, through the experience of these experts, into the keys to the assessment, prevention and psychological treatment of addictions in the current context. In this way, you will receive dynamic and complete education from the most knowledgeable professionals in the field.





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*Become an expert in the approach to the pathologies present in psychostimulant addiction, guided at all times by a team of experts of the highest level"*



## International Guest Director

David Belin, Ph.D., a renowned specialist in **Behavioral Neuroscience**, has left a significant impact on international research. In fact, already during his **PhD**, he revolutionized the field by developing the **first preclinical model of Cocaine Addiction**, based on human clinical criteria.

This prestigious scientist has dedicated a large part of his professional career to the field of **scientific innovation**, combining advanced techniques, from **Experimental Psychology**, to **precise brain manipulations** and **molecular studies**. All this with the aim of unraveling the **neural substrates** of **Impulsive/Compulsive Disorders**, such as **Drug Addiction** and **Obsessive Compulsive Disorder**.

Likewise, his career took a transcendental turn when he joined Professor **Barry Everitt's** laboratory at the **University of Cambridge**. His pioneering research on the **corticostriatal mechanisms** of **cocaine seeking**, as well as the relationships between **impulsivity** and **compulsive self-administration** of the **drug**, expanded the global understanding of individual vulnerability to **addiction**.

Similarly, Dr. Belin obtained tenure at the **Institut National de la Santé et de la Recherche Médicale (INSERM)** in France. There, he established a research team in Poitiers, which focused on the **neural and cellular mechanisms** of vulnerability to **Compulsive Disorders**, although he has never stopped his research on the **neural and psychological mechanisms** of these disorders.

With more than 75 publications, he has been awarded the **Mémain-Pelletier prize** of the **Académie des Sciences de France** and the **Young Investigator award** of the **European Behavioural Pharmacology Society**. He was one of the first members of the **FENS-Kavli Network of Excellence**, an international network of young scientists supporting **Neuroscience** research.



## Dr. Belin, David

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- Neuroscientist specialized in Human Behavior at the University of Cambridge, United Kingdom
- Researcher at the Institut National de la Santé et de la Recherche Médicale (INSERM)
- Mémain-Pelletier Award of the Académie des Sciences
- Young Investigator Award from the European Behavioural Pharmacology Society
- Ph.D. in Behavioral Neuroscience from the University of Bordeaux II
- Graduate in Neuroscience and Neuropharmacology, University of Bordeaux
- Member of: Homerton College, FENS-Kavli Network of Excellence

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

## Management



### Mr. Gandarias White, Gorka

- ♦ Psychologist specialized in Psychotherapy and Gestalt Therapy Director of the URASKA clinical center
- ♦ Director of the URASKA clinical center. Founder of the Psychology and Psychotherapy Consultancy
- ♦ Head of the Guidance and Educational Innovation Department of the San José School in Nanclares de la Oca
- ♦ Psychologist specialized in psychotherapy recognized by the EFPA (European Federation of Psychologists' Associations)
- ♦ Degree in Psychology. Deusto University
- ♦ Master's Degree in Time-Limited and Health Psychotherapy
- ♦ International Master's Degree in Clinical and Health Psychology
- ♦ Diploma in Gestalt Therapy
- ♦ Cooperative Learning Specialist, Coach Level in the Conscious Emotional Bonding Model (VEC)



## Coordinator



### Dr. Aguado Romo, Roberto

- ♦ President of the European Institute of Time-Limited Psychotherapy
- ♦ Psychologist in private practice
- ♦ Researcher in Time Limited Psychotherapy
- ♦ Guidance team coordinator for many educational centers
- ♦ Author of several books on Psychology
- ♦ Communicator and expert in Psychology in the media
- ♦ University courses and studies teacher
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Specialist in Clinical Psychology
- ♦ Selective Dissociation Targeting Specialist

## Professors

### Dr. Martínez Lorca, Alberto

- ♦ Area Specialist in Nuclear Medicine at the University Hospital La Paz
- ♦ Physician in the Nuclear Medicine Department at the Ramón y Cajal University Hospital
- ♦ Specialist in Nuclear Medicine at the Rey Juan Carlos University Hospital
- ♦ Doctor of Medicine
- ♦ Research Expert in the Area of Cancer and Hormone Receptors
- ♦ Medical Education Manager
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Coaching in Emotionally Conscious Bonding
- ♦ Director of Neurological Studies at CEP. Madrid
- ♦ Specialist in Neurology of Dreams and their Disorders
- ♦ Disseminator for the children's population at the Teddy Bear Hospital

### Dr. Fernandez, Angel

- ♦ Director of the Evaluation and Psychotherapy Center of Madrid
- ♦ European specialist psychologist in Psychotherapy from the EFPA
- ♦ Health Psychologist
- ♦ Master's Degree in Clinical and Health Psychology
- ♦ Tutor in charge of the Psychodiagnosis and Psychological Intervention area of the CEP
- ♦ Author of the TEN technique
- ♦ Head of studies on the Professional Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Specialist in Clinical Hypnosis and Relaxation

### Dr. González Agüero, Mónica

- ♦ Psychologist in charge of the Department of Child and Adolescent Psychology at Quirónsalud Marbella Hospital and Avatar Psychologists
- ♦ Psychologist and Teacher at the European Institute of Limited Time Psychotherapies (IEPTL)
- ♦ Degree in Psychology from the National University of Distance Education (UNED)

### Dr. Kaiser Ramos, Carlos

- ♦ Specialist in Otorhinolaryngology and Cervical and Facial Pathology
- ♦ Head of the Otolaryngology department at Segovia General Hospital
- ♦ Member of the Royal Academy of Medicine of Salamanca
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Expert in Psychosomatic Medicine

### Dr. Martínez Lorca, Manuela

- ♦ Health Psychologist
- ♦ Teacher in the Department of Psychology at the University of Castilla La Mancha
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology by the European Institute of Time-Limited Psychotherapies
- ♦ Specialist in Clinical Hypnosis and Relaxation
- ♦ Degree in Psychology
- ♦ Doctor of Medicine



**Dr. Roldán, Lucía**

- ♦ Health Psychologist
- ♦ Cognitive-Behavioral Intervention Specialist
- ♦ Master's Degree in Time-Limited Psychotherapy and Health Psychology
- ♦ Expert in Energy Therapy Intervention

**Ms. Soria, Carmen**

- ♦ Psychologist at Integra Therapy
- ♦ Head of the Psychosocial Unit of the Assessment and Psychotherapy Center (CEP) associated with the European Institute of Time-Limited Psychotherapies
- ♦ Private practice specialized in long-term disorders such as personality, bipolar and psychotic disorders
- ♦ Collaborating professor of the Practicum at the Complutense University of Madrid
- ♦ Professor of the Master's Degree of Psychotherapy of the European Institute of Time-Limited Psychotherapies
- ♦ Specialist in General Health Psychology
- ♦ Master's Degree in Clinical and Health Psychology by CINTECO
- ♦ Master's Degree in Time-Limited Psychotherapy by the European Institute of Time-Limited Psychotherapies
- ♦ EMDR Therapist
- ♦ Specialized program in Personality Disorders and Psychotic Disorders in Adults and Adolescents
- ♦ Training in Dissociative Disorders
- ♦ Training in Couples Therapy
- ♦ Degree in Psychology from the Universidad Autónoma de Madrid

04

# Structure and Content

The syllabus of this Postgraduate Certificate, not only at a theoretical but also at a practical level, has been designed by a series of professionals with decades of experience in the sector that will help the physician to update their knowledge quickly and effectively. As such, studying with these contents is a unique opportunity for the physician who will have the best knowledge and competencies at the service of their daily practice.







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*You will study based on the latest scientific developments and position yourself as an expert in your field of work”*

## Module 1. Assessment, Prevention and Psychological Treatment in Addictions

- 1.1. Assessment of the Physical Field and General State of Health
- 1.2. Assessment Through Laboratory Tests
- 1.3. Assessment of Neuropsychological Aspects
- 1.4. Assessment of Personality and Its Disorders
- 1.5. Assessment of Mental State and Its Disorders
- 1.6. Assessment of the Severity of Addiction to Substances
- 1.7. Assessment of the Severity of Addiction Not Related to Substances
- 1.8. Assessment of Psychosocial Aspects
- 1.9. Prevention of Addictions
- 1.10. Principles to Follow in the Treatment of Addictions
- 1.11. Therapeutic Objectives in the Treatment of Addictions and Motivation Towards Change
- 1.12. Transtheoretical Model
- 1.13. Cognitive-Behavioural Treatment: Commonly Used Techniques
- 1.14. Treatment Oriented Towards the Family
- 1.15. Group Therapy
- 1.16. Other Focuses of Treatment
- 1.17. Care Resources and Devices and Addiction Treatment



## Module 2. Cognitive-Behavioral Treatment in Addiction to Psychostimulants: Cocaine, Amphetamines and Synthetic Drugs

- 2.1. Classification of Psychostimulant Substances
- 2.2. Ways of Consuming Psychostimulants
- 2.3. Impact and Effect of Psychostimulants on Health
- 2.4. Neurobiology of Addiction to Psychostimulants
- 2.5. Disorders Related to Psychostimulants
- 2.6. Psychological Evaluation in Psychostimulants Addiction
- 2.7. Medical Treatment
- 2.8. Psychological Treatment: Cognitive-Behavioural Treatment
- 2.9. Other Therapeutic Interventions and Types of Intervention Programs
- 2.10. Psychological Intervention in Adolescents
- 2.11. Approach to Other Pathologies Present in Addiction to Psychostimulants
- 2.12. Relapse Prevention and Maintenance



*Join the most successful community of graduates in the professional and labor market. The TECH Students Community"*



# 05 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.





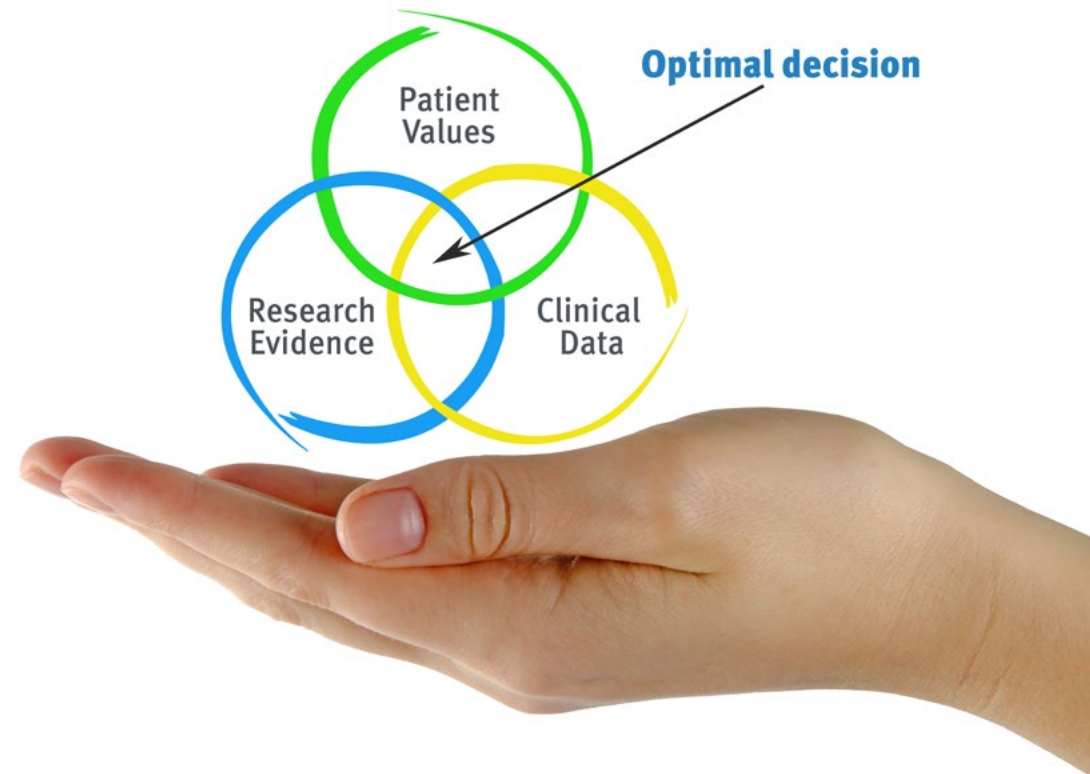
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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. 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.

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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.

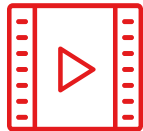
*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

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

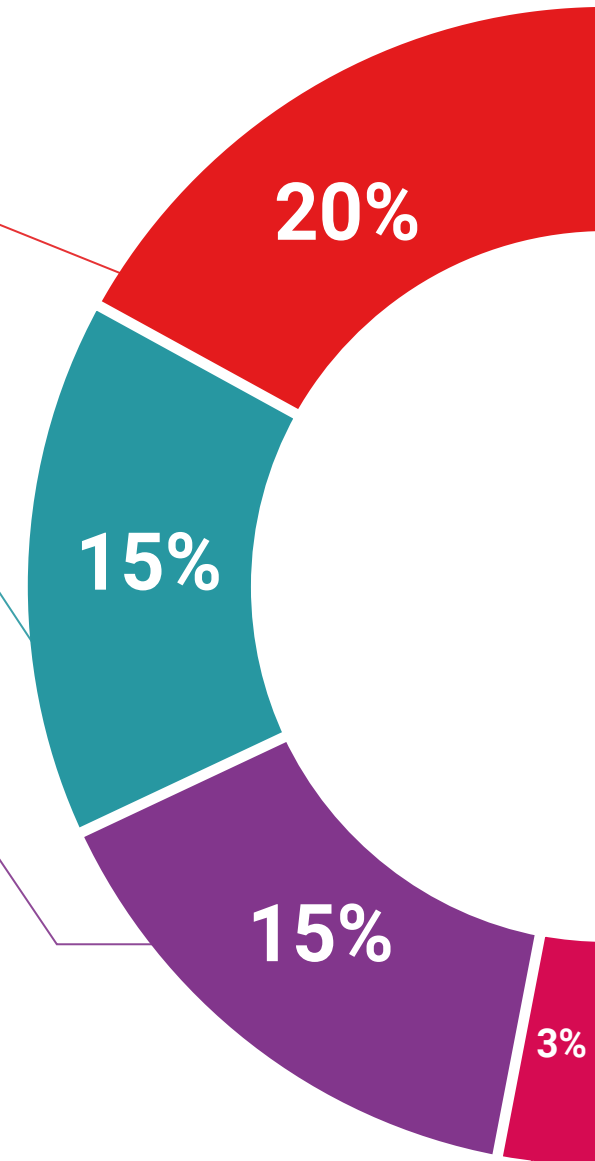
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

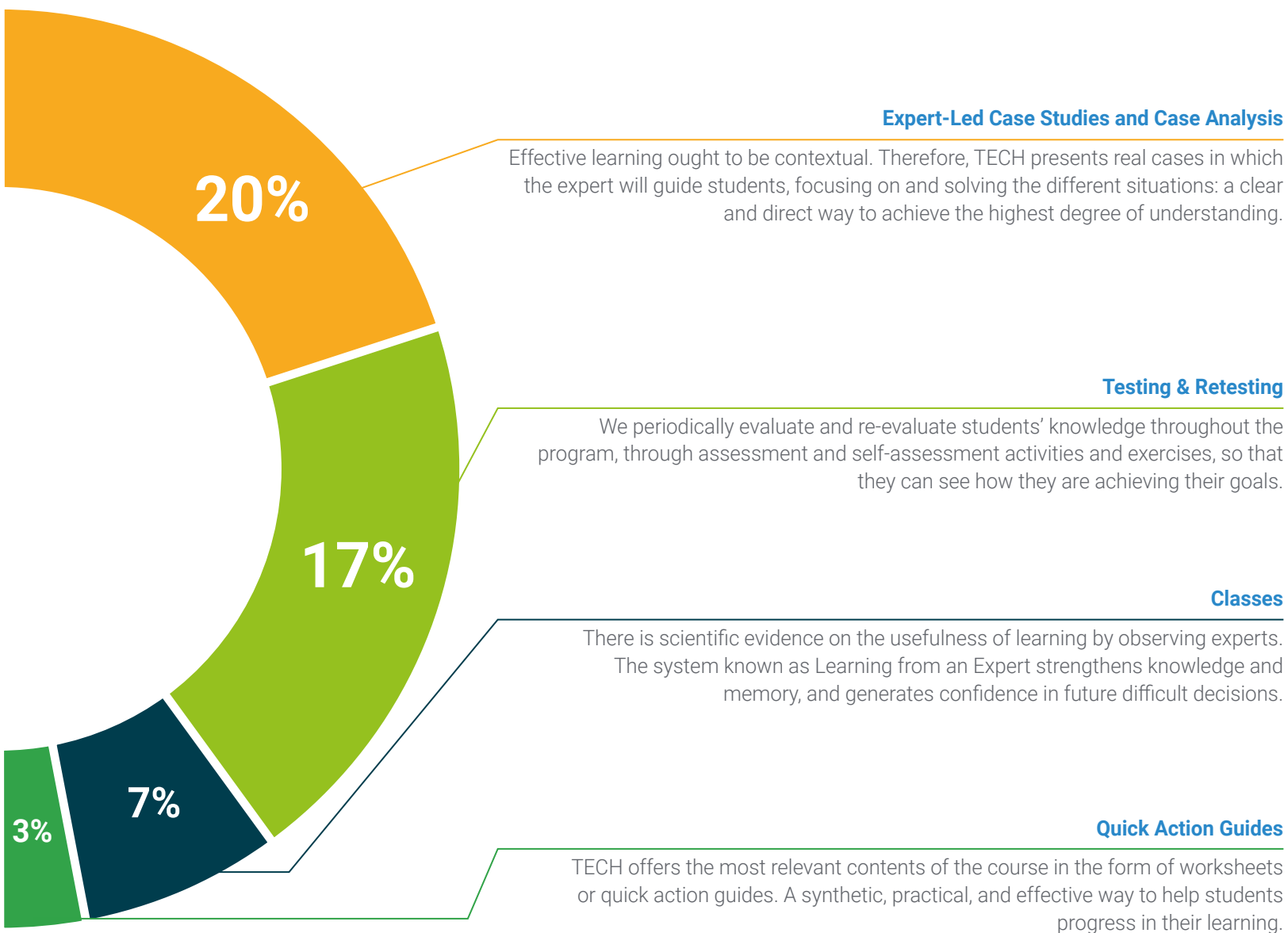
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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.







# 06 Certificate

The Postgraduate Certificate in Cognitive-Behavioral Intervention in Psychostimulant Addiction 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 Cognitive-Behavioral Intervention in Psychostimulant Addiction** contains the most complete and up-to-date scientific 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 Cognitive-Behavioral Intervention in Psychostimulant Addiction**

Official N° of Hours: **375 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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Cognitive-Behavioral Intervention  
in Psychostimulant Addiction

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